



**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](http://www.tnreflexology.org)

**Spring Reflexology Seminar/Workshop:**

The Tennessee Reflexology Association (TRA) would like to have a Spring Reflexology Seminar/Workshop. If anyone knows about a good speaker, please contact Ted Helms at 'tch007@tds.net' and provide the contact information, including their name, location, e-mail address, and telephone number if possible.



**Disaster Relief:**

The year 2011 has been an unusual year with disasters related to earthquakes, thunderstorms with hail and lightning, flooding, tsunamis, and fires. The following is an excerpt from an article by Bill Flocco pertaining to Reflexology and aid to victims of natural disasters: "People who have suffered through a natural disaster might have physical pain as well as other types of health issues and needs, such as:

1. Musculoskeletal Pain - Pain Reduction, Management, and Elimination, such as injuries, strains, sprains, fractures, etc., in the head, teeth, jaw, in neck, shoulders; upper, mid, lower back, hips, sciatica; arms, legs, ribs, muscles, ligaments, tendons, bones, joints
2. Pain Inside The Body - Headaches, sinuses, teeth, throat, lungs, heart, stomach, heartburn, gallbladder, kidneys, colon/large intestines, uterus, prostate, urinary bladder and more
3. Anxiety - exhaustion, fear, tension, stress, depression."

**Priority Reflexing – Top Priority Between Feet, Hands, and Ear**

Brain (Headaches & Sinuses):	Hands
Jaws, Neck, Shoulders, Lower Back, Hips, Sciatica:	Ears
Thoracic Spine :	Feet
Inner Chest and Inner Abdomen:	Feet

"We also discovered, as logic would suggest, if there is more time to reflex someone, reflexing specific reflexes on all three, feet, hands and ears, produces better results. For example, if someone has lower back pain, reflexing the lower back reflexes on all three, feet hands ears, yields better results."

Progression Reflexing: Where To Reflex 1st, 2nd, 3rd (When There Is Pain In These Seven Regions Of The Body, Reflex In The Following Order):

Brain (Headaches & Sinuses)	Hands 1st, Ears 2nd, Feet 3rd
Jaws, Neck, Shoulders, Lower Back, Hips, Sciatica	Ears 1st, Feet 2nd, Hands 3rd
Thoracic Spine –	Feet 1st, Hands 2nd, Ears 3rd
Inner Chest and Inner Abdomen	Feet 1st, Hands a very close 2nd, Ears 3rd
Upper Arms to finger tips	Hands 1st, Feet 2nd, Ears 3rd
Upper Leg to tips of toes	Feet 1st, Hands 2nd, Ears 3rd

**Upcoming Educational and Conference Opportunities:**

**RAA 2012 Conference :**

May 4-6, 2012, Embassy Suites Hotel – International Drive, Orlando, Florida  
 “Reflexology in the Circle of Life”  
 Contact: [RAAConf2012@reflexology-usa.org](mailto:RAAConf2012@reflexology-usa.org)

**Conference Speakers:**

Lilian Morten – *The Circle of Life: Impact of the 5 Elements*; Bill Flocco – *The Power of Foot, Hand, and Ear Reflexology in the Workplace*; Dr. Jesus Manzanara – *Reflexology Throughout Life: Children with ADD, Adults with Dementia, Brain Arteriosclerosis, and Memory Loss*; Elizabeth Marazita – *Foot Reflexology Path Walking: The Circle of Wellness*; Sue Ricks – *Infants & Gentle Touch*; and Moshe Kruchik – *Maternity*



**Liability Insurance Companies:**

Occasionally the question comes up about liability insurance for Reflexologists. The following companies may offer professional Reflexologists a discount, call them to for information and/or to get a quote if you're interested.\*

- **Associated Bodywork and Massage Professionals** [www.abmp.com](http://www.abmp.com) Phone: 1-800-458-2267. \$199
- **Alternative Balance Professional Association** [www.alternativebalance.net](http://www.alternativebalance.net). Phone: 1-800-871-3848. \$179
- **Massage Magazine Insurance** [www.massagemagins.com](http://www.massagemagins.com). Phone: 904-567-1534. \$159

\*You will need to compare coverage and decide if any of these companies meet your needs. TRA does not recommend or endorse any one company over another.

**How much does a Reflexology Session Cost in Your Area?:**

Many times the question comes up as to "what should I charge for Reflexology therapy session?" The TRA would like to conduct an informal survey to see what the going rate is your area for a regular Reflexology session. Many Reflexologists charge anywhere from \$45-65, or approximately one dollar per minute. Of course, there are several factors affecting the rate depending on the city, overhead charges, additional services, travel costs, etc. If you want to participate, please complete the following form and return via e-mail to Ted or Larry by December 9, 2011. Results will be published in a future TRA Newsletter (Note: click on the box or blank line to fill-in info):

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**TRA Survey**

City or Town/State: _____	Rate for 1 hour (50-60 minute Reflexology-only session):	
Business Type:	<input type="checkbox"/> \$40 or less	Additional Service Charges:
<input type="checkbox"/> Spa/Health Facility	<input type="checkbox"/> \$45	<input type="checkbox"/> Essential oils: \$_____
<input type="checkbox"/> Home	<input type="checkbox"/> \$50	<input type="checkbox"/> Hot stone \$_____
<input type="checkbox"/> Private Business	<input type="checkbox"/> \$55	<input type="checkbox"/> Travel expenses \$_____
<input type="checkbox"/> Other (specify): _____	<input type="checkbox"/> \$60	<input type="checkbox"/> Raindrop \$_____
	<input type="checkbox"/> \$65 or more	<input type="checkbox"/> Other \$_____
<b>Comments:</b> _____		

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