



*Dedicated to Professional Standards
Established 1991*

Volume 24 Fall 2014 Issue 3

Maine Council of Reflexologists
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**NEXT MEETING
January 17, 2015**

Snow date January 24, 2015

Saturday 9am - 4pm

Mediation & Facilitation
Resources Center

11 King St., Augusta
off State Street

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A Letter from MCR's President, Aloisia Pollock

Dear fellow Reflexologists,

Summer is over, the harvest has been gleaned and our larders are full. Harvest is about reaping what we have sown and looking back at accomplishments.

What have MCR members accomplished this year?

We have weathered the storm of the 300 hour increase in reflexology education and training required by RAA of its affiliates. An impromptu poll revealed that the majority of you concur with RAA.

We have come to an agreement about the wording in our MCR brochure and the majority of members present at the last meeting opted to include facial reflexology.

Our cancer committee has made great strides in providing care and learning techniques to care for clients living with cancer.

We agreed that the outreach at Common Ground Fair is an important interface with the public.

Autumn is also about Thanksgiving and I would like to thank the Executive Board members for their dedication to MCR.

A special thanks goes to Alta Gross, our Recording Secretary. I am amazed how you can pull 3 hours worth of discussions, disagreements, agreements, motions and polling together into a cohesive form and present us with logical and well put-together Minutes of Meetings.

I am grateful to Claire Guy, VP, who keeps me on track during our various meetings.

I would like to thank Connie Hubley, our Correspondence Secretary, for "getting the word out," communicating with our members and the public at large.

Loretta, thank you for keeping our books in order and reminding us how much money we have in our various accounts, as well as how much money we can safely spend.

A big **thank you** goes to our Committees and their Chairs. You work tirelessly, giving many hours of dedicated research and collaboration to MCR. It is gratifying to know that you are only a phone call away when I or the EB need your help and support.

Lastly, I want to thank all our MCR members for doing what you do best – giving the gift of Reflexology to your clients, coming to MCR meetings, attending workshops and spreading the word about Reflexology's many health benefits.

Along with my gratitude I come to you with a plea. We need more of you to become involved with the day to day workings of MCR. We need a Membership committee chair, a second RAA Delegate, a member who will coordinate Saturday's volunteers at the Common Ground Fair; and some of our committees need more members.

All in all, thank you all for a good "Reflexology Season."

Aloisia Pollock
MCR's President



The Benefits of Being Affiliated with the National Organization Reflexology Association of America (RAA)

In May, 2004, a new set of bylaws was passed by the membership of RAA. The bylaws call for an affiliation between RAA and state associations to form a representative Delegate body to help create a unified professional field. In June, 2007, the Delegate Assembly was officially organized and began its work.

In 2007, the Maine Council of Reflexologists (MCR) Board and the General Council decided to affiliate with the National Organization along with other states to set certain standards across the United States. To date, there are 19 affiliated states, Maine being the seventh state to join. There were certain changes that had to take place right away and those were: our calendar year needed to change from January to December to July 1st - June 30th. The second change was to have our State Treasurer bonded. Third we needed to be incorporated as a nonprofit organization and the fourth was that MCR's bylaws are in place and do not conflict with the RAA's bylaws.

This is where our educational standards for Maine have been effected by RAA's new bylaw change. MCR's bylaws state a minimum of 200 hour of education to be considered at a professional level and RAA's bylaws now read 300 hour of education to be considered at a professional level for all affiliated state organizations and their membership.

Momentum has grown around America for a strong professional association with strong state affiliations. A unified profession can be ours today. Now is the time to take our professionalism and turn it toward insuring our profession for the future by joining together in formal alliances of state and national associations. States don't always have the ideas, manpower and resources to do all the work needed. Through a unified profession, for instance, you can use the ideas generated and work developed by reflexologists in other states and their state associations in conjunction with RAA to strengthen your business by way of combined public relations campaigns designed to increase public awareness. Through representation and the work of your Delegates, RAA can offer the field, you, and the public:

