



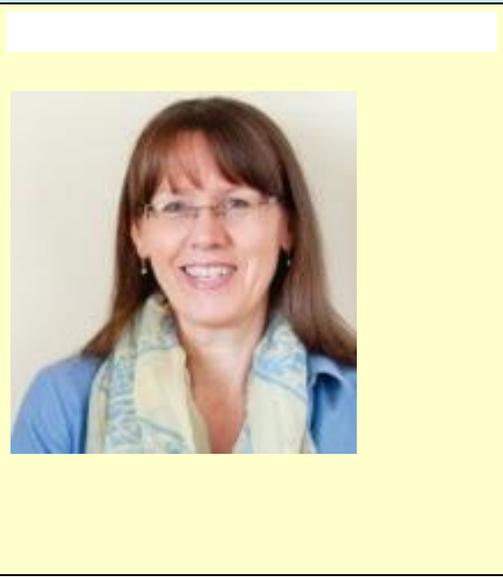
Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer;  
Brenda Carlson and Rev. Leslie Hall: Board of Directors

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



For detailed information, please go to the following website:  
<http://reflexology-usa.org/conference-information-and-registration/>

**Reflexology Association of America Hires Administrative Assistant**



The Reflexology Association of America (RAA) has hired an **Administrative Assistant**, Toril Oien Eller. Originally from Norway, Toril now resides in Virginia with her husband, where she maintains a clinical reflexology practice. Her training in reflexology was obtained at the Cayce-Reilly School of Massotherapy in Virginia Beach, Virginia and Healthy Soles School of Reflexology in Woodstock, Illinois. Toril has 15 years of experience as an administrative assistant within a number of various industries, all of which contributed to her extensive computer proficiency and customer skills experience. She has worked for 20 years as a professional writer, translator, copy editor and proofreader. Toril can also boast having owned and operated a health food store in Virginia for five years, in addition to having raised three (now adult) children with her husband. Toril has begun her training departing Admin. Assistant, Nora Eastway. She will join the Board in Baltimore, Maryland at the end of this month to continue her training and meet the President and Directors of the Board.

## RAA Professional Liability Insurance:

The Reflexology Association of America has a discounted rate in place for members to purchase professional liability insurance for its members. RAA members are eligible to purchase Massage Magazine Insurance Plus for only \$149 – a \$10 discount. According to Doug Sypolt, there are other discounts available beyond the Insurance. For more information, please contact Doug Sypolt at the following address:

[dsypolt@massagemag.com](mailto:dsypolt@massagemag.com)

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## 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 individual has renewed her current membership since the TRA September 2015 Newsletter: **Carrie Wagner, Knoxville**

## Cinnamon and Honey Green Tea Smoothie Recipe



Preparing your own smoothie is an easy option for replacing a meal. In a few minutes, you can have a complete meal, full of beneficial nutrients. There are thousands of smoothie recipes that you can use with a blender, which can make it difficult to find the exact recipe you are looking for. If you are trying to find a morning meal replacement, then you will enjoy this cinnamon and honey green tea smoothie recipe.

The caffeine and antioxidants found in the green tea will provide you with your morning energy, while the honey will help to regulate your blood sugar levels. This will keep you on track and focused throughout the day, without leaving you with a sugar craving in the middle of the afternoon.

Before making this recipe, it should be noted that it requires fresh green tea. Brew a single cup of green tea before preparing your smoothie, using one or two green tea bags. You will require a half-cup of green tea to make the cinnamon and honey green tea smoothie. Pour the half-cup of green tea into a small airtight container and place in your fridge.

## Cinnamon and Honey Green Tea Smoothie Ingredients:

Along with the green tea, you will need a few additional ingredients. In addition to everything listed below, you can also add your choice of fresh, leafy greens, such as spinach or kale; though, this is not a requirement. Here are the basic ingredients for the cinnamon and honey green tea smoothie:

- ½ a cup of green tea
- ½ a banana (frozen)
- ½ a cup of almond milk (can be replaced with coconut milk or soymilk)
- 1 tablespoon of raw honey
- 1 teaspoon of cinnamon

## Cinnamon and Honey Green Tea Smoothie Directions:

Add all of the ingredients to your blender, starting with the green tea, then the milk, followed by the produce, honey, and cinnamon. Some people also prefer to add ice. If you choose to add ice, blend the ingredients for a minute, then add the ice and blend for another minute. Blend the ingredients until smooth and then serve. This should make one large serving of the cinnamon and honey green tea smoothie. Raw honey is a vital ingredient in this recipe. It contains an abundance of beneficial vitamins and minerals, while giving it the sweetness that would usually come from sugar. Among the ingredients found in raw honey, you will receive a healthy dose of vitamins B1, B2, B3, B5, B6, and vitamin C, as well as minerals – iron, copper, calcium,

chlorine, potassium, magnesium, zinc, and manganese. This combination of nutrients will boost your energy, provide you with antioxidants, and support the development of healthy bacteria in your gut, while also preventing the growth of harmful bacteria or fungi.

A green tea smoothie can help to cleanse the body and build up your immune system during the upcoming cold or flu season. It can also boost your metabolism and improve your overall health.



**The TRA would like to take this opportunity to wish each and everyone one of you a very special and healthful holiday season!!!**