



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

Reflexology Seminar Reminder:



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.

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 August 12, 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 or by contacting Larry Hill.

Six Tastes for a Balanced Life:*



We all know that we eat to give our bodies what it needs nutritionally, but are we aware of the importance of the flavors of the foods we eat and their impact on our emotions and health? Incorporating each of the 6 tastes – sweet, salty, sour, bitter, pungent, and astringent – into every meal will help you stay physically and emotionally balanced. Too much or too little of one taste can throw that balance off. Here's a quick guide to what each taste contributes when it is lacking or when it is presented to the tongue (and body) in excess:

- Sweet foods represent love, happiness, comfort, and spiritual growth. In excess, sweetness can make us lazy, greedy, and dependent.
- Salt aids in digestion and gives us enthusiasm for life. In excess, salt can result in uncontrollable cravings and compulsive behavior.
- Sour foods are good for the intellect. In excess, sour foods can result in envy and resentment. Bitter foods make us feel more alert. In excess, they leave us unsatisfied with life.

- Pungent foods are invigorating and help us get rid of pent up anger. In excess, they can result in harshness in speech.
- Astringent foods bring us back down to earth and contribute to a dry sense of humor. In excess, they can dull our interest in life.

For quick and easy lunches that can be carried just about anywhere, from a day at work to a camping trips, nothing spells convenience more than tortillas. Try a spicy black bean wrap, for a protein and nutrient rich lunch. If you are making these the day of, throw in any fresh veggies you have and use lettuce to line the inside of the wrap. If you will be freezing your wraps to eat later, leave out the lettuce, as it won't thaw nicely. In a tortilla (whole wheat, please) combine: brown rice, black beans, diced tomatoes, diced chili peppers, and shredded cheese. Variations include squash, sweet potato and kale or sautéed onions, garlic and bell pepper strips. Serve with salsa, guacamole and a fresh salad, or eat them on the run on busy days.

*Source: Healing Arts News

Upcoming Educational Opportunities/Events:

The Heal Center, Institute for the Natural Healing Arts and Learning (Website is www.healcenteratlanta.com)

- The Fundamentals of Energy Healing with Roz Zollinger. When: Thursdays: August 9th, 16th and 23rd. Time: 7pm-10pm. This is an interactive, life-changing and profound workshop giving participants the basics of using "Universal Energy" in a gentle and non-invasive way to facilitate changes and wellness in those that receive. Tuition: \$275. Please call Roz at (404) 303-0007. (Massage Therapists earn 12 CE's).
- Aromatherapy Certification Class, begins Thursday September 6th, 2012. Mornings or evenings (3hrs per week). This is a vital and fundamental level of Aromatherapy and the holistic science behind essential oils and their effect on body/mind and spirit. Tuition: \$750 incl. book and class supplies. (Massage therapists receive 48 CE hrs).
- Touch for Health Class Level I by Earl Cook, September 8-9, Time: 9am-5pm, at the Heal Center in Atlanta. Learn the basics of Touch for Health energy kinesiology for better health and less pain. Learn the muscle tests for the primary 14 meridians and touch techniques to balance the body's energies. This is an interactive hands-on class. For more info, please visit: www.etchforhealth.com/training.html or call (770) 992-3914.

Academy of Ancient Reflexology <http://academyofancientreflexology.com/blog>



Thai Foot Reflexology Retreat is planned for August 31 through September 3, 2012 at the Dahlonaga Spa Resort located in Dahlonaga, Georgia. This is the third reflexology retreat that Karen Ball has held and is the first one on US soil. The classes are scheduled so that there is plenty of time to explore the area, get bodywork and just generally relax, as well as learn a dynamic new foot therapy. For more information, please call Karen Ball at 904-553-4067 or go to their website listed above.

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, please visit www.cmbm.org/imbm.

Miscellaneous Upcoming Events:

- 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
- 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>