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

Fall Reflexology Workshop:



The Tennessee Reflexology Association (TRA) sponsored a fall Reflexology seminar/workshop on Saturday October 2, 2010, from 12 noon until 4 p.m. at the Farragut Town Hall Community Room. Judy Addington, who is an authorized CARE instructor, a licensed massage therapist, Board Certified Raindrop Specialist (BCRS), and a Registered Certified Reflexologist (RCR), presented a workshop entitled "Vitaflex with Essential Oils." 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. Vitaflex can be done on the head, face, ears, back, legs, feet and/or hands, or anywhere else on the body. All attendees were able to learn the basic techniques and perform practice sessions on one another. The seminar was very successful and provided an opportunity for the learning of new techniques applicable to Reflexologists.

2011 Spring Seminar:

The TRA is planning on having a 2011 Spring Seminar to be held on Saturday, March 26. The seminar will feature a return of Ko Tan, who will give a workshop on *Advanced Integrated Reflexology*. Ko Tan, author of *Traditional Chinese Medicine Simplified*, is a nationally certified Reflexologist, a Georgia state licensed massage therapist, an NCBTMB certified massage therapist and an instructor/educator. He is a graduate and a certified teacher of the American Academy of Reflexology in Los Angeles, which teaches the three systems of Foot, Hand, and Ear Reflexology. Ko Tan is recognized for his achievements and extensive research in this field. He participated in the first US study conducted on the positive effects Reflexology has on PMS symptoms, published in *Obstetric & Gynecology*, December 1993. He is a co-founder and the president for the Georgia Reflexology Organization (GRO) and sits on the board of the American Reflexology Certification Board (ARCB) and for 9 years on the board of the International Council of Reflexologists (ICR). The seminar will be held in Knoxville unless

someone knows of a good alternative location and place for consideration. Please mark your calendars for this extraordinary opportunity to learn from one of the top professionals in the field of Reflexology. Registration details will be included in the January 2011 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. The following individuals have joined or renewed their membership since the last listing in the September 2010 newsletter:

Reverend Dr. Marsha (Marney) Brown
Granville, TN

Patt P. Catuncan
Knoxville, TN

Malesa Hall
Jackhorn, KY

What is Carpal Tunnel Syndrome (CTS)?*

The Carpal Tunnel is the bands of connective tissue known as the *transverse carpal ligament* and the *flexor retinaculum*, that span across the 8 carpal bones in the hand. These bands form a small opening (or tunnel) that has 9 tendons from the forearm and the median nerve passing through it. The median nerve is usually situated against the transverse carpal ligament.

Carpal Tunnel Syndrome (CTS) occurs when the median nerve gets disturbed either in the sensory or motor area. CTS is the most common example of a trapped nerve that doesn't function properly due to the pressure put on it by the surrounding tissues. Symptoms of CTS include swelling, numbness, lessened sensitivity, weakness of grip due to loss of strength, atrophy of muscles, pain and diminished flexion. Usually this occurs in the thumb and next two fingers and can extend to the ring finger as well.

Causes of CTS

Two main factors:

- (1) The blood must reach all the parts of the body; and
- (2) When the blood gets there, it must have the right proportion of nutrients to provide all that is needed in that area.

Tension in the muscle can slow the flow of the blood to the nerves, keeping them from receiving the proper nutrients for nourishment and maximum cleansing. Light weights and repetition are used when building strong muscle tissue. When a person in the workplace repeats the same movement over and over again, strong muscles will be built. If these are the muscles of the neck, shoulder and arm, they can tighten up and restrict the flow of blood and nutrients and the necessary cleansing process to the cells in the and wrists, the continued abuse and overuse of these muscles leads to inflammation and swelling , cutting further supply of nutrients to the cell and putting direct pressure on the nerves in the area

Reflexology and CTS: How do we deal with it?

Reflexology is a major key. By working the reflexes, you can see a relief of stress and tension, an improved nerve and blood supply and thus a body that gets back in tune and able to operate more efficiently. Reflexology works long after the finished session and has been shown to be a great key in dealing with many ailments, including CTS.

**Source: www.thejoyofreflexology.com*