

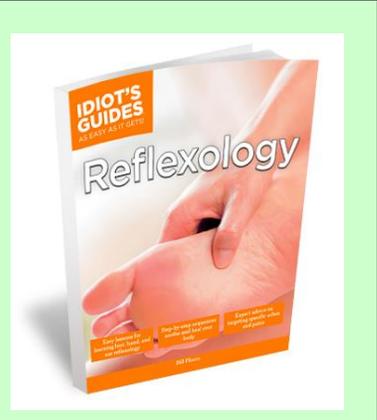


Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer; Brenda Carlson and Rev. Leslie Hall: Board of Directors

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

Foot Hand Ear Reflexology Book by Bill Flocco

Bill Flocco has published a new book entitled *Idiot's Guides to Foot, Hand, and Ear Reflexology*. He states that this book is "filled from cover-to-cover with over 550 color photographs showing exactly where and how to work feet, hands, and ears to help the body heal itself from an amazingly wide range of health challenges."



- Special Features:**
- "Dozens of unique reflexing touch techniques specifically for feet, hands, and ears;
 - Colorful Foot, Hand, and Ear Reflexology charts;
 - Step-by-step sequences for performing Foot, Hand, and Ear Reflexology;
 - Arrows showing directions to work;
 - Special advantages of feet, hands, and ears for different health conditions; and
 - Suggestions about where to work 1st, 2nd, 3rd for different health issues."

- Benefits:**
- "Get far greater results by combining feet, hands, and ears
 - Benefits happen sooner and last longer by using all three - feet, hands, and ears
 - Deeper relaxation by Integrating all three - feet hands ears
 - Greater likelihood of reducing and/or preventing many health problems."

For more information, please go to the following link: <http://americanacademyofreflexology.com/foot-hand-ear-reflexology-book/>

Annual TRA Membership Dues:

The annual TRA membership renewal fee of \$20 (\$15 if we have your e-mail address) was due beginning January 1, 2015. Membership applications can be found on the TRA Website or by contacting Larry Hill at lhill_hand@hotmail.com. To remain in good standing, please send your dues payment to Larry Hill, 3550 Buffat Mill Road, Knoxville, TN 37914. The following individuals have renewed their current membership since the TRA January 2015 Newsletter:

Judy Addington	Theresa Bennett	Denise Bradley	Stacy Breeden
Sandra L. Cuddy	Dr. Howard Dailey	Mia Earl	Debra Farmer
Kenda D. Komula	Tina Lopez	Lisa Malone	Patrick Owings
Christine Pratt	Doris Steelman	Gaia Tossing	Lynn Watson
Dianna Young			

What is Touch for Health/Energy Kinesiology?

For several years the Heal Center of Atlanta, Georgia, has hosted "Touch For Health Energy Kinesiology" classes taught by Earl and Gail Cook, creators of eTouchForHealth.com and Atlanta's Touch For Health classes. According to the Heal Center, "Touch for Health (TFH) is a modern synthesis of ancient Eastern knowledge of the energetic meridian system with recent Western discoveries. The Acupuncture meridians were mapped over 4,000 years ago in China and connect the entire body, organs and muscles with the nonphysical aspects of thoughts and emotions. The free flow of Chi through the meridians causes muscles to 'lock' while blockages, caused by a variety of stressors, will cause a muscle to unlock."

Earl and Gail state that "TFH is popularly known as energy kinesiology because it uses standard muscle tests as a biofeedback tool to assess the state of Chi in the meridian to which a muscle is connected. Muscle testing is not a strength test but is a monitoring of the 'locking capability' of the muscle. This is why many consider the muscle test as used in TFH to be actually monitoring stress levels in the body and in the related energetic meridians. When properly done, the muscle test can become an excellent tool for this purpose. In TFH, there are a total of 42 muscle tests learned. The muscles for the primary 14 meridians are learned in TFH Level 1.

The Western pioneers have also added a number of techniques that can be used to restore the free flow of Chi throughout the body. This process is called 'Energetic Balancing' in TFH and this safe technique is used by lay people as well as a number of professions.