- * A link to MCR's website and email address.
- * A quarter page ad in the RAA magazine to advertise your state sponsored events.
- * Convene a national conference for continuing education and networking.
- * Provide a National Referral Service to members.
- * Offer discounts on insurance coverage.
- * Develop public awareness across the nation through a public relations campaign, national ads, and World Reflexology Week events.
- * Offer or direct Leadership and Organizational Training to state members - all aspects including officer training, newsletter publishing, conference and public events planning, successful membership building campaigns, etc.
- * There is power and strength in numbers with one voice. RAA can act as Federal Government Representative/watchdog/voice for the profession by establishing the credibility and legitimacy of the field with the federal government by doing national networking and communication to the federal government and the National Institutes of Health (NIH) and other professional groups within and on CAM issues. (Complementary Alternative Medicine).
- * Consult with and support States on legislative political action and aid with letters, position papers, presentation information, etc.
- * Be a source of communication and networking among states by acting as a Clearinghouse for a wide range of information about: Educational sources, Continuing education programs, legislation, research, how-to newsletters (what's happening across the nations, columns by all associations, case studies, education, with information going from the state to the national and from the national to the state), legal aspects, have manuals/booklets members need such as business building tips, general generic brochures for PR of Reflexology, be a source of products (chairs/tables), house a library.
- * Develop nationwide standards for a definition, code of ethics and business practice standards.
- * Have a list of Public/conference speakers through a speakers' bureau.
- * Act as an arbitration complaint resolution forum in a self-regulating field.
- * Support evidence-based research.

The dream of a stronger profession through an affiliation between RAA and MCR depends on MCR's Executive Board, your selective two Delegates and your General Membership participation in committees and networking within our own State of Maine. **Where do YOU want the field of reflexology to prosper in your state! Please contact Myra Achorn at (207) 626-3338 with any feedback or concerns you may have about being affiliated with RAA.**

Thank you, *Myra Achorn*, MCR's Editor

MCR COMMITTEE POLICIES & PROCEDURES

All committees adhere to MCR bylaws. Each committee will report to the Executive Board and/or the General Council, as necessary. All committees answer any committee communications and keep records of all activities and expenses. Committees listed are example areas that MCR may deem appropriate in order to reach Association goals. These policies and procedures are guidelines that each committee may adjust to fit their work of Association business.

Membership Committee: chairperson - NEED Someone ~ Kate Winant and Andrea Murray

This committee receives and reviews each membership application. Once accepted, it will send out a membership packet composed of a welcome letter, a recent newsletter, a certificate with year of membership or renewal seal, MCR Policies and Procedures, MCR bylaws and any other appropriate MCR documents. It sends volunteer names to appropriate committees; keeps the Correspondence Secretary, newsletter and website committees updated with all member contact information; sends all fees to the Treasurer; keeps records of all non-renewing members; files all paperwork, keeping records of the applications, certificates and MCR CEU documentations. If the Association has not received a member's dues by July 1, a final reminder notice shall be sent and a 30-day grace period will be given, during which time the member may reclaim his or her status. After August 1, the member will no longer be in good standing with the Association and all benefits and privileges shall cease until such time as the member renews their membership with a full year payment. Prorated fee applies to new members after Dec. 31st at half the yearly fee.

Continuing Education Committee: chairperson Kate Winant, Connie Hubley and Myra Achorn

This committee arranges a short educational program for each General Council meeting and also organizes a biennial educational workshop sponsored by MCR. This committee maintains ARCB CEU provider status for MCR and performs the necessary tasks in conjunction with this.

Bylaws Committee: chairperson Susan Miller, Wendy Decker and Claire Guy

This committee monitors, reviews, recommends changes or updates and upon approval, modifies the bylaws as needed.

Legislative Committee: chairperson - NEED Someone Alta Gross

This committee monitors laws and regulations involving reflexology within the state of Maine and the nation and reports findings to the Executive Board and General Council. Depending on the situation, this committee will be actively involved in protecting the rights of members to practice as a self-governed profession.

Standards/Ethics Committee: chairperson Connie Hubley, Wendy Decker, Susan Miller and Myra Achorn

This committee will hear grievances originated from a member or from the public involving a member. This committee will adhere to the MCR Disciplinary Policy Guidelines, using discretion and respectful consideration.

Newsletter Committee: chairperson Myra Achorn Editor and Proofreader Claire Guy

This committee compiles, edits, publishes and mails/emails out a newsletter to all members after each General Council meeting. Seeks original articles, member events and general information that keeps members updated on the world of Reflexology.

