



Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer; Brenda Carlson and Rev. Leslie Hall; Board of Directors

We are on the Web at: www.tnreflexology.org

Fall Reflexology Workshop:

The Tennessee Reflexology Association (TRA) is in the planning stages of sponsoring a fall Reflexology seminar/workshop on a to-be-determined Saturday or Sunday in October. The title of the workshop will be "Vitaflex with Essential Oils". Specific details including the exact date and location will be announced in the TRA July newsletter.

Annual Membership Dues:

The annual membership fee of \$20 (\$15 if we have your e-mail address) for 2010 is now due to remain in good standing. The membership application and mailing address is on the TRA Website at www.tnreflexology.org or by contacting Larry Hill at lhill_hand@hotmail.com. Please let us know if you want your e-mail address to be listed on the TRA website or if you wish to keep it private. The following individuals renewed their membership or became new members since the last listing in the March 2010 newsletter:

Beverly Bain	Denise Bradley	Beverly B. Brimer
Stacy Byrd-Breeden	Brenda E. Carlson	Kimberly K. Dixon
Lori A. Driver	Julia E. Hover	Mary Ellen Lovingood
Cecelia McCorkle	Julia T. Rot'gers	Nancy Telford
Deborah L. Wood		

The Center for Mind-Body Medicine Conference in June 2010:

The Center for Mind-Body Medicine will hold a Professional Nutrition Training Program entitled "Food As Medicine", June 10 - 13, 2010, at the Capital Hilton (2 blocks from the White House) in Washington, DC. This training program is adverted as being equivalent to a semester's worth of nutrition curriculum in 4 days. Continuing Education Credits and partial scholarships are available. For information, including schedule, visit www.cmbm.org/fam or contact fam@cmbm.org.

American Academy of Reflexology Workshop:

The American Academy of Reflexology is announcing a Cancer Reflexology Workshop entitled "Can Reflexology Help Cancer?", which will be held June 12-13, 2010, in Los Angeles, California. The featured speaker will be Lee Anthony Taylor. Lee has had many

physicians in England refer their cancer patients to him for therapy.

For more information, call 818 841-7741 or send e-mail to ReflexologyEdu@aol.com or go to their Website at <http://www.reflexologyresearch.net/ReflexologyCancerResearch.shtml>.

For information on the American Academy of Reflexology, please go to the following link:

<http://www.americanacademyofreflexology.com/>

Also being presented June 24-26 is a workshop in Houston, Texas, on *Pain Control & Stress Reduction with Foot Hand and Ear*. During this hands-on workshop, participants will learn to use gentle finger and thumb pressure on ears, hands, and feet for relief of the following common health challenges:

- Headaches & Sinus, TMJ, Neck & Shoulders, Allergies, Lower Back, Hips, Sciatica, Stomach (Acid Reflex), Colon (Colitis), Poor Nutrient Absorption, PMS, and more.

For information, please go to the following link:

http://www.americanacademyofreflexology.com/F_Houston6_2010.pdf

Reflexology on YouTube:

Adam Thomas, a Reflexologist from Vancouver, Canada, has created what he calls: *The Reflexology Visual Dictionary Series*. This series explores Reflexology visually through charts, books and videos. He has recently finished an interesting Foot Chart, which he claims "takes the mystery out of Reflexology for the layperson". To watch his video on YouTube, go to <http://www.youtube.com/watch?v=lavUa2aiZ5Y>. If you would like more information and updates on this Reflexology series, simply click <http://eepurl.com/dHpc>. For free videos on Reflexology relaxation techniques videos, click <http://eepurl.com/dHpc>. Please note that there are many other videos on Reflexology on YouTube. You might want to do some exploring in this venue.

Ko Tan Workshops:

Ko Tan, author of the new book *Traditional Chinese Medicine Simplified*, will present two upcoming workshops. *Face Reflexology* will be held June 19 and 20, 2010, in Decatur, Georgia, with 14 CEU's offered for this class. *Meridian Body Therapy* will be held June 26 and 27, 2010 in Decatur, Georgia, with 16 CEU's awarded for this class. Information on registration for two classes is available at <http://www.AcademyOfRadiantHealth.com>. There will also be an Advanced reflexology seminar coming soon. The date is yet to be determined.