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**We are on the Web at: [www.tnreflexology.org](http://www.tnreflexology.org)**



## **World Reflexology Week is September 21-27, 2015**

Running from September 21-27, 2015, World Reflexology Week aims to bring reflexologists around the world together to raise awareness and promote reflexology. Reflexology is a non-intrusive complementary health therapy, based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body. Reflexologists work holistically with their clients and aim to work alongside allopathic healthcare to promote better health for their clients.

Well trained reflexologists do not claim to cure, diagnose or prescribe. Reflexology is a very individual treatment which is tailored to you as a whole person, taking into account both physical and non-physical factors that might be affecting your wellbeing. Some people find it works for them - some don't. The best way to find out is to try it!

The theory is that reflexology helps the body to restore its balance naturally. Usually, after a treatment your tension may be reduced and you might feel relaxed. You might also notice yourself sleeping better and find your mood and sense of wellbeing improving. You may also find that other aspects improve too; however, this happens on an individual basis. There have been some positive research projects carried out with reflexology; as yet, there is not a large enough body of evidence for clinical claims of effectiveness to be made. With ever increasing levels of stress in everyday life, it is important for people to take more responsibility for their own healthcare needs. Reflexology may be one of the ways to mitigate the stresses of modern life.

You can find out more by visiting the official website and check out the [World Reflexology Week](#).

## **Interested in working for the Reflexology Association of America?**



The Reflexology Association of America (RAA) is seeking an **Administrative Assistant**. The Administrative Assistant position is roughly 15 hours per week. The job requires excellent customer service skills for telephone and electronic interaction with both our members and inquiries from the public. Nora Eastway, who has been filling that position the last year, has accepted the "opportunity of a lifetime" to work with an orphanage in Nicaragua providing humanitarian services (including reflexology!). Contact the RAA office at [infoRAA@reflexology-usa.org](mailto:infoRAA@reflexology-usa.org) if you are interested. Training will begin immediately following employment. Please read the attached job description before applying: [Administrative Assistant Job Description](#)



**Welcome to your Complete Source**  
for Reflexology Education



**Fascinating Facts about the Feet by Bill Flocco:**

1. A quarter of all the bones in your body are found in your two feet.
2. The normal foot has 26 bones providing structural support, 28 bones when you include the 2 large sesamoid bones.
3. There are extra small bones called sesamoid bones located in the tendons of each foot, near joints.
4. Two larger sesamoid bones are imbedded in each foot, close to the base of the big toe.
5. An additional 14 to 26 smaller sesamoid bones can be found in various other parts of each foot.
6. The foot bones are composed of three sections: the toes, phalanges; the long bones in the middle, called metatarsals; and the third section, known as the ankle bones, are called tarsals.
7. There are 14 phalanges in the toes.
8. The big toe is also called the Great Toe or the Hallux
9. The big toe has two bones.
10. Each of the other four toes has 3 bones (phalanges); the distal phalanges (distal meaning further away from the body); the middle, a.k.a. medial phalanges; and the proximal phalanges (proximal meaning closest to the body).
11. There are 5 long bones, metatarsals, in each foot.
12. Of the 7 anklebones (tarsals), the talus and the calcaneus form the major part of the heel.
13. The tibia (the largest bone in the lower leg) sits on the Talus.
14. The calcaneus bone is what most people call the heel bone
15. Each foot has 33 joints, 31 tendons, 19 muscles, and 107 ligaments.
16. What's the difference between a tendon & a ligament? Both are fibrous tissues. Primarily, tendons attach muscles to bones, and ligaments are the tough tissue that holds bone to bone and stabilizes joints. Both are needed for joint strength & flexibility.
17. The thickest skin in the human body is located in the feet
18. Most people have one foot larger than the other; it's rare for both feet to be exactly the same length.
19. The bottom of the foot, the part that touches the ground or floor when you walk, is called the Plantar surface
20. The top of the foot is called the Dorsal Surface.

**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 become new members or renewed their current membership since the TRA July 2015 Newsletter:

**Bruce H. Dailey**  
Gallatin, TN

**Josh Dailey (New)**  
Rickman, TN

**Julia E. Hover**  
Memphis, TN

**Exploring the Skeletal System (from Balancing Touch)**

We are born with approximately 300-350 bones and as we grow many of these bones gradually become fused together. A grown adult skeleton is made up of 206 bones that serves six major functions;

1. **to support** the skeleton provides a framework which supports the body so that it keeps its shape,
2. **to provide protection** for the internal organs (Brain, spinal cord, Lungs, heart, stomach, liver, etc)
3. **to produce** red blood cells,
4. **to act as storage** for Calcium and phosphate for the body,
5. to help with **endocrine regulation** since the bones release a hormone called osteocalcin which

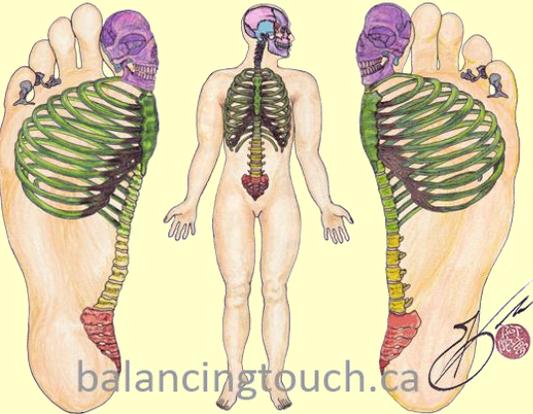
contributes to the regulation of blood sugar (glucose and fat deposition,) and  
 6. **to offer a place for muscles to attach** to so that movement can be possible.

