



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



New Book on Plantar Fasciitis:



Bill Flocco of the American Academy of Reflexology has just announced the availability of a Plantar Fasciitis eBook!

Bill Flocco reports that "According to the American Academy of Orthopedic Surgeons, 1 out of 10 people deal with Plantar Fasciitis at some point in their lives!" He further states that in [Fast Plantar Fasciitis Cure](#) eBook one can discover the following:

Causes of Plantar Fasciitis

- Nutritional tips to help with Plantar Fasciitis related issues
- How to choose the right footwear for your feet for relief
- Anatomy and biomechanics of the feet related to Plantar Fasciitis
- Connection between Achilles tendon conditions and Plantar Fasciitis...
- Ways to build up strength in your legs and feet to prevent future problems with plantar fasciitis.

Bill states that for eBooks on a wide variety of health issues, click on www.HealtheBookExperts.com



Reflexology Association of America (RAA) Board Changes:

After seven years of dedicated service to the RAA, Nancy Bartlett has resigned from her role as Administrative Assistant. The Board formally thanked Nancy for her dedication to our association and the field of reflexology at its annual face-to-face meeting in Minnesota. In Nancy's own words, "It has been my pleasure to have served RAA for the past seven years, first as the Board's Recording Secretary and later as the Administrative Assistant/Office Manager. RAA has grown and so have I. What a wonderful feeling to know I've made a difference and in the process." A number of qualified individuals answered the Board's call for someone to fill Nancy's position. Following several interviews, the selection committee is very pleased to announce that it has hired Nora Eastway. Nora is a RAA member and has been practicing reflexology since 2008 in her hometown of Ewart, Michigan. Her path to reflexology began first as a rehab nurse and hospice nurse. For more information, please go to the following link: <http://reflexology-usa.org/contact/>

Annual TRA Membership Dues:

The annual TRA membership renewal fee of \$20 (\$15 if we have your e-mail address) will be **due beginning January 1, 2015**. If needed, a membership application can be found on the TRA Website at www.tnreflexology.org or by contacting Larry Hill at lhil_hand@hotmail.com. To remain in good standing, please send your dues payment to Larry Hill, 3550 Buffat Mill Road, Knoxville, TN 37914. Based on requests, 2015 membership certificates will be mailed in a large envelope without folding.

Special Holiday Offer from the Knoxville Reflexology Group, Inc.



In the days we spend celebrating the holiday season, our bodies are often on sugar and fat overload. If you need a simple way to recover this holiday season, the Knoxville Reflexology Group, Inc., which is located at 1715 Downtown West Blvd, is offering a Holiday Detox Special Package deal. This offer includes the IT WORKS Body Wrap; 30-minute Body Cleanse; and 30-minute PEMF session for a special price of \$99 (regular price is \$136.50). If interested, please call 865-588-1911. *Offer expires December 31, 2014.*

Additional Upcoming Educational Opportunities/Events:



Caregivers Reflexology - Pain Focus Classes: **Date:** December 7-8, 9 a.m. – 4:00 p.m. **Location:** A Better You Day Spa, Chattanooga, TN. **Hours:** 12 CE hours (approved by NCBTMB and ARCB). **Cost:** \$225 (\$175 if paid, in full, by November 23). Tuition includes a comprehensive .pdf reference manual. Detailed information is at <http://www.kristenradden.com/calendar.html> or by contacting Kristen Radden via e-mail at solestories@hotmail.com



The American Academy of Reflexology at www.AmericanAcademyOfReflexology.com is presenting a class **Discover the Amazing Power Of Ear Reflexology** on **December 13-14, 2014** at 13315 W. Washington Blvd, Los Angeles, CA 90066; Times: 9:30 AM - 5:00 PM **To Register Online or for Downloadable Flier & Registration Form Click Here** or Call 818 841-7741

Since Ear Reflexology maps of the body were first discovered during 1957 in France, with further discoveries during 1959 in China, leading medical researchers have discovered hundreds of additional points. Learn the following:

- **10 Master Points** that have broad impact on the body, such as: Tranquilizer, Pain Control, Master Oscillation Points. **15 Functional Points** which impact on special functions of the body, such as: Allergy Point, Hypertension Point, Asthma Point, Constipation Point, Skin Disorders Point, Sleep Disorders Point. **Protocols** - Combining Ear Reflexology Map Reflexes, Master Points, & Functional Points - for Addictive Behaviors, Stress Related Disorders, Drug Detoxification, Smoking Withdrawal, Weight Control / Eating Disorders, Anxiety, Depression, and Irritability.