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We are on the Web at: [www.tnreflexology.org](http://www.tnreflexology.org)

### Reflexology Seminar:



The TRA is sponsoring a seminar by Ko Tan on Sunday, August 19, 2012, 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 Foot 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](mailto: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](mailto:lhill_hand@hotmail.com) or phone (865-522-1447) **by August 15, 2012**, to pre-register to reserve a space. We must have at least 10 people to RSVP to indicate that they are planning on attending the seminar or it will not be held.

### 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](http://www.tnreflexology.org) or by contacting Larry Hill. 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 since the last newsletter:

Catherine Geise

Kenda Komula

James League

Krista Radden

Celeste Tipton

## The Hungry Brain\*



Are you concerned about your memory? Do you feel irritable much of the time? Is your stomach tied up in knots from chronic worry? Or are you just “stuck” and don’t know which way to turn? What you may not realize is that your brain is a “hungry” organ and depends on a constant supply of nutrients that influence your mind, mood, energy and vitality! Your emotional and mental health is closely linked to your nutritional status. Food is a carrier of energy or “prana” that delivers unique substances that influence the health of your brain and consequently, your mind and mood. You also have a “second brain” that resides in your digestive tract, known as the enteric nervous system (solar plexus). Ancient wisdom referred to the gut as the “honored middle”, the seat of intelligence. Modern science now concurs and has revealed that there is an intricate two-way communication system between your central nervous system brain and your gut brain. What does this mean to you in your everyday life? Quite simply, every time you eat, you have an *opportunity* to influence this remarkable bi-directional neuronal network that produces mood and mind altering chemicals. Here are three “Food As Medicine” tips for nourishing your hungry brain:

1. **Mindful Eating, the 3/3 Guideline:** Before you eat your next meal, take a moment to just look at your food. Allow all your senses to be fully engaged including your sense of sight and smell. Take 3 relaxing breaths before you eat...chew thoroughly, as the act of chewing ignites critical digestive factors. While you’re eating, rest your hands at least 3 times and take a slow relaxing breath each time. By integrating the skill of mindful eating, you will enjoy better digestion, essential for brain health.
2. **Whole Food Nourishment...**Nature-made, whole foods provide the vital nourishment for necessary to support brain and digestive health. Plant foods (vegetables, fruits, nuts, seeds, legumes) and consciously raised animal foods provide a synergistic supply of brain boosting nutrients, phytochemicals and fiber that influence mood, mind and memory.
3. **Culinary Medicine...** Herbs and spices impart first class flavor to our plates and have multi-functional properties important for brain and digestive health. So, whether it is turmeric, rosemary, ginger, oregano or dill, experiment with the aromatic deliciousness of different herbs and spices to perk up your mood and sharpen your mind. \*Source: <http://www.cmbm.org/2012/02/02/the-hungry-brain/>

### ***Upcoming Educational Opportunities/Events***

- *The Center for Mind-Body Medicine Mind-Body Medicine: Learn the Techniques, Sept 29 - Oct 3, 2012, San Antonio, Texas.* Do you have clients suffering from stress, anxiety, depression, trauma, insomnia, pain, and chronic illness? Come and learn the science and practical mind-body medicine techniques to add to your backpack! Recharge yourself and network with other health professionals. Join James S. Gordon, MD, and The Center for Mind-Body Medicine for our Initial Mind-Body Medicine training September 29-October 3, 2012 in San Antonio, TX. For more information, including schedule, tuition, CEU’s, and scholarships please visit [www.cmbm.org/imbm](http://www.cmbm.org/imbm).
- The 2014 Reflexology Association of America (RAA) Conference will be held in Santa Fe, New Mexico. For information on upcoming events, please go to the RAA website at [http://raa.memberclicks.net/index.php?option=com\\_mc&view=mc&mcid=9](http://raa.memberclicks.net/index.php?option=com_mc&view=mc&mcid=9)
- 7th Annual World Massage Festival - August 19-22, Tuscany Suites, Las Vegas, NV; \$400 includes up to 26 CE hours! For more info, visit <http://worldmassagefestival.com/2012/freedom.html>