



**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](http://www.tnreflexology.org)**

**Foot Fun – Weird Things You May Have Never Known (according to the Balancing Touch Website):**

- Each of our feet contain 26 bones – which accounts for 1/4 of the bones in our entire body. When these bones are out of alignment, so is the rest of the body.
- It's also interesting that there are 26 vertebrae in our spine which is the same number of bones that is in each foot.
- There are 33 joints, 107 ligaments, 19 muscles and tendons in each foot.
- Each foot has approximately 125,000 sweat glands. This means that the average person can produce up to 22 liters of sweat in just one shoe, every year!
- The skin on the sole of your foot can be up to 20 times as thick as the rest of the skin on your body.
- One of the reasons that feet are so ticklish is because there are more sensory nerve endings per inch than in any other place on the body.
- Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet – issues that show up in your feet can be your first sign of more serious medical problems.

In the womb, babies start developing their feet and hands at about the eighth week of pregnancy. At first, they look like paddles and then around the sixth or seventh month the paddle splits up forming the fingers and toes.

A child also does not develop arches in their feet until they are between two and three years old when they learn to walk on their own.

The arch of the foot supports and takes the shock from the weight of the rest of the body. During our lives as babies, when we are totally dependent on our caregivers to feed us, change us and carry us around, we do not have arches. It is only after we start to stand on our own and become more independent that we start to form arches in our feet. According to some practitioners, the arches can have the following meaning:

- Shows us the amount of support and backing we have or do not have in our lives;

- Allows us to stand up for ourselves and make a stand for what is important; and
- Shows the amount of flexibility we have for ourselves as individuals.



### 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](mailto: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 March 2015 Newsletter:

Rev. Marsha Brown Big Pine Key, FL	Brenda E. Carlson Knoxville, TN	Ann Cregg Monroe, TN	Mary Ellen Lovingood Riceville, TN	Kristen A Radden Chattanooga, TN
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### Upcoming Educational Opportunities/Events:



**The Heal Center Wellness Collective**, which is located in Atlanta, Georgia, is offering Healing Touch Classes, which are being taught by Jane Hightower. The class offers 18 CE hours for RNs and Massage Therapists.

**Healing Touch** is an energy based therapy training offering certification which is designed for nurses or anyone who desires an in-depth understanding of energy healing. There are five levels leading to certification as Healing Touch Certified Practitioner (HTCP), but the work learned at each level can be used immediately. Jane Hightower teaches the first three levels and the practicum levels 4 and 5 are offered regionally by Healing Touch Program. Details about Healing Touch include the following:

- An international certification program
- Research based
- Teaches over 30 energy techniques
- Promotes healing on all levels of Body/Mind/Spirit
- Releases tension and pain
- Relaxes and soothes the client
- Can bring the compassion back into your work & world
- CE contact hours given for RNs & MTs
- Accredited by National Commission for Certifying Agencies

**Level 1** June 6-7, 2015 and July 11-12, 2015

**Level 2** August 29-30, 2015

**Level 3** October 3-4, 2015

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 a course on Facial Reflexology to be given on June 27 & 28, 2015 (CE's 14 hours):

**Face Reflexology** is a science and art of utilizing the mini maps of the human body found on the face to balance and rejuvenate the whole body. Face Reflexology uses a series of fingers and thumb techniques via the mini maps on the face that resembles the human body to achieve balance to the body, mind, and spirit. In this class you will be learning the two important mini reflexology maps of the body found on the face. Along with the specific techniques used on the face reflexology, you will also learn the 3 major face Reflexology routines and a lymphatic drainage routine on the face. The course will be taught by Ko Tan. Ko Tan earned his Full Reflexology Certification from the Academy in 1990 and has been teaching Academy classes in various parts of Georgia, North Carolina, Tennessee, and Wisconsin.

For more info, go to the following Website:

[www.AcademyOfRadiantHealth.com](http://www.AcademyOfRadiantHealth.com)  
or  
[KoTan@AcademyOfRadiantHealth.com](mailto:KoTan@AcademyOfRadiantHealth.com)



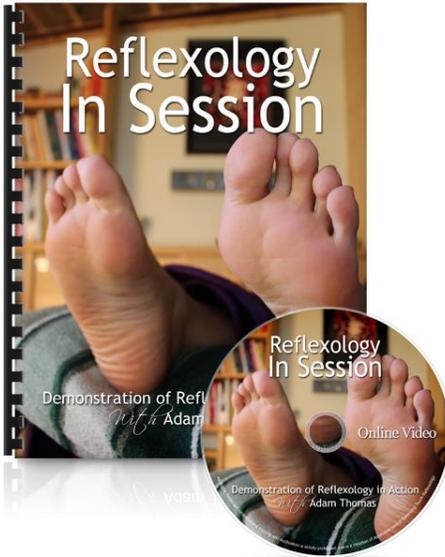
### **Touchpoint of Denmark:**

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](http://www.touchpoint.dk/en). Touchpoint states that they have "decided to invite our colleagues from abroad to our international seminars in Denmark. 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>

### **New On-Line Courses offered by Balancing Touch**



Balancing Touch is offering a short course entitled Reflexology Desserts, which is intended to guide you through a series of videos on reflexology 'Warm-Ups' or 'Relaxation Techniques'. According to Balancing Touch, these are usually the first techniques that you learn as a Reflexologist since they help you comfortably and confidently work with the feet. The course, which is regularly \$4.95 is now free. They are also offering a course entitled "Reflexology in Session for \$9.95. More information is available at the following Website: <http://balancingtouch.ca/product-category/online-course/>