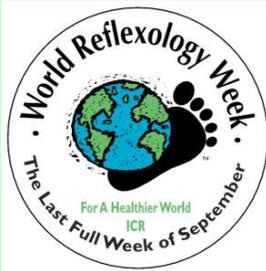




Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer; Brenda Carlson, Rev. Leslie Hall, and Tim Miller: Board of Directors

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



World Reflexology Week is September 24-30, 2017

Running from September 24-30, 2017, 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.

How does Reflexology help with Seasonal Allergies?

An allergy is a hypersensitive response by the body's immune system to a substance in the environment that is usually not harmful. Allergies can be caused from pollen, dust, mold, pet dander, food, medicine and more. Allergic rhinitis or commonly known as "hay fever" is an allergic reaction to pollen or allergens produced by weeds, trees, and grass that are often carried in the air during spring and summer seasons. Hay fever is one of the most common forms of allergies. In our environment, we are exposed to numerous chemicals on a regular basis. Usually our body can handle a certain amount of toxins. However, our immune system may get weakened by the exposure of toxins and get into overdrive. This is when we get an allergic reaction.



Generally speaking, life energy and vitality is compromised. Reflexology treatments promote self-healing powers of the body, strengthen the body's immune system and support the functions of the liver, kidneys and bowel. In the assessments, dependent on the allergy, patients often show imbalances in the following systems: digestive system, endocrine system, respiratory system including lungs, sinus passages, ears, nose, throat and eyes, and parasympathetic nervous system. Treating these affected areas provide balance to the whole body and improve the natural functions such as breathing, digestion and circulation.

The lymphatic treatment of the foot plays an important role in the treatment of allergic clients. Those treatments help to promote the lymphatic flow necessary for toxin removal. This way, it helps the cleansing procedure of the body. Besides relieving the symptoms of the allergy, Reflexology also reduces the sensitivity to allergens such as pollen or weeds. Most patients report an increase in life energy and vitality! *Source:*

<http://www.balanceartsstudio.com/reflexology/reflexology-for-seasonal-allergies/>



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/>

Pacific Institute of Reflexology

The Pacific Institute of Reflexology is announcing that the internationally respected Reflexologist Dr. Jesus Manzanares, M.D., is travelling from Barcelona to visit in Vancouver to teach his intensive three day course "Dr. Manzanares Reflexologic Method TM." September 15th, 16th & 17th. Dr. Manzanares is the medical doctor who performed biopsies on the sore reflexes of his clients to discover the content. Twenty nine people have currently registered for Dr. Manzanares Reflexology workshop in Vancouver. Dr. Manzanares has established his maximum enrolment at 35 people. That means that there are just six spaces left. If you have toyed with the idea of attending I suggest that you do not wait too long to make up your mind. To be fair, I will take registrations on a first come, first served basis. Here is my original announcement:

The Manzanares Method reflexology courses are based on 38 years of research and proven clinical techniques of Dr. Manzanares. Exclusively developed for the reflexology professional by an integrative medicine physician and researcher, this cutting-edge training is unique compared to traditional reflexology education. The course is open to all health practitioners interested in contemporary science-based education in reflexology: health practitioners who want to learn reflexology from an advanced and clinical perspective. Reflexology practitioners will be able to incorporate the Manzanares Method TM techniques into their existing model of reflexology to enhance their career, confidence and outcomes in client care. For more information and/or registration please use this link: <https://pacificreflexology.com/node/1542> or <https://www.pacificreflexology.com/>

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. To remain in good standing, please send your dues payment to Larry Hill, 3550 Buffat Mill Road, Knoxville, TN 37914.



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!

Touchpoint



The Immune System: Is inflammation the underlying cause of most diseases? - and why can it change from friend to enemy?

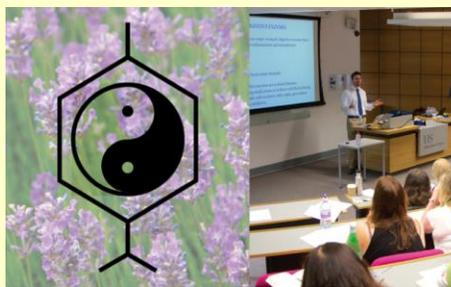
Touchpoint is offering an upcoming workshop in which attendees will study the construction and functioning of the immune system and will have the opportunity to learn many new techniques to work with and balance the immune system. *"There are about 80 different autoimmune diseases. We tend to overlook the fact that many of these have common causes and should be grouped together"* says Lars Fugger, Chief consultant, PhD in clinical immunology. "Maybe we can turn things upside down and ask: Which health problems are not connected to inflammation in the body?"

It is well established that atherosclerosis is an inflammatory process, not just caused by raised cholesterol/fatty diet as previously assumed. The same is most likely the case with conditions as different as Alzheimer's, many muscle and joint pains, MS, rheumatic diseases, Chron's disease, endometriosis, etc. Autoimmune diseases are becoming more and more common and allergies are on the rise. This two-day seminar will discuss the following:

- * An energy medicine perspective on the immune system
- * What is inflammation and autoimmunity?
- * What is allergy and intolerance?
- * Important factors that disturb the immune system

- * Updated foot reflex map for lymphatic and immune system organs
- * Stress and immunity
- * Nerve reflexology for the immune system
- * Thymus, spleen and liver
- * Introduction to organ massage of the intestines
- * Vibration technique for the connective tissue
- * New knowledge about inflammation.

For the Post Conference in Chicago, there is a one day seminar and the normal two days seminar. The one-day seminar will cover the basic concepts. At the two-day seminar students can learn more techniques, more in dept of understanding the communication of the immune system, news about energy medicine perspective on the immune system - and you will have more time for practice. For more information, please go to the following link:
<http://uk.touchpoint.dk/kursusuk.asp?ID=21067&showK=11118&showDescr=40027&#Y>



HEALCENTER
 healing arts + learning
 Atlanta, Georgia

September 21 - [Aromatherapy Certification - MORNING Class](#)

A 16-week Certification Course. Learn key elements of this increasingly popular natural therapy. A fascinating world of essential oils together with their wide-ranging therapeutic benefits.

September 21-24 - [The Power of Awareness](#)

The Power of Awareness (POA) is designed to offer seekers of Truth a comprehensive roadmap of the spiritual journey from conception to enlightenment. By Laina Orlando

October 5 - [Aromatherapy Certification- EVENING Class](#)

A 16-week Certification Course. Learn key elements of this increasingly popular natural therapy. A fascinating world of essential oils together with their wide-ranging therapeutic benefits.

October 13-15 - [Understanding Lymphedema: Working With the Lymphatic System After Cancer Treatment.](#)
21 CEUs Hands-on. *For body therapists, nurses, etc. -Learn what happens when pathways of the lymphatic system have been interrupted and how lymphedema develops. Deepen your knowledge of how to work with cancer or lymphedema patients with a compromised lymphatic system. The goal of this class is to leave you with a comprehensive understanding of how to work with the pathways of the lymph system. By Juul Bruin.