**THE PARTS INVOLVED**

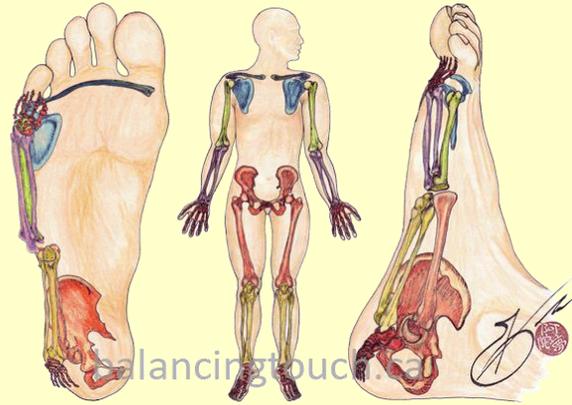
The Bones are commonly divided up into four types;

- Long bones (Limbs),
- Short bones (these are grouped together strengthen our skeleton),
- Flat bones (these protect our internal organs and provide a place for muscles to attach to), and
- Irregular bones (oddly shaped bones)

The skeletal system is broken down into two main parts; **The Axial Skeleton** and **The Appendicular Skeleton**:



• **The Axial Skeleton**



• **The Appendicular Skeleton**

**The Axial Skeleton** consists of 80 bones;

- the skull with 29 bones;
- the spine with 26 bones; and
- the chest (ribs, sternum) with 25 bones

**The Appendicular Skeleton** consists of 126 bones;

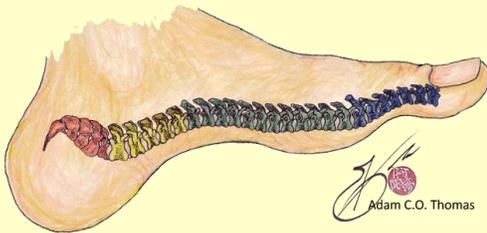
- the upper extremities [collar bone (2), shoulder blade(2), arm(6), hand (54)] and
- the lower extremities at 62 bones, which include the hip, legs and feet (52).

**Our Structural Foundation:**

The skeletal system contains the basic structures and foundations that shape our lives, our ground roots, our earth-like qualities and our ability to support change. We are born into these structures and they become our basic belief system building blocks; Structures set out by our inherent family and our society we grow up in for example. The skeletal system has to do with Mobility and our ability to facilitate our progress through this life and our universe allowing us to stand on our own, supporting who we really are.

*“Just as your bones gives you form, strength and structure, your real strength is within, not without” – Glenda Hodge.*

**The arch of your foot has the same shape as the curve in your spine.**



Take a look at the arch of your feet you may notice a difference between the right and left. Bring your feet together, this shape represents the entire picture of your spine. If you see a twist this means that your spine has a twist. Your arch supports your body, absorbs shock and adds a spring to your step. The arch acts similar to the shocks in a car:

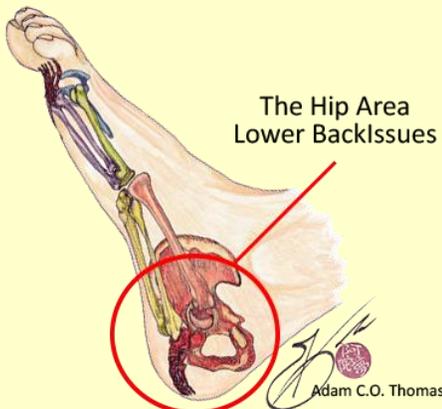
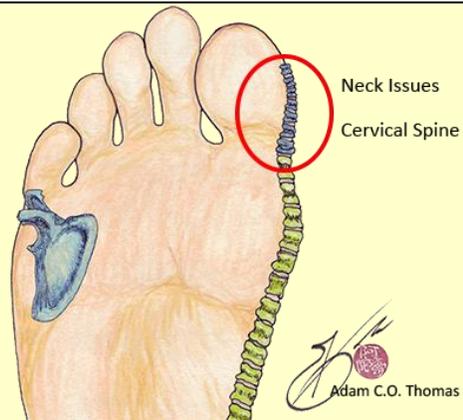
- If the shocks have fallen or flat, your ride in the car will be very rough and jarring at times.
- If the shocks are too high and springy, you bounce all over as you travel through life.

**High arch:** Perhaps you are over extending yourself and are easily pulled in many directions since your ride through life is like a car with very bouncy shocks.

**Flat or fallen arch,** means a very bumpy ride, almost jarring with each step and you may be experiencing lower back problems and even compressed discs. Not having enough support in your life can be at issue and the constant “I can do it myself, since no one has ever helped me” attitude controls your direction in life.

**Do you have a callous on the side of your big toe?**

This is most likely related to neck issues since this area represents the very top of your spine. Being able to turn your head with ease might be a problem. **Check out the shape your heels are in. Tough skin? Cracked?**



**Look for hard, thick skin** around your heels, which can be caused by too much pressure on your heels when you walk because you may be trying to over compensate for lower back pain.