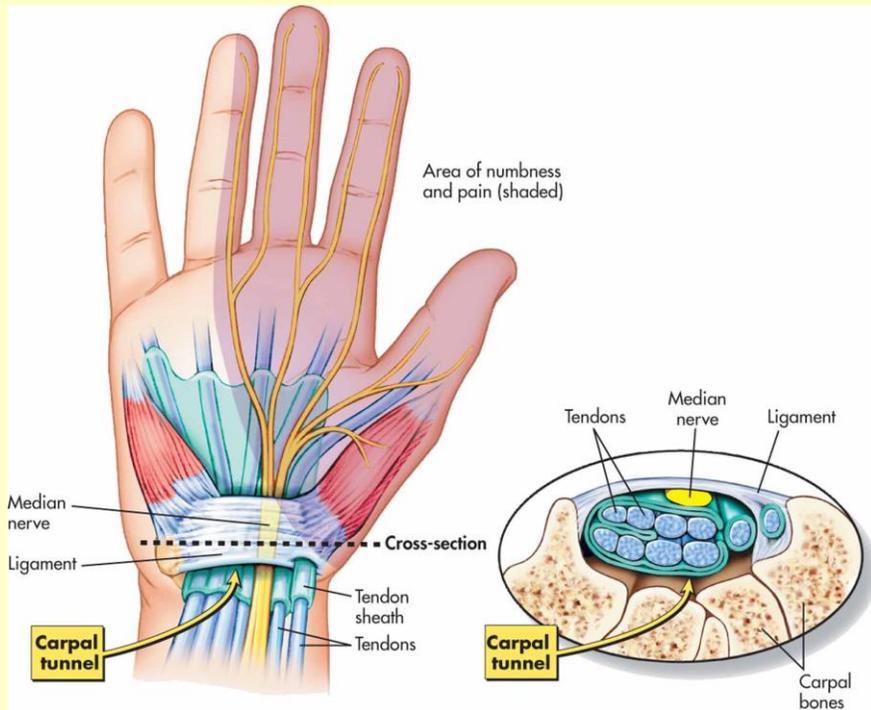




Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer;
Brenda Carlson, Rev. Leslie Hall, and Tim Miller: Board of Directors

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



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.

Two Primary Causes of CTS:

(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 all that is needed 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 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 can be a major key towards recovery. Working the reflexes can result in 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

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, 2018. Membership applications can be found on the TRA Website or by contacting Larry Hill at lhil_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 January 2018 TRA Newsletter, the following individuals have renewed their membership:

Judith Addington	Theresa Bennett	Denise Bradley	Stacy Breeden	Sandra L. Cuddy
Bruce H. Dailey	Dr. Howard Dailey	Debra Farmer	Mia D. Earl	Shirley A. Griffin
Rev. Lesley Hall	Roy H. Hamilton	Ted Helms	Larry Hill	Kenda D. Komula
Tina Lopez	Tim Miller	Christine Pratt	Lucy Scarbrough	Stephanie Seavers
Stacey Smith	Gaia Tossing	Lynn Watson		

Balancing Touch

For your information, Adam Thomas of Balancing Touch has a new video on *YouTube* that details three types of therapy tools that can be used to treat yourself or to work in between sessions . To access this video, please go to the following website:

<https://balancingtouch.ca/3-reflexology-tools-to-help-your-feet/>

1. **Takebumi** – for the arch of the foot which helps strengthen your spine.
2. **Toe Spreaders** – to open up your toes which helps relax your head, neck and shoulders.
3. **Reflexology Rock Mat** – to help get your feet back in balance.

HEALCENTER

healing arts + learning



Aromatherapy Certificate Class
with Roz Zollinger

Classes begin March 8, 2018

A 16-week Certificate Course with Roz Zollinger, instructor since 1992. For more information, please go to the following link:

<https://healcenteratlanta.com/>

Learn key elements of this increasingly popular natural therapy, the fascinating world of essential oils together with their wide-ranging therapeutic benefits. The Heal Center's Foundation Course in Aromatherapy is designed to introduce to the novice all the key elements of essential oil therapies. Roz's classes are conducted with an emphasis on participation and discussion. They are lively, friendly and informative, and are designed to give students a firm foundation in the safe therapeutic use of essential oils, for the benefit of body, mind, and spirit.

COURSE COMPONENTS:

- The origins and history of Aromatherapy
- The study of 60 essential oils; their therapeutic properties and indications, safe use, and contraindications.
- The various practical methods of application of essential oils, including ointments and lotions, compresses, bath salts, and inhalation methods.
- The theory and weekly practice of the art of blending.
- The study of the basic anatomy and physiology of the major body systems and their relationship to Aromatherapy.
- A practical introduction to Foot Reflexology.
- Sinus drainage and Lymphatic Facial Massage.