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

Fall Reflexology Workshop:

The Tennessee Reflexology Association (TRA) is sponsoring a fall Reflexology seminar/workshop on Saturday October 2, 2010, from 12 noon until 4 p.m., with registration starting at 11:30 a.m. The workshop, which will be held at the Farragut Town Hall Community Room near west Knoxville, will be presented by Judy Addington, who is an authorized CARE instructor, a licensed massage therapist, Board Certified Raindrop Specialist (BCRS), and a Registered Certified Reflexologist (RCR). The title of the workshop will be "Vitaflex with Essential Oils." Vitaflex is an ancient healing modality that was rediscovered by Stanley Burroughs in the late 1920's. Vitaflex is a digital pressure technique that activates neuro pathways, delivering benefits of the essential oils throughout the body while assisting the body to heal itself. The body has a self-regulating electrical system that Vitaflex stimulates. It can be done with or without essential oils. Vitaflex is done on the head, face, ears, back, legs, feet and/or hands, or anywhere else on the body. The cost for the seminar is \$40 for TRA Members and \$60 for non-members. Please RSVP to Larry Hill via e-mail at lhill_hand@hotmail.com or phone (865-522-1447) by September 30, 2010, to pre-register to reserve a space. Please note that if we do not have at least 5 people to pre-register, the class will not be held. Directions to the seminar will be included in the September TRA 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. Dianna Young has renewed their membership since the last listing in the May 2010 newsletter.

Reflexology and Mesothelioma*:



Alternative treatments are growing in popularity among people with cancer, such as malignant mesothelioma, which is an asbestos exposure-related form of cancer. The chest cavity, abdominal cavity, and the cavity around the heart are surrounded by a layer of specialized mesothelial cells. Most other internal organs are also covered by these cells. The tissue formed by these cells is called mesothelium. A special protective lubricating fluid that allows organs to move around is produced by the mesothelium. This protective fluid helps the lungs to move without resistance inside the chest cavity while breathing.

The medical name for the mesothelium of the chest is the pleura and the medical name for the mesothelium of the abdomen is the peritoneum. The mesothelium of the "sac-like" space around the

heart is called the pericardium. A malignant (cancerous) tumor of the mesothelium is called a malignant mesothelioma. As most mesothelial tumors are cancerous, malignant mesothelioma is often simply called mesothelioma. Mesothelioma tumors can also be benign (noncancerous) but benign mesotheliomas are much more rare.

Mesothelioma was recognized as a tumor of the pleura, peritoneum and pericardium in the late 1700's. However it was not until much later, in 1960, that this particular type of tumor was described in more detail and even more importantly, its association with asbestos exposure was recognized. The first report linking mesothelioma to asbestos exposure was written by J.C.Wagner, and described 32 cases of workers in the "Asbestos Hills" in South Africa. Since then, the relationship between mesothelioma and asbestos exposure has been confirmed in studies around the world.

Pain is a big issue for cancer sufferers, including those with mesothelioma, which is a very debilitating form of the disease affecting the lining of the lungs. Therefore, cancer victims are constantly seeking new ways to reduce pain, aside from consuming large amounts of pain medication, which can cause extreme sedation and otherwise compromise one's quality of life.

Because reflexology is a natural and safe procedure, many mesothelioma patients have turned to its use as a complementary therapy; that is, a therapy that's used in addition to conventional therapies like chemotherapy or mesothelioma radiation, not as a replacement for these treatments. As a matter of fact, studies show that about 60 to 80 percent of all cancer patients choose to use some sort of complementary therapy as part of their mesothelioma treatment, often to ease the symptoms associated with traditional treatments, which can cause pain, nausea and vomiting, fatigue, and much more.

Reflexology has long been recognized as one of the most successful forms of complementary therapy. By 1998, the American Cancer Society announced in its monthly journal that about one-third of all cancer patients surveyed were utilizing this ancient therapy, which both patients and practitioners claim promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing.

Research backs up these claims. A study conducted by the East Carolina University School of Nursing noted a significant decrease in anxiety and pain among those stricken with lung and breast cancer who choose reflexology as a complementary treatment. Furthermore, researchers at Michigan State discovered that among women with advanced breast cancer, reflexology has proven to be the most successful complementary therapy when compared with others like guided imagery and reminiscence therapy. Gwen Wyatt, director of the Michigan State study, notes that she and her colleagues will continue with the study of reflexology and cancer patients thanks to a \$3 million grant from the National Institutes of Health.

In the meantime, reflexology has also proven successful for the relief of post-operative pain for the many mesothelioma cancer patients who undergo surgery for their disease and in palliative care for those in end stages of cancer. The American College of Physicians encourages care givers to learn and use reflexology in their publication entitled "A Home Care Guide for Advanced Cancer" and a study that appeared in England's Nursing Standard journal indicated that advanced cancer patients "relaxed, were comforted, and achieved relief from some of their symptoms" when reflexology was administered to them.

*SOURCE: http://www.mesothelioma.com/alternative_reflexology.htm

Retirement:

Margaret Lesch, a long time Reflexologist and TRA Member has announced her retirement. Margaret owned the "In Good Hands Energy Healing Center" in Knoxville and specialized in Energy Healing, Energy Medicine, Nervous System Energy Work, and related modalities. The TRA would like to thank Margaret for her life-long contributions to the fields of Reflexology and Energy Healing. Best wishes to her for a happy retirement!

