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

Reflexology for Neck Pain and Range of Motion



NOTE: *BILL FLOCCO is the founder and director of The American Academy of Reflexology. He has written the following article, which can be found at the following link:
<http://www.americanacademyofreflexology.com/>*

Most people suffer from neck pain or neck range of motion issues at some time in their life. In fact, many people are so plagued by severe neck pain or range of motion problems in the neck, that it severely detracts from their quality of life. Reflexology has proven to be helpful not only for relief, but also, for prevention of these issues. And it's so easy to use Reflexology on yourself as well as on others for neck related issues.

A Burbank, California housewife named Merl had a neck so stiff she had to turn her whole body to look either side. After three Reflexology Sessions and some Self-Help Reflexology, Merl regained full range-of-motion of her neck for the first time in twelve years. This case of relief of pain and stiffness from Reflexology is dramatic only regarding the length of time Merl suffered. It is quite common for people to report relief of neck pain within a few sessions of Reflexology.

The "Flocco Method – Integrating Foot Hand Ear Reflexology" is based on the principle that in each of these three places – ears, hands and feet – you have a complete pressure map in a shape of the human body. When you put pressure with your fingers and thumbs on these Reflexology Maps, it is something like going to a wall and turning the light switch. Although you are touching the light switch on the wall, the effect is seen on the light in the ceiling. So too, by properly reflexing the appropriate parts of the ears, hands and feet for the neck, relief of pain, stress, and range-of-motion issues, is often reported. Over thirty years of working with feet, hands, and ears has shown that each is better for pain in different parts of the body. Where to reflex first is called Priority Reflexing.

1. For neck pain, go to the neck reflexes in the ears first, found above the ear lobes at the base of the hard cartilage, called the inner ridge. Hold between the pads of your fingers and thumbs with firm nurturing pressure. Where to reflex first, second, and third is called Progression Reflexing .
2. After reflexing the neck reflexes on the ears, progress to neck reflexes in the feet, located in the two-thirds of the toes closest to the feet, especially around the big toes.
3. Third progress to the neck reflexes in the hands, found in the two thirds of the fingers closest to the hands, especially around the thumbs. Start with lighter pressure between the softer surface tissues and harder deeper tissues, until the deeper tissue softens and invites you to work deeper.

Remember the importance of drinking extra water to flush out any toxins released following reflexing. For serious health conditions also remember the value of your primary health care provider.

Annual Membership Dues:

The annual membership fee of \$20 (\$15 if we have your e-mail address) for 2013 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. The following individual has become new member since the September 2013 *TRA Newsletter*: Roy Hamilton of Nashville, Tennessee.

Upcoming Educational Opportunities/Events:

Hand Reflexology Seminar, December 7th and 8th, Atlanta, Georgia, by Roz Zollinger, 12 CEU NCBTMB #451383-10; Based on the Zollinger "Body Systems Method of Reflexology". Prerequisite: Some working knowledge of Reflexology. This will be a comprehensive weekend seminar covering:

- Basic structure, A&P of the Hand and wrist
- Common problems and issues
- Proficiency in the hands-on application of Hand Reflexology and how to combine it with the work on the feet

A Certificate of Attendance will be awarded at the completion of this seminar. Tuition: \$210. Book: \$20. For more info go to the following link: <http://healcenteratlanta.com/classes/reflexology-classes/#%21%7E/product/category=4730625&id=23502843>

Holistic Health Certification Program with Continuing Education Credit (on location or live on-line). Washington Institute of Natural Medicine, 5101 Wisconsin Ave., N.W., Washington, D.C. 20016, www.NaturalHealthDC.com, winoffice@gmail.com; telephone (202) 686-8202. The classes are taught as independent modules and can be taken out of sequence except for clinical.

Holistic Health Care (\$250.00 per level)	Time	Class Dates
V - Iridology & Hara Energy	10am-5pm	11/23/2013
VI - Meridian Theory	10am-5pm	12/07/2013
VII - Pulse & Tongue	10am-5pm	12/14/2013
VIII - Clinical	10am-5pm	01/18/2014

For more information, you can watch a video on YouTube at the following link: <http://www.youtube.com/watch?v=9XD7Ru4Enps&feature=share&list=UUJo8QyXT4BQrLysIN9nSj8g>

Reflexology Association of America (RAA) Conference 2014: Dates: May 2-4, 2014, Location: Santa Fe, New Mexico; Hotel: The Hilton Santa Fe Historic Plaza; Contact: Brenda at brendamakowsky@gmail.com for more details.



Professional Reflexology and its online magazine Reflexology News was launched in the spring of 2010 by a group of United Kingdom (UK) reflexologists and tutors with over 100 years experience. They claim that they are the fastest growing Reflexology Association representing UK Reflexologists. To check out this organization please go to the following link: <http://www.professionalreflexology.org/join-today>

International Council of Reflexologists Names Bill Flocco and Christine Issel To the ICR HALL OF FAME.

The International Council of Reflexologists has recently announced that Bill Flocco and Christine Issel, as 2013 inductees into the International Council of Reflexologists (ICR) Hall of Fame. The honor was announced during the 14th ICR International Reflexology Conference in Cape Town, South Africa, September 20-22, 2013. According to the ICR website, the ICR Hall of Fame is the most prestigious individual award in the field of Reflexology. It is bestowed upon a select group of Reflexologists who have made a significant international contribution to the world of reflexology or those whose work on the national level in their country has had an international impact or has set a universal example of service. For more information, please go to the following link: <http://www.americanacademyofreflexology.com/articlepainrelief/>