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



Reflexology for a Stress-Free Holiday Season:



Thanksgiving and the Christmas/Hanukkah holiday season are times when we all want to feel good and look great. It is traditionally a season of joy, of family gatherings, reunions, shopping, and parties. Unfortunately it can also be a stressful time with too many expectations, too much pressure and perhaps, for a few, a time of loneliness, regret or depression.

Whether we are looking forward with excitement to the shopping and preparations or with dread to the extra work, the Christmas season is a festival which makes great demands on our energy. Routines and digestions are thrown out of kilter and stresses can build up on all levels. Stress, as we are frequently reminded, can lead to all manner of ills, to exhaustion, depletion and finally to disease. It can reduce our ability to cope, undermine our confidence and destroy our sense of well being. This being the case, how can we be sure that we will feel good, cope well and look our best all over the Christmas and the New Year holiday season?

Reflexology is a gentle, non-invasive therapy, deeply relaxing and restoring and a great way to reduce stress and tension. This increasingly popular therapy is based on the concept that all parts of the body are connected by pathways through which vital energy flows, rather like electrical currents which supply power for lighting, heating and cooking in our homes. When the power supply is reduced or interrupted our appliances cannot work. So it is in the body, when our energy is low or tension blocks the natural flow, our organs and systems cannot function properly.

“Reflex” in the context of “reflexology” means the “reflection” of all the structures, systems and organs of the body onto the feet. The sensitive, trained hands of a qualified Reflexologist will detect tiny deposits or imbalances in the feet indicating that there are blockages or depletions in the energy channels through the body. By applying gentle pressure to these points with thumbs or fingers, rather like operating an electricity control panel, the therapist can stimulate the flow of energy to all parts, clearing blockages and helping the body to achieve its own state of equilibrium and good health. Why not give the gift of Reflexology to someone who has never experienced a reflexology treatment? Or better still, treat yourself to a session from your local therapist.

Best wishes for a safe and stress free holiday season from the Tennessee Reflexology Association!!!



NAR
NASHVILLE ACADEMY
OF REFLEXOLOGY, LLC



Gaia Tossing of the Nashville Academy of Reflexology, LLC, has expressed the desire to coordinate an effort to change the State of Tennessee. General Rules and Regulations governing the practice of Reflexology.

The primary item to be changed would be in **1200-10-2-.01 DEFINITIONS. Item (7) Reflexology - The application of specific pressures to reflex points in the hands and feet only.** These rules can be found at the following link:

<http://share.tn.gov/sos/rules/1200/1200-10/1200-10-02.pdf>

Gaia and her school director have been working on a simple word addition in our law and would be glad to spearhead the movement to add ears to expand the work of reflexology in Tennessee to be on par with other states. Gaia is working on inviting Bill Flocco to Nashville for training. Individuals interested in providing feedback or assistance to Gaia on changing the law can reach her directly on her cell phone at: Gaia Tossing, 615-496-3366 or email: reflexinstructor@gmail.com . For information on the Nashville Academy of Reflexology, LLC, please go to the following link: <http://www.nashvilleacademyofreflexology.com/>

Good news...the Nashville Academy of Reflexology is on the move! They are getting ready to move to a larger space by February which will provide room for an ongoing clinic/spa while classes take place in another room. That will give students lots of flexible hours for completing their logged practicums under supervision, as the State requires. Plus graduates can work in the clinic too if they need a space for awhile to get started. When the move is complete, there will be a grand re-opening and Reflexologists from all over the state will be invited to come and help celebrate. Stay tuned for more information to come.

Annual TRA Membership Dues:

Just a friendly reminder that the annual TRA membership renewal fee of \$20 (\$15 if we have your e-mail address) will be due beginning January 1, 2018. 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!

Self Help with Reflexology:

As relaxation is one of the main benefits of reflexology, this can best be achieved by letting someone else work on your feet or your hands, but some self-help techniques can be used to release tension in stressful circumstances. For most people hands are more accessible than feet and it is usually more appropriate to work on your own hands. It is also far less noticeable when giving a self-help treatment in public.

Before starting sit quietly for a few moments and breathe deeply. Relax your shoulders, rest your hands in your lap and place both feet on the ground. The diaphragm and solar plexus are areas most affected by tension and these are the reflexes to work on first of all. To release tension, place the thumb of one hand into the palm of the other and gently press upwards into the space between the knuckles of the index and middle fingers. At the same time take a deep breath in and then breathe out slowly letting shoulders, arms and stomach relax as the pressure of the thumb is maintained for about 10 seconds. The hand being "worked" should be relaxed and curl over the thumb. This can be repeated three or four times on each palm followed by a circular massage movement all over the palms of both hands. Then gently squeeze each finger in turn, rotate the knuckle, stretch the finger and slide your hand off. For a more supple approach, the same techniques can be used on the feet and rotating the toes and ankle joints helps to release tension in the neck and back. Enjoy your relaxation and the benefits that go along with it!

The Benefits of Ear Reflexology!



Ear reflexology is a fast-growing therapy in many areas of the United States and the world. Like hand reflexology, ear reflexology can be applied quickly and easily in situations or health conditions where other forms of reflexology may not be suitable. The history of ear reflexology can be traced back to Chinese and Egyptian medical work of about 3000 to 4000 years ago. Ear reflexology is a diagnostic and healing treatment that stimulates points on the ear that correspond to different parts of the body. Ear reflexology is based on zones and points in the ear which relate to the meridians and other parts of the body.

Every ear is unique and no two are alike - the ears are like the fingerprints and can be read to reveal our inner nature. The points for ear reflexology are similar to those in auricular therapy, a.k.a. ear acupuncture. Pioneering work by Chinese doctors over the last 40 years has led to the World Health Organization authorizing the standardization of the points on the ear in 1990. The basic principle of *hand reflexology* is derived from how the central nervous system works via a so-called 'reflex arc' - which induces a body reflex response without getting the brain involved (the so-called 'primitive reflexes' also work according to this principle).

Ear Reflexology can be of benefit in many ways, but the most notable is for the instant relief of pain. It can also be used for clearing infections, lowering blood pressure and balancing hormones. In traditional Chinese medicine the ears are associated with the kidneys, which reflect our constitutional strength. The ears are the same shape as the kidneys. The WHO defined 91 auricular points, including: the master points (10 ear points), the functional I and II points (24 ear points), the digestive points (7 ear points), the endocrine glands & brain nuclei points (7 ear points), the head + skull and sensory points (12 ear points), the thoracic points (7 ear points), and the abdominal and urogenital points (23 points). Ear Reflexology is commonly used in combination with foot and hand reflexology and can confirm a diagnosis suggested by imbalances in the feet and hand reflex points.