



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

Spring Reflexology Seminar/Workshop:

The Tennessee Reflexology Association (TRA) is still exploring options for 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.



A Reflexology Labyrinth Path for Maine:

Maine Council of Reflexologists Board Member, Diane Wedge had a vision. Inspired, member Rosalie Cryan researched existing Reflexology paths. Maine's Reflexology Labyrinth located at the Coastal Maine Botanical Gardens in Boothbay, was part of a 21 million dollar project and built by professionals, however, the first Reflexology Path in the US was built by volunteers at Bastyr University in Oregon. Reflexologist, Dr. Elizabeth Marazita, a presenter at this year's RAA conference, directed a force of student volunteers to build, at the edge of Bastyr's Herb Garden, a path 3 feet wide and 64 feet long. More information on the Maine Labyrinth can be found at http://www.reflexologyofmaine.org/Page_F1S6.php.

Annual Membership Dues:

The annual membership fee of \$20 (\$15 if we have your e-mail address) for 2012 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. The following individuals have renewed their current membership or have become new members:

Judith Addington	Helen N. Braddy	Troy L. Bramlett Jr., LMT	Carolyn W. Bramlett, LMT
Stacy B. Breeden	Rev. Dr. Marney Brown	Michele Daniel, LMT	Mia Deshell Earl
Shirley Griffin	Ted Helms	Larry Hill	Linda j. Kropff
Mary Ellen Lovingood	Tina Lopez	Patrick Owings	Christine Pratt
Barbara Rector	Stella Roma	Cecilia Russell	Lucy G. Scarbrough
Doris Steelman	Nancy Telford	Lynn U. Watson	Debbie Wilson

* New Members



Reflexology Association of America (RAA) CONFERENCE

Location: Embassy Suites Orlando-International Drive/Convention Center, 8978 International Drive, Orlando, FL 32819.

Dates: May 3-6, 2012

RAA Conference Speaker Lineup:

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 Manzanares – *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 and Gentle Touch*

Moshe Kruchik – *Maternity Reflexology – Preparing for happy Pregnancy and Wonderful Birth*

Wendy Coad – *Reflexology from a Business Perspective*

For More Information: Visit the Home Page of the RAA Website www.reflexology-usa.org. Near the bottom of the page in **red** is the 2012 RAA Conference Information, which is loaded with information about the Conference, Speakers, Workshops, Hotel, Transportation, and more.

Human Trafficking:

Human Trafficking seems far removed from Reflexology, but recent findings are that it isn't the case. Primarily on the west coast, human trafficking is gaining ground under the cover of massage, and, in some cases, of reflexology as well. RAA and ARCB, in coordination with state reflexology associations have made headway in legalizing reflexology across the country and stated as follows:



"We don't want reflexology to be lumped in with illicit bodywork businesses, or regulated under massage. A strong voice must be heard regarding our position in this matter. Publicly stating reflexology's position gives us the opportunity to demonstrate the unity of our field and the professionalism with which we want to be viewed." To that end, RAA and ARCB are producing a joint brochure that will provide details on how to identify a legitimate reflexology practice, professional Reflexologists, etc. The plan is to have the brochure ready by the RAA Conference in May.

Relieving Hangover by Reflexology:

The following is an excerpt from *Natural News*:

No one likes a hangover; however, most people like to eat and sometimes drink too much alcohol during the holidays and other occasions, such as the Super Bowl in February. Tempting treats and beverages peak around every corner.



Hangovers are not only relegated to those drinking alcohol. A variety of natural cures abound to help hangovers disappear more quickly. Some natural aids include almonds, water, bananas, and Reflexology. *Natural News* states the following: "Stimulating the body's reflexes through the feet is a popular treatment for relieving a variety of conditions, including hangovers. Detox the liver and relieve headaches and other effects from too much drinking by rubbing the liver reflex on the outer edge of the right foot (half way between the little toe and the middle of the foot)." More information can be found at: http://www.naturalnews.com/034469_holidays_hangover_remedies.html#ixzz1kZqoLtbC.