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

Reflexology that "Reveals the Heart" Taken from Touchpoint website at the following link:

<http://www.touchpoint.dk/wss/touchpointuk.asp?page=14343>

In the Reflexology session, it is worth thinking about the chest when working with the heart. The connective tissue (fascia) of the chest is diverse and very strong, it continues in between the lungs and encloses the heart. It connects the front with the back (the sternum and spine) and top with the bottom (neck and respiratory diaphragm). Begin by working reflexes for the sternum, and the thoracic spine, which are the strongest structures in the thorax. By working the first metatarsal carefully in its entire width, plantar and dorsal, you treat both structures at the same time. Continue with the ribs. A good technique is to work with the four ulnar fingers (the thumb supporting on the plantar side) across the back of the foot from the first metatarsal (sternum), and deep into the tissue between the bones all the way to the fifth metatarsal (Figure 1).



Figure 1

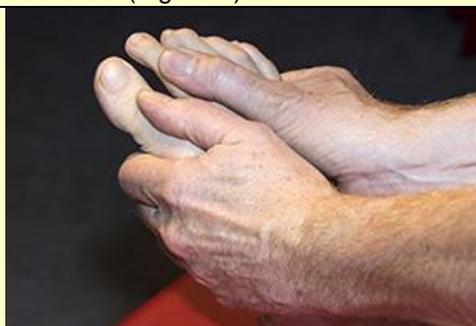


Figure 2

Supplement by standing up with the back to the client and placing your two thumbs on top of two adjacent toes. The other fingers support below the same two toes. Then do a translational move, so that the two toes are shifted up and down (Figure 2). Continue with the next two toes, etc. Imagine you are "opening" and "closing" the chest, or twisting it back and forth, so that all fascia and joints are stretched and released.

Heart Reflexes:

When a person is standing upright the heart is located behind the sternum, level with the lower half of the thoracic spine (T4-T10). It rests on the diaphragm and projects slightly to the right of the sternum. On the left side the tip of the heart reaches a vertical line through the middle of the clavicle. When lying down the heart moves up 3-4 cm. Figure 3 shows some of the heart reflexes.

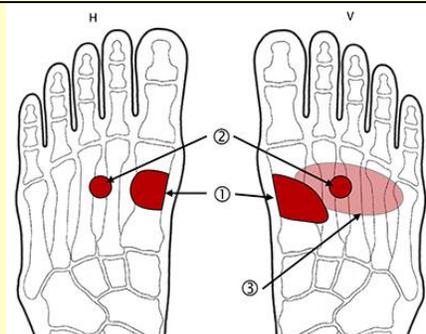


Figure 3



Figure 4

Fig. 3: 1) Touchpoint anatomical heart reflex (modified after Fitzgerald and Marquardt),

2) Heart reflex according to Karl-Axel Lind and Henrik Hellberg, 3) Eunice Inghams original heart reflex

1. A good method for Reflexology treatment of the heart is to first relax all the structures around the heart with circular movements and then slowly approaching the heart reflex as the seed of a flower:
 - 1) Start by working reflexes for the connective tissue of the septum (mediastinum), i.e. the entire area from T2 to T10, along and on the first metatarsal and the groove to the second metatarsal. Use fascia technique, which means deep, very slow strokes.
2. Continue with the pericardium (the area right around the heart reflex) still using fascia technique.
3. Finally, work the actual heart reflex. Try several different techniques. A nice relaxation technique is to hold a still, firm grip, both plantar and dorsal together and on both feet (Figure 4). Try simultaneously to sense the client's heart beat (most clearly felt on the dorsal side). If you cannot catch the pulse, or are unsure whether you feel your own, ask the client to find her own pulse at the wrist and count out loud.



Balance and the Effects of Footwork: Taken from <http://www.reflexology-research.com/>

“The most common reason people lose their sense of balance is aging. All brain systems decay with age, along with failing eyes and diminishing hearing. But there are ways to reverse wobbly postures. Treat the bottoms of your feet. The soles of your feet have touch receptors that send signals up to your brain every time you stand and put pressure on the ground. These signals are combined in higher brain maps with vestibular, visual, and other touch information to keep you nimble on your toes. But these foot signals can blur as receptors become less sharp with age.

