



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

2011 Spring Reflexology Workshop:



Ko Tan describing his approach to Integrated Reflexology.

The TRA 2011 Spring Seminar was held on Saturday, March 19, 2011, in West Knoxville at the Farragut Town Center Community Room. Thirteen individuals, including two from Alabama, attended the seminar. Six Continuing Education CEUs were awarded to attendees. The seminar featured Ko Tan, who gave a workshop on *Introduction to 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.

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).

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 lhil_hand@hotmail.com. Please let us know if you want your e-mail address to be listed on the TRA website. We would like to acknowledge that Robert McCartney of Lebanon, Tennessee has decided to retire from the practice of Reflexology. We wish him the best in his future endeavors. Since the last newsletter, the following individuals have renewed their current membership or have become new members:

Brenda Carlson
Knoxville, TN

Michele Daniel, LMT
Franklin, TN

Diane K. Del Chiaro
Nolensville, TN

Annette D. Livingston
Blountville, TN

Patrick E. Owings
Nashville, TN

Carrie Wagner
Knoxville, TN

Foot Health Awareness:

Your clients all have a daily routine. If they were making a list, would they include foot care in it? Chances are they wouldn't even think about it – unless they're having foot problems! Feet are crucial to a healthy life. From our first steps to our last, our feet should be taken care of. As reflexologists, we know the importance of feet and this month is a good time to let our clients know that taking "time for their feet" isn't pampering but one of the best things they can do – for their feet – AND – their overall health!!

Upcoming Educational Opportunities:

Knoxville, Tennessee: Inaugural **Women’s Radical Wellness Weekend**, June 10-12, 2011. For hotel reservations, call the Marriott at (865) 637-1234 or make [reservations online](#) to receive a special rate of \$99/night for two double beds. For details on the event, go to <http://knoxvillereflexology.com>

Atlanta, Georgia: Beginning Foot Hand Ear Reflexology, Aug 13-14, 20-21, 2011, 28 CE Hours
Instructor: Ko Tan, Telephone: (770) 843-2993 KoTan@AcademyofRadiantHealth.com

North Carolina: Chi-Reflexology with Morse Arnold—September 9-12, 2011, sponsored by North Carolina Reflexology Association (NCRA). ARCB CEUs. For more information and to register: <http://reflexology-nc.org/index.php?Workshops>

Massachusetts:- Moving the Energy I Seminar with Lilian Morten, sponsored by the Massachusetts Association of Reflexology—September 10, 11, 12, 2011. For more information: www.reflexologyusa.com.

Ohio: Manzanares Method of Reflexology, sponsored by the Reflexology Association of Ohio (RAO), September 24-25, 2011. Contact: www.reflexologymentor.com/schedule/

Missouri: Moving the Energy I Seminar with Lilian Morten sponsored by the Reflexology Association of Missouri (RAM) Saturday-Sunday September 24-25, 2011. A Gathering Place, Maryland Heights, Missouri (St Louis area) \$250 via 727.319-6818 or www.reflexologyusa.com 14 NCTMB and 14 ARCB CEs.

Maine: Pathologies of the Hands and Feet with Lisa Chan, sponsored by the Maine Council of Reflexologists (MCR) —Fall Meeting. For more information: Kate Winant at kate@tevorranh.com

What is an Ionic Foot Detox?

According to eHow*, an ionic foot detox is an alternative treatment that is used to remove harmful toxins from the body. Through basic atomic laws, the ionic foot detox draws the buildup of metal deposits, chemicals, parasites, and sediments out of the body through the pores in the feet. This FCC-approved technique is performed by alternative medicine experts at spas and wellness centers, but there are also several detox devices that are available for home use.

Process:

During an ionic foot detox, a user places their feet in a small foot bath filled with water and sea salt. The detoxifying appliance, a small plastic device that is electrically powered, is positioned under the water level where it releases a small electrical current. This current is meant to excite the particles in the water, creating positively and negatively charged ions. These ions are drawn into the body through the pores in the feet and proceed to bind with toxic particles in the blood, organs, and muscles. Once the ions have bonded they become neutrally charged, and are naturally pulled back to the feet and out of the body through gravitational pull and the process of osmosis.

Results:

Ionic foot detoxes produce visible results during the course of the treatment session, as the water in the bath changes from clear to a color, such as yellow, blue, or brown. The specific color the water turns is indicative of what area of the body is releasing toxins or what type of material is being removed. Regular users of ionic foot detoxes have reported a vast number of benefits, which include everything from an increased sense of well being to the remission of cancer. Common reported benefits from long term use are increased immune function, better sleep, increased metabolism, joint pain and allergy relief, and increased energy.

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*Source: http://www.ehow.com/about_5163935_ionic-foot-detox.html