Touch for Health is similar to Reiki, Chi Gong, Yoga and many of the other energetic healing techniques that are based on enhancing the flow of Chi. What sets TFH apart is the muscle test which allows you to immediately detect the state of the energy via the instant feedback the body provides. Then, TFH uses techniques which involve a variety of holding reflex points, briefly massaging specific points, tracing the meridians and other special purpose techniques. Pain relief, reduced stress and overall wellness and balance are common results.

TFH authors and founder, Dr. John Thie and his wife, Carrie, studied closely with psychotherapist, Virginia Satir, PhD. As a result, goal setting while balancing became a central theme in TFH. When people think of meaningful goals, the process induces stress into the body. This activates the stress response system causing the higher reasoning functions of the human brain to be bypassed and we see muscles begin to unlock due to the presence of stress. Therefore, in TFH, meaningful goals are identified and then 'balanced upon' with positive results. While it may be impossible to remove all the causes of stress, it is possible to modify and improve the body's response to the stressors causing the stress. Afterwards, when people ponder and think about their goals, there is less stress attached to this process and less mental pain. When this happens, it allows people to achieve their goals more often because they are using the higher functions of comprehension, reason and creativity without activating the stress response 'survival' systems of the brain and body.

From this short description, it is easy to see that Touch for Health is a holistic modality and integrates an understanding of the interconnectedness of the physical, mental and emotional aspects of our body. It is a basic belief in TFH that if you can assist a person to improve in any area by activating the innate healing powers of the body, it will have positive effects upon the whole body and being."

Earl and Gail state that "they have both been using the TFH techniques since 1976 when a seven-year injury of Earl's was fixed within minutes using these techniques. Earl created the eTouch for Health software which automates and enhances the learning, teaching, practice and presentation of Touch for Health. This software is being used in homes, clinics, spas and schools in over 75 countries. Earl has spoken at conferences in Switzerland, Japan, Washington, DC, Austin and San Juan, PR. In Kyoto, Japan, Earl was awarded the 2010 John Thie Award presented by the International Kinesiology College (IKC) for his work in promoting TFH and for his research efforts. The safe and non-diagnostic techniques are used by lay people as well as healthcare professionals. The TFH classes offer Continuing Education credits for Massage Therapists, Nurses, Acupuncturists and Athletic Trainers."

For more information: www.etchforhealth.com/training or mail: info@etchforhealth.com

Upcoming Educational Opportunities/Events:

The Heal Center Wellness Collective, which is located in Atlanta, Georgia, has a variety of workshops and classes scheduled for the first half of 2015, including the following:

Reflexology - Aromatherapy - Reiki - Lomi Massage - Ayurveda - Muscle Testing - Nutrition - Visceral Technique - SoulCollage - Herbology - Enneagram And The Journey Of Growth - Animal Communication - Sacred Feminine Leadership - A Holistic Approach to Grief and Loss.

For more information, please go to the following link: <http://healcenteratlanta.com/event/>

The Academy of Radiant Health, which is located in Roswell, Georgia (telephone 770-843-2993), has announced the following courses:

- **Beginning Foot Reflexology**, March 14, 15, 2015, CE's 14 hours
- **Beginning Hand Ear Reflexology**, March 21 & 22, 2015, CE's 14 hours
- **Advanced Foot Hand Ear Reflexology**, April 10, 11 & 12, 2015 (1 of 4 3-day weekends). Total CE's 100 hours
- **Facial Reflexology**, June 27 & 28, 2015 ,CE's 14 hours

For more info, go to www.AcademyOfRadiantHealth.com or KoTan@AcademyOfRadiantHealth.com

Touchpoint of Denmark:

Touchpoint of Denmark is announcing an annual International Summer School. The report that they will be teaching it in English and it will be held in July at our premises in Copenhagen.

The titles this summer are: *Nerve Reflexology I: Spine-organs-pelvis-legs* and *Round about: Fertility*
More information can be found at the following link: www.touchpoint.dk/en

Touchpoint states that they have "decided to invite our colleagues from abroad to our international seminars in Denmark. Their first international seminar will be in April and will feature Bill Flocco." They also will be starting a new reflexology school in Copenhagen later this year, offering basic training in a new and expanded format."

For details, go to: <http://www.touchpoint.dk/wss/touchpointuk.asp?page=13186>