



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

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

### **What is Carpal Tunnel Syndrome (CTS)?\***

The Carpal Tunnel is the bands of connective tissue known as the *transverse carpal ligament* and the *flexor retinaculum*, that span across the 8 carpal bones in the hand. These bands form a small opening (or tunnel) that has 9 tendons from the forearm and the median nerve passing through it. The median nerve is usually situated against the transverse carpal ligament. Carpal Tunnel Syndrome (CTS) occurs when the median nerve gets disturbed either in the sensory or motor area. CTS is the most common example of a trapped nerve that doesn't function properly due to the pressure put on it by the surrounding tissues. Symptoms of CTS include swelling, numbness, lessened sensitivity, weakness of grip due to loss of strength, atrophy of muscles, pain and diminished flexion. Usually this occurs in the thumb and next two fingers and can extend to the ring finger as well.

### **Causes of CTS**

Two main factors: (1) The blood must reach all the parts of the body; and (2) When the blood gets there, it must have the right proportion of nutrients to provide the needs in that area.

Tension in the muscle can slow the flow of the blood to the nerves, keeping them from receiving the proper nutrients for nourishment and maximum cleansing. Light weights and repetition are used when building strong muscle tissue. When a person in the workplace repeats the same movement over and over again, strong muscles will be built. If these are the muscles of the neck, shoulder and arm, they can tighten up and restrict the flow of blood and nutrients and the necessary cleansing process to the cells in the hand and wrists, the continued abuse and overuse of these muscles leads to inflammation and swelling, cutting further supply of nutrients to the cell and putting direct pressure on the nerves in the area.

### **Reflexology and CTS: How do we deal with it?**

Reflexology is a major key. By working the reflexes, you can see a relief of stress and tension, an improved nerve and blood supply and thus a body that gets back in tune and able to operate more efficiently. Reflexology works long after the finished session and has been shown to be a great key in dealing with many ailments, including CTS. \*Source: [www.thejoyofreflexology.com](http://www.thejoyofreflexology.com)



**Balancing Touch** of Vancouver, Canada, has some interesting videos that you might want to check out on You Tube pertaining to the benefits of Reflexology and having good technique. These can be found at the following links:

<https://balancingtouch.ca/an-easy-way-to-remember-the-benefits-of-reflexology/>

<https://balancingtouch.ca/having-good-technique-in-reflexology/>

# FOOT SPA

at Green Hills of Nashville, Tennessee

The Foot Spa, which is in the process of re-opening in Green Hills in Nashville, Tennessee, has a job opportunity for a full time and/or part time licensed Reflexologist. Ginger from the Foot Spa has requested that this announcement be forwarded to TRA members who may be interested in finding out more about this opening. Reflexologists can apply online at the following link:

<https://www.indeed.com/cmp/Foot-Spa-LLC/jobs/Reflexologist-Message-Therapist-72959a810a87c091?q=reflexologist>

or by telephoning Ginger at [615-545-4730](tel:615-545-4730). The spa is located at 4117 Hillsboro Pike, Suite 104A, in Nashville. For more information on the Foot Spa, please visit the following website: <http://foot-spa.net/index.htm>

## 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, 2017. 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.

Since the May 2017 TRA Newsletter, the following individuals have renewed their membership:

Carolyn W. Bramlett	Troy L. Bramlett, Jr.	Xiaohua Jiang (new member)
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The TRA cordially invites you to join our public Facebook group at the following link: [Tennessee Reflexology Association](#)

- Post questions and comments;
- Create shared documents; and
- Chat with everyone at once.

Join the group now to get involved in the conversation and start networking!

## American Academy of Reflexology Seminar For Depression/Anxiety, Cerebral Palsey, Arthritis, Fatigue and Multiple Sclerosis

This hands-on seminar will focus on Depression, Anxiety, Fatigue, Arthritis, Multiple Sclerosis/MS and Cerebral Palsy/CP. During this workshop, you will learn where and how to work on Feet, Hands and Ears for relieving stresses related to each of these terrible health challenges. **Fee:** \$275 One month early, \$325 thereafter. Refund 100% if cancellation by day prior to class. Thereafter, refund less \$25. Or, fee may be applied to future class or transferred to another person. Class size limited. August 26-27, 2017 from 9:30 a.m. to 5:30 p.m.

