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We are on the Web at: www.tnreflexology.org

Future Reflexology Seminar:

The TRA is planning on having a spring seminar. Judy Addington of Body & Sole Healing, who teaches CARE essential oil classes, is a licensed massage therapist, Board Certified Raindrop Specialist (BCRS), is a Registered Certified Reflexologist (RCR), and is a member of the TRA, will be the presenter. The exact title of the topic, date, and location will be announced in the January-February 2013 TRA Newsletter.

Annual Membership Dues:

The annual membership fee of \$20 (\$15 with e-mail address) for 2013 will be due in January 2013. The membership application and mailing address is on the TRA Website at www.tnreflexology.org. Since the last newsletter, Pauline Brower, Brenda Carlson, Shirley Griffin, Julia Hover, and Janet Powers renewed their TRA membership.

Upcoming Educational Opportunities/Events:

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

Winter Class: January 24th, 2013. 10 am and 7 pm, Summer Class: May 16th, 2013. 10 am and 7pm. Call Roz at (404) 303-0007 for more info or to register on-line. This is a vital and fundamental level of Aromatherapy and the holistic science behind essential oils and their effect on body/mind and spirit. 48CE hrs for massage therapists. Tuition: \$750 includes book and class supplies. Payment plan is available. Attendees will be able to study over 65 essential oils for common ailments, body systems, body/mind connection, the art and science of therapeutic/emotional blending, aromatherapy consultations, case studies, and more!!



**American Academy of Reflexology
January 26-27, 2013 Los Angeles, California**

Reflexologists know how difficult it is to get good results with stressed individuals. In this workshop Danish reflexology experts **Dorthe Krogsgaard** and **Peter Lund Frandsen**, will look at stress from many viewpoints. You will learn what happens in the stressed body, and get many new tools to work with stressed clients. Dorthe and Peter will apply methods from:

1. Danish and Nordic Reflexology,
2. Nerve reflexology,
3. Tuning-in and centering techniques on the feet,
4. Chakra foot reflexes,
5. Seven sphincters, and more.

The workshop has a strong focus on practical hands-on work. For more information, please go to the following link:

<http://www.americanacademyofreflexology.com/2013aboutstress.shtml>

2014 Reflexology Association of America (RAA) Conference:

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

Research: Effects of Foot Reflexology for High Blood Pressure:

Dr. Jesus Manzanares, M.D., University Hospital Vall D'Hebron and Sagrado Corazon Hospital. Departments of Neurology, Rheumatology, Traumatology, Cardiology and Internal Medicine, Barcelona, Spain.

Purpose: To study the results of using foot reflexology on patients with high blood pressure (HBP).

Population Tested: 54 patients diagnosed with HBP, 34 females and 20 males. Ages range from 34 to 75.

Method: The 54 patients were divided in 4 groups according to the HBP medication they were receiving.

- Group 1: 32 patients; prescription - Enalapril 5mg to 20mg/day
- Group 2: 8 patients; prescription - Enalapril 5mg to 20mg/day plus a diuretic
- Group 3: 2 patients; prescription - Propranolol 20mg to 60mg/day
- Group 4: 12 patients; prescription - None. This group received only dietary guidelines.

The 54 patients presented with the following identified medical diagnoses:

- Overweight: 25
- Non-insulin dependent diabetes: 15
- Dyslipidemia (Abnormal Lipids): 14
- Hyperuricemia (Gout): 5
- Obstructive Chronic Pulmonary Disease: 16

Protocol: Two different protocols were used consisting of (1) a generalized reflexology treatment and (2) a specific reflexology treatment for high blood pressure.

- Placebo Protocol #1 - Reflexology areas treated: lung, lumbar spine, stomach
- HBP Protocol #2 - Reflexology areas treated: predominant frontal cortex, sympathetic thoracic ganglions, kidney

Patients in Groups 1-4 were divided equally into two subgroups (a) and (b). All subject in Groups (a) received Reflexology Protocol #2 for high blood pressure. All subject in Groups (b) received Reflexology Protocol #1 General (Placebo). All groups received foot reflexology treatments 2 times per week over 10 weeks for a total of 20 sessions. The sessions included firm pressure of reflexology for a duration of 5 to 7 minutes in each area listed.

Results: After all 20 sessions were completed, Groups 1a, 2a, 3a, 4a (a total of 27 patients or 50% of all group subjects) who received the HBP Protocol #2, were able to achieve lowered blood pressure levels although their HBP medication was reduced to half the dosage. The percentage of patients in the Placebo Groups 1b, 2b, 3b, 4b were able to reduce their intake of HBP medication as follows: 1b: 5%; 2b: 0%; 3b: 0%; 4b: 16%.

Conclusion: Based on the results obtained in this study, patients treated for high blood pressure, some of them with additional associated pathologies, had significant benefit from the specific HBP Protocol #2 compared to those patients who received the placebo Protocol #1. HBP Protocol #2 allows the patient to lower the HBP medication intake while still maintaining normal blood pressure.

Email: manzanaresmethod@gmail.com



The TRA would like to take this opportunity to wish each and every one of you a most joyous holiday season. May you also have a prosperous and peaceful new year!

