



**Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer; Brenda Carlson and Rev. Leslie Hall; Board of Directors**

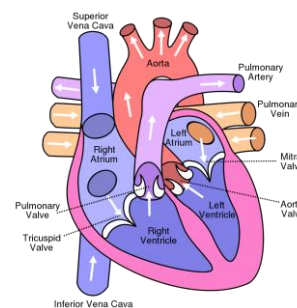
We are on the Web at: [www.tnreflexology.org](http://www.tnreflexology.org)

**Future Reflexology Seminar:**

The TRA would like to have a spring seminar. Please contact Ted Helms or Larry Hill if you know of a good speaker or workshop presenter.

**Stirling Study finds Reflexology Affects the Hearts of Non-Cardiology Patients\*:**

A three-year study by researchers at the University of Stirling has found that reflexology to the upper half of the left foot (the heart reflex point) had an effect on the hearts of healthy volunteers. PhD Researcher Jenny Jones, from the School of Nursing, Midwifery & Health, and Professor Steve Leslie, a cardiologist from the Cardiac Unit at Raigmore Hospital, carried out a study into the effects of reflexology in healthy volunteers and patients with cardiac disease. Reflexologists believe that various reflex points on the feet 'map' to individual body organs and if these reflex points are massaged, the organ gets more blood.



This claim has not been rigorously tested before making the Stirling study the first of its kind. The study specifically tested the upper left ball of the sole which is said to 'map' to the heart and compared this area to other areas of both feet. The study found that in healthy volunteers reflexology massage to the heart reflex point had a small effect on heart function. No heart function change was detected when 'non-heart' or unrelated areas of the feet were massaged. There was no change in the hearts of cardiology patients. Researcher Jenny Jones said: "Reflexology is unique because it makes quite specific claims that it increases blood flow and this is something you can scientifically test. In our experiment with healthy people there was an inexplicable change in the heart function which occurred only when the heart reflex point area was massaged. We have no idea what caused this change so we have applied for funding to investigate this further."

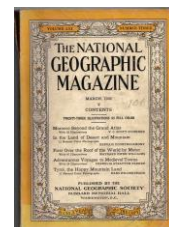
Read the full Article: <http://www.stir.ac.uk/2012/reflexology-affects-the-hearts-of-non-cardiology-patients/name-29428-en.html> (\*Source: Balancing Touch)

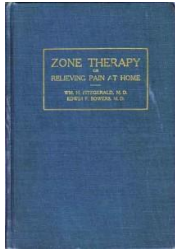
**Annual Membership Dues:**

The annual membership fee of \$20 (\$15 with 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). Since the last newsletter, Rhonda Scott and Denise Bradley renewed their TRA membership.

**1932 National Geographic Article Talks About Foot Health:**

Back in 1932, there is an interesting article about foot health published in the National Geographic Magazine. To read more, please go to the following link: <http://library.constantcontact.com/download/get/file/1101468812682-274/NatGeog+MetLifeAd.pdf>





If you are interested in Reflexology history, you might want to read the classic Reflexology book online, *Zone Therapy or Relieving Pain and Disease*, by William H. Fitzgerald, MD, and Edwin F. Bowers, MD, which was published in 1919, at the following link:

<http://archive.org/stream/zonetherapy00fitzjala#page/n3/mode/2up>

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

**The Heal Center, Institute for the Natural Healing Arts and Learning** (Website is [www.healcenteratlanta.com](http://www.healcenteratlanta.com))

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

#### **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](http://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](http://raa.memberclicks.net/index.php?option=com_mc&view=mc&mcid=9)

#### **Oregon:**

- **Subject: Pain Control & Stress Reduction With Foot Hand Ear Reflexology**  
**Date:** October 12, 2012, **3 CE Hours:** ARCB, ABMP, NCBTMB  
Instructor: Bill Flocco, Location: Fairfield-Mariott Hotel, 6100 SW Meadows Road, Lake Oswego, OR. 97035 (near Portland, Oregon).
- **Subject: Beginning Foot Reflexology** **Date:** October 13-14, 2012, **14 CE Hours:** ARCB, ABMP, NCBTMB, Instructor: Bill Flocco, Location: Fairfield-Mariott Hotel, 6100 SW Meadows Road, Lake Oswego, OR. 97035.

**To Register for Classes: 541 386-7998, Email: [mlpenshoen@gmail.com](mailto:mlpenshoen@gmail.com).** Further Information: [www.oregonreflexologynetwork](http://www.oregonreflexologynetwork)

#### **Rhode Island:**

- **Subject: Stress Reduction With Foot Hand Ear Reflexology.** **Date:** November 2, 2012  
3 CE Hours: ARCB, ABMP, NCBTMB, Instructor: Bill Flocco. Location: Hampton Inn & Suites Providence Airport, 2100 Post Rd., Warwick, RI 02886.
- **Subject: Musculoskeletal Integrated Foot Hand Ear Reflexology.** **Date:** November 3-4, 2012.  
14 CE Hours: ARCB, ABMP, NCBTMB. Instructor: Bill Flocco. 3 CE Hours: ARCB, ABMP, NCBTM

To Register for Classes: 401486-5552. Email: [janreflex@cox.net](mailto:janreflex@cox.net). Further Information: [www.reflexologyri.com](http://www.reflexologyri.com)

**Obituary** : TRA was saddened to learn in August that Annette Livingston, one of our long time members, passed away on December 2, 2011.