**Location:** 13315 W. Washington Blvd, LA, CA 90066 3rd Floor, TOT Room, near Santa Monica, & LAX  
**Parking:** Free. For more details, go to: <http://www.americanacademyofreflexology.com/>

**Prerequisite:** Beginning Foot Reflexology or equivalent from a hands-on school. **Receive:** Document of attendance with class title, hours, school & teachers name, location. **CE Hours: 12 CE Hours for ARCB, ABMP, NCBTMB & Many States.**



**About The Instructor:** Paul Harvey works at the world famous Whitaker Wellness Institute in Orange County, California, a destination for desperately sick people from all over the world. They receive the care of six medical doctors and Foot Hand Ear Reflexology from Paul. He was recently awarded the prestigious "Clinical Reflexology Award" by the Reflexology Association of America (RAA), for his many years of remarkable achievements with Reflexology in a clinical setting. Paul an Academy (AAR) Graduate, is Past Chairperson of the National Health Federation (NHF), and Past Board member of the Reflexology Association of California (RAC),

## Touchpoint



### Third International Summer School in July 2017 in Copenhagen, Denmark

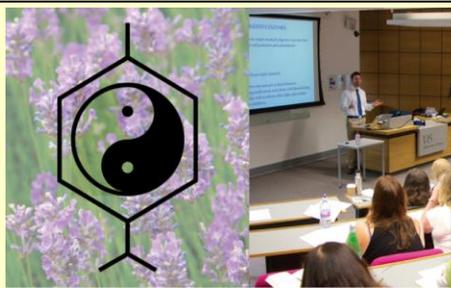
It has become a popular tradition to combine a wonderful holiday with high quality teaching each summer in Copenhagen, which is renowned for being northern Europe's largest festival city. Numerous festivals are held during the year with themes ranging from pop and jazz to film, ballet, design and the visual arts. The summer school includes two different courses. You can choose one or both, as you like. Please visit the web site for more details on each course.

**Nerve Reflexology: Spine-organs-pelvis-legs:** July 10-12, 2017 (3 days)

<http://uk.touchpoint.dk/kursusuk.asp?ID=21067&showK=11102&showDescr=21137&#Y>

**Round about: Respiration:** July 14-15, 2017 (2 days)

<http://uk.touchpoint.dk/kursusuk.asp?ID=20361&showK=11103&showDescr=21123&#Y>



HEALCENTER  
healing arts + learning

Atlanta, Georgia

**July Schedule** (for more info, please go to <https://healcenteratlanta.com/>)

July 8 - [Reiki Master Training](#)

An empowering process of self-development. Our focus is to provide our students with knowledge, skills and an increased level of vibration to deepen their connection and understanding of Reiki.

July 9 - [Reiki Training Level I](#)

An empowering process of self-development. Our focus is to provide our students with knowledge, skills and an increased level of vibration to deepen their connection and understanding of Reiki.

July 9 - [Women of Light](#)

Women of Light is a community of women who enthusiastically serve as a source of light and inspiration for others, professionally or personally. Women of Light understand that they can only share the light with others if they stay connected to their inner light and continually bring light in. 7pm - 9pm. For more details, please go to the following link:

<https://www.balancedmoments.com/women-of-light/>

July 22-23 - [Muscle Testing for Massage Therapists I](#) 12ceu

Learn how to test the major muscles of the body, how to use muscle testing to locate hidden Musculoskeletal problems and reflex points for pain relief and muscle balancing.

July 24 - Touch For Health FREE Intro Class

\*\* Follow us on Facebook for more details to come.

July 29-30 - [Healing Touch Level II](#)

Learn how to do a full one-hour healing sequence with your client. This includes how to do initial intake interviews and how to choose appropriate energy techniques based on your interview and assessments.