Diabetes and poor blood flow can deaden the foot. You begin to sway. But James Collins, a biomedical engineer at Boston University, discovered that if you add a faint vibration to the bottom of the foot-he invented insoles that do just that-your brain will automatically pick up the degraded signals from your feet. With his insoles eighty year olds can stand as straight as thirty year olds. You don't need electric gadgets to keep your vestibular system in tune. Walking on cobblestone paths is a low-tech, proven route to the same end. Studies in Europe have shown that balance deteriorates more slowly in elderly people who walk regularly on cobblestones than those who use only modern sidewalks. The Chinese have known about this for centuries. Go to almost any park in any city in China, and you will find thousands of cobblestones laid out in lovely patterns on the ground. People take off their shoes and walk on the stones to achieve better health. The science of body maps explains why it works.”

Websites to find Reflexology Research on Various Ailments and Other Information:

<http://www.reflexology-research.com/Abstracts.html>; <http://www.reflexology-research.com/cancerstudies6.html>;
http://www.universalreflex.com/index.php?topic=AU_Research

Foot Exercises (The Basic 4):

1. **Circles:** Slowly rotate your feet in wide circles. Try not to move your legs; you really want to isolate the muscles from the ankle down. Repeat about 10 times or 30-45 seconds worth.
2. **Point and Flex:** Slowly point your foot as far outward as is comfortable, Hold about 2 seconds, then release and flex your foot "inward" as far as is comfortable- hold 2 seconds- repeat 10 times.
3. **Conducting:** Slowly move soles of feet towards each other (inversion) –hold 2 seconds- then move soles away from each other (eversion) –hold 2 seconds repeat for 10 times. Again watch that you are isolating foot and not moving the whole leg.
4. **Calf Stretch:** There are two different versions
 - 1) **Flat feet:** Spread feet apart and lean into a wall for support, put your back foot away from the wall as far as you can while keeping the heel on the floor, do not strain your calf muscles, hold position for one long breath then switch legs. Do 5-10 times.
 - 2) **Stairs:** Holding on to the railing of stair, put ball of feet on stairs and gently lower feet down off the edge of stair. When you get to a point of stretch (NO PAIN) hold for a long breathe then slowly come up to toes for a slight pause, 2-5 seconds, and go immediately back down into another stretch. Do 5-10 times.

Extra Credit Exercises:

• **Rock Around the Clock:**

(a) Start by rolling forward and backward though the feet. Pretend that you are squishing something under your feet. Then stand with your feet slightly apart and no wider than hip width, roll around the outside edges of your feet sensing the edges of the back, right, front, and left sides.

• **Tree Pose:**

(b) Balance equally on the feet, then transfer weight to one foot and slowly lift the foot without your weight off the ground. Hold for one to five breaths. Gently come back to both feet center and repeat on opposite side.

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 May 2015 Newsletter:

Carolyn W. Bramlett
Kingsport, TN

Troy Bramlett
Kingsport, TN

Patt P. Catuncan,
Knoxville, TN

Roy H. Hamilton
Nashville, TN

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. **Level 2** starts August 29-30, 2015 and **Level 3** starts October 3-4, 2015. For more information, please go to the following link:

<http://healcenteratlanta.com/event/>



Hand Reflexology Seminar, Saturday & Sunday: August 1-2

This class is worth 12 CEU hours

Taught by Roz Zollinger, this class is based on the Zollinger Body Systems Method of Reflexology. Students will learn a systematic protocol of Hand Reflexology, and how to combine the routine with the work on the feet.

This comprehensive weekend seminar designed to offer the student:

- Study of the basic structure and physiology of the hand and wrist;
- Common problems of the hand and wrist, e.g. Carpal Tunnel and more;
- Proficiency in the "Body Systems" approach to Hand Reflexology and Self-Help techniques.

For more information, please go to the following link:

<http://healcenteratlanta.com/classes/reflexology-classes/#!~/product/category=4730625&id=23502843>