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

2011 Spring Reflexology Workshop:



The TRA 2011 Spring Seminar will be held on Saturday, March 19 in West Knoxville at the Farragut Town Center Community Room from 10 a.m. until 4 p.m. (a total of 6 CE hours with lunch built-in the breaks), with on-site registration starting at 9:45 a.m. The workshop, which will be held at the Farragut Town Hall Community Room, 11408 Municipal Center Drive, in Farragut (West Knoxville), will be presented by The seminar will feature 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 *Obstetrics & Gynecology*, December 1993.

Ko Tan 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). He received his certification of Traditional Thai massage from the Wat Po Traditional Medical School in Bangkok, Thailand. The Classic Touch Institute in Chiang Mai, Thailand also certified him as an Authentic Thai Traditional Nerve-Touch therapist. Ko Tan is the co-founder, co-author and an instructor of the *Radiant Lotus*® Thai-Yoga Body Therapy. He studied Traditional Chinese Medicine at the Samra University of Oriental Medicine and has been a teacher of Traditional Chinese Medicine Theory since 1995. He was one of the few practitioners of the USA invited to the International Chinese Medicine Symposium, Shanghai, China, in 1994. He is a member of the Complementary Alternative Medical Association (CAMA). For more information, his Website is KoTan@AcademyOfRadiantHealth.com.

The cost for the seminar is \$60 for TRA Members and \$75 for non-members. Please RSVP to Larry Hill via e-mail at lhill_hand@hotmail.com or phone (865-522-1447) **by March 17, 2011**, to pre-register to reserve a space.

Directions to the seminar are as follows:

From I-40, take the Campbell Station Road (Exit 373) and go south until you reach the 5th stop light, which is diagonally across from Aubrey's restaurant. Turn right onto Municipal Center Drive and go about a quarter mile and turn left into the Town Hall parking lot. The Community Room is on the far right end when facing the front of the building.

Annual Membership Dues:

The annual membership fee of \$20 (\$15 if we have your e-mail address) for 2011 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 renewed their current membership or have become new members:

Judith Addington	Theresa M. Bennett	Helen N. Braddy	Stacy B. Breeden
Pauline Brower	Harold Charleston	Sandra L. Cuddy	Christine J. Cormier
Dr. Howard Dailey	Lori A Driver	Mia D. Earl	Linda G. Garrett
Catherine M. Geise	Shirley A. Griffin	Rev. Leslie Hall	Ted Helms
Larry Hill	Kendall Key	Cyndi Klepper	Linda Kropff
James E. League	Tina Lopez	Mary Ellen Lovingood	Danae Miley
Janet Powers	Christine Pratt	Stella L. Roma	Cecelia V. Russell
Lucy G. Scarbrough	Rhonda K. Scott	Stacey D. Smith	Doris Steelman
Deborah P. Stethen	Leigh G. Sterling	Diana Taylor-League	Nancy Telford
Lynn U. Watson	Debbie Wilson	Dianna Young	

Nerve Reflexology and the Digestive System*:

New research shows that we have two brains, not only the one we know in the head, but also one in the digestive system. Researchers in Denmark have found that the gut may become depressed or develop a manic-depressive psychosis. This exciting knowledge about the relationship between the nervous and digestive systems opens new possibilities for supplementing classic reflexology with specific attention to the nervous system when dealing with digestive problems.

Until very recently it has been generally accepted that the nervous system is divided into two parts: the central nervous system (brain and spinal cord) and the peripheral nervous system (cranial nerves and spinal nerves and their branches). Newer research shows that yet another component should be added, namely the "gut brain" or more precisely "the enteric nervous system". We have two brains - the head brain and the gut, or abdominal, brain. The two brains are connected like Siamese twins, when one is irritated, so is the other. We have known for a long time that the vagus nerve (the most important parasympathetic nerve that innervates digestion) contains approximately 1000 single nerve fibers, but when recently trying to "count" the nerve cells in the intestinal system, it was discovered that there are over 100 million.

The American researcher Michael D. Gershon has been studying the appearance of neurotransmitters in the digestive tract, and he discovered that the tract contains vast quantities of serotonin. We used to think this material was found only in the brain, but it has now been shown that 95 % of all serotonin in the body actually is found in the nervous system of the digestive tract! Serotonin is needed, amongst other things, for maintaining a normal psychological balance and appears to be involved in depressions. This is why today anti-depressives are often prescribed for abdominal illnesses. We know now that the dozens of neurotransmitters and hormones found in the brain and the spinal cord also exist in the intestines. A research project in Denmark from 1993 shows that digestive problems are the second most common ailment we encounter as Reflexologists, exceeded only by joint/muscle problems. Because of the placement of the enteric nervous system in the abdominal walls we automatically affect it when working on the classic reflexes of the digestive system, but with our new knowledge we have gained a few more possibilities for understanding and using the connections between digestion and the rest of the body.

This method developed in the 1960's by German Walther Froneberg is a natural extension of the classical reflexology of Eunice Ingham and (in Europe) Hanne Marquardt. Specific nerve reflex points all located on the periosteum of the foot skeleton are worked with a very accurate technique. New research results that uncover more of the secrets of the enteric nervous system are continuing to be published, so this most certainly won't be the last we hear about our "other brain". Think "gut brain" the next time you work on the reflexes of the digestive system, with particular emphasis on the solar plexus and nerve connections in the digestive tract.

**By Peter Lund Frandsen and Dorthe Krogsgaard of Denmark (Translated by Marie Louise Penchoen) from an article scheduled to appear in the Spring issues of RAA and WRA.*

