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



**The TRA Board of Directors wishes to thank all of you for your outstanding support in 2015 and making TRA successful. Best wishes for a wonderful 2016. May it be a year filled with your own personal and professional growth, health and prosperity, along with lots of fun. Happy New Year!!!**

**Touchpoint**



**Are all chronic health problems caused by inflammation?**

According to the *Touchpoint Newsletter*, many scientists (Quote: James Oschmann, Phd.) think they could be. They state that the more updated knowledge you have on the immune system, the better results you can get with chronic diseases. More detail can be found at the following link:

<http://uk.touchpoint.dk/touchpointuknewslettershow.asp?ID=64>

Did you know these characteristics of the liver?:

- that the liver contains special macrophages, Kupfer cells, that make the liver an important immune organ?
- that problems as different as cardio-vascular disease, migraine, endometriosis, muscle pain, and many more, can be caused by inflammation?
- that the appendix may be a safe house for gut bacteria?
- that the thymus is also called the university of the immune system, educating T-lymphocytes throughout life?
- that 80% of our immune cells are found in the intestines?
- that the lateral side of both thighs from the hip to the knee is an effective area for stimulating the large intestine?
- that 3/4 of body lymph is drained into the veins behind the left collar bone (left terminus)?
- that the flow of lymph can be stimulated by working the foot reflex for the cisterna chyli (right foot close to the midline at L1-L3 level) and up through the thoracic duct to the left terminus?
- that linking with the adrenal reflex is an effective anti-inflammatory technique?



## Welcome to your Complete Source for Reflexology Education

**Discover Fascinating Facts about Peripheral Vascular Disease, Shoe Sizes, & Walking Barefoot** The following are more of Bill Flocco's *Fascinating Facts about Your Feet*.

### **GROWTH OF THE FEET FROM INFANCY**

1. Some babies are born with webbed toes, considered a genetic defect often inherited.
2. Normally, the child's foot grows most rapidly before the teen years. Children's feet reach about 90 % of their adult length by 12 years-of-age.
3. Babies feet are flat and chubby because they are born with a pad of fat where an arch would normally be in an adult's foot.
4. A child is usually about 2 ½ years old before arches begin to show up.

### **HEALTH PROBLEMS AFFECTING THE FEET OR TRACED TO THE FEET**

1. A misaligned spine, lower backache, headaches, indigestion, and other health issues can be traced to problems with your feet.
2. Plantar warts, blisters, athlete's foot, poor circulation, cold feet, ingrown toenails, and bunions are some of the common foot problems.
3. Corns & calluses are the most common foot problems.
4. Having extra toes is technically known as polydactyly, or polydactylism. About 1-2 of every 1000 children born are reported to have an extra toe.
5. Peripheral Vascular Disease of the arteries of the feet and legs can lead to pain on walking, ulceration, infection, and in severe cases—gangrene and possible amputation. Its primary cause is cigarette smoking.
6. Neuropathy, disease or dysfunction of peripheral nerves in the feet and legs, typically causes numbness or weakness.
7. Reflexologists, by being on the lookout for any of these symptoms, can help doctors arrive at an early diagnosis and treatment for either of the above conditions.
8. Going barefoot, especially on wet grass, soil, or sand, known as "earthing," is excellent for your feet, joints, and other health benefits. Some studies have indicated these health benefits come from our bodies' drawing electrons from the earth.

### **IMPORTANCE OF CORRECTLY FITTING SHOES**

1. It's difficult to concentrate on anything when you're in pain, but especially when it's your feet that hurt.
2. Not wearing the correct shoe size is a common mistake many people make.
3. Ill-fitting shoes are one of the main causes of foot pain
4. Many people wear shoes that are one to two sizes too small because they buy the size they wore when they were younger, perhaps unaware that feet change size throughout adulthood.
5. Haven't you heard, it is wise to do shoe shopping in the afternoon? The reason for this is that feet have a tendency to swell during the day.
6. Alternating the shoes you wear every other day is helpful in reducing the sweaty foot odor.

### **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, 2016. Membership applications can be found on the TRA Website or by contacting Larry Hill at [lhil\\_hand@hotmail.com](mailto:lhil_hand@hotmail.com). To remain in good standing, please send your dues payment to Larry Hill, 3550 Buffat Mill Road, Knoxville, TN 37914.

## 2016 RAA CONFERENCE



MARK THE DATES!  
APRIL 29 TO MAY 1, 2016  
ANCHORAGE, ALASKA

[Conference Information and Registration](#)



ANCHORAGE, ALASKA

April 29-May 1, 2016

Reflexology Association of America

For detailed information, please go to the following website:

<http://reflexology-usa.org/conference-information-and-registration/>



### DANCING WITH THE CHAKRAS

Music, Movement and Meditation

With Benjamin Balagur, Reiki Practitioner

Bring in the New Year with a renewed "zest for life" filled with balance and inspiration.

When: Saturday and Sunday, January 9th-10th, 2016

Times: 10am - 5pm both days (12 CEUs for MTs)

Chakras are organizing centers for the reception, assimilation, and transmission of life energies. Chakras are the connecting channels linking heaven and earth, mind and body, spirit and matter, past and future.

This transformative and experiential weekend takes you on a journey through the chakras and includes:

- Discussion on each Chakra and the relevance at this time!
- Visualization
- Music, movement and "dance" to enhance the balance of the Chakra
- Meditation, Relaxation techniques, visualization and group sharing

Please wear comfortable clothing and bring a blanket for relaxation techniques. The cost is \$195. To register, or for more information, please visit: [www.healcenteratlanta.com](http://www.healcenteratlanta.com) or call: (404) 303-0007 to reserve your spot.