



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

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 March 2013 TRA Newsletter.

Annual Membership Dues:

The annual membership fee of \$20 (\$15 with e-mail address) for 2013 is now due! The membership application and mailing address is on the TRA Website at www.tnreflexology.org.

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 Danish and Nordic Reflexology; Nerve reflexology; Tuning-in and centering techniques on the feet; Chakra foot reflexes; 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>

The **American Reflexology Certification Board (ARCB)** will be testing National Certificants in Asheville, N. C. on September 14th, 2013 for the foot and hand reflexology exam. For additional information, please visit the following link: http://arcb.net/cms/?page_id=1053

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



Announcing A Major Development For The Field Of Reflexology Across America (Source: Bill Flocco, Director, American Academy of Reflexology):

Reflexology will move forward as an approach to women's health care and wellness issues, thanks to a recently passed resolution by the National Foundation of Women Legislators (NFWL). The group's resolution encourages state and national organizations to join them in supporting reflexology, "as part of a holistic, comprehensive, and patient-centered approach to care." The resolution was brought to the NFWL by reflexologists Paul Harvey, Christine Issel, and Bill Flocco. Paul, Chris, and Bill worked for three years to bring about the passage of this resolution. The opportunity came about when a Reflexologist met one of the NFWL leaders through his practice.

This led to invitations to NFWL events where women legislators could experience the benefits of Reflexology. The events were held in Florida, Iowa, and Georgia and allowed Reflexologists in those states to join in the effort. Paul, Chris, Bill plus the reflexologists who attended and worked the state events spent hundreds of hours in total seeing the process through to completion. The resolution has a strong impact, as it will significantly aid in our continued discussions on the legislative level. For more information, please go to the following link:

<http://www.washingtonreflexology.org/2012/12/national-foundation-of-women-legislators-supports-reflexology/>

Comparing the Effects of Reflexology Methods and Ibuprofen Administration on Dysmenorrhea in Female students of Isfahan University of Medical Sciences. Iran J Nurs Midwifery Res. 2010 December; 15(Suppl1): 371-378. PMID: PMC3208937

Dysmenorrhea or menstrual pain is one of the most common disorders experienced by 50% of women in their reproductive age. Adverse effects of medical treatments and its failure rate of 20-25% have caused many women to seek other complementary and alternative treatment methods for primary dysmenorrhea. Hence, this study aimed to compare and determine the efficacy of reflexology and Ibuprofen on reduction of pain intensity and duration of menstrual pain.

METHODS:

This was a quasi-experimental clinical trial study on 68 students with primary dysmenorrhea living in Isfahan University of Medical Sciences' dormitories. Simple random sampling was done considering the inclusion criteria and then the students were randomly divided into two groups. In the reflexology group, the subjects received 10 reflexology sessions (40 minutes each) in two consecutive mense cycles. The Ibuprofen group received Ibuprofen (400 mg), once every eight hours for 3 days during 3 consecutive mense cycles. To assess the severity of dysmenorrhea, Standard McGill Pain Questionnaire, visual analog scale (VAS) and pain rating index (PRI) were used in this study. Findings of the study showed that the two groups had no statistically significant difference in terms of demographic characteristics ($p > 0.05$). Reflexology method was associated with more reduction of intensity and duration of menstrual pain in comparison with Ibuprofen therapy. Independent and paired t-test showed that there was a significant difference in the two groups between intensity and duration of menstrual pain using VAS and PRI in each of the 3 cycles between reflexology and Ibuprofen groups ($p < 0.05$).

CONCLUSIONS:

Considering the results of the study, Reflexology was superior to Ibuprofen on reducing dysmenorrhea and its treatment effect continued even after discontinuing the intervention in the third cycle. Therefore, considering that Reflexology is a non-invasive, easy and cheap technique, it seems that it can replace anti-inflammatory drugs (NSAIDs) to avoid their adverse side effects.

Source: <http://www.reflexologyresearch.net/>