Website Committee: chairperson Wendy Decker *Needs Help*

This committee keeps an updated membership site, informing all visitors about MCR, its members and reflexology in general. Provides visitors and members 24-hour access to state, national and international reflexology information in a professional and reputable manner. Links to other professional sites as appropriate. Maintains a members-only page, which includes MCR newsletters, bylaws, policies and procedures, etc. Keeps membership contact information updated in a timely manner.

Brochure Committee: chairperson Wendy Decker, Lynn Marie Danforth, Donna Dyer and Sylvia Young

This committee produces a new edition of the brochure each year, after the annual membership renewals, by updating all new and present professional member's contact information in the brochure. An additional, updated edition may also be published later in the year.

Library Committee: chairperson Susan Miller

This committee catalogs and stores all MCR newsletters, state, national and international newsletters that MCR has access to and any other materials, such as books and multimedia. The Library Chair scans and summarizes any pertinent incoming information from these newsletters and pass this along to the Executive Board as an overview of various reflexology activities/actions undertaken beyond MCR.

Historical Committee: chairperson Karen Boynton and Chrissy Ravelli-Studer

This committee shall collect and store various items of interest showcasing MCR's development since 1991, such as newspaper clippings, past MCR activities, meeting photos, etc.

Ad Hoc Committees: Ad hoc committees may be formed and disbanded as needed.

Common Ground Fair ~ chairperson - NEED Someone ~ Karen Boynton and Chrissy Ravelli-Studer

Tri for a Cure ~ chairperson Lynn Marie Danforth, Mac MacDonald, Margert Hatch, Ellen Klain and Ron Gaudreau

MCR Delegates: Nancy Butler-Smith and Kate Winant *Need a new delegate for 2015*

Report on MCR's October 4th Afternoon Educational Program and a Heartfelt Message from MCR Cancer Committee Chair and Program Presenter, Lynn Marie Danforth.

By Suzanne Girlando

The following is a retelling of the beautiful and heartfelt email MCR member Lynn Marie Danforth sent to me in response to my request that she explain to me her interest in working with cancer patients. Lynn is the chair of MCR's cancer outreach committee and for several years has organized MCR's participation in the Tri-for-a-Cure fundraising event held in South Portland. At our October 4th Fall MCR meeting in Ellsworth Lynn was our presenter for the afternoon CEU-earning educational program. Lynn and our dedicated Education Chair Kate Winant came through with a program that was educational and highly pertinent. Because it was the once-yearly afternoon program in which we have a reflexology "trade" among members, the program was enhanced by that special magic that only giving and receiving reflexology brings. Thank you, Lynn and Kate!

Most of us know of the National Institute of Health (NIH)/Michigan State/Branch Reflexology double-blind study that proved that reflexology was clinically beneficial to women undergoing chemotherapy for breast cancer. It was a long-awaited study whose results in the end were so positive that the NIH awarded the researchers a second grant in order to teach reflexology to cancer caregivers. MCR has had a cancer committee for some time now, but it has been a challenge to find direction and plan a course of action. We do have several members who regularly and most generously donate their time to cancer centers. The year the study's successful outcome was published, MCR shared this information, handing out copies of the report at our Tri-for-a-Cure booth. And members will recall, at a past meeting we had a Skype visit with Branch Reflexology's Barbara Bowers, the head reflexologist in the study.

At this October 2014 meeting Lynn gave a short (and moving) talk about her experience as a friend and family member whose loved ones suffered cancer and how she has responded to these events in her capacity as a reflexologist. It was clear she was speaking from the heart as well as from deep experience. With the permission of Branch Reflexology, Lynn shared with us the exact protocol used in the NIH study, leading us in its actual practice. It was much more than reading off a dry list of nine reflex points—instead she led us through the entire protocol twice so that we could do our MCR "trade," i.e. performing the protocol on each other. The NIH study is only a single limited "scientific" and most of us know anyway the broad benefits of reflexology but still, it is scientifically sound and the protocol is not difficult at all to perform, a wonderful tool we now have, hopefully to share with others.

So let us now hear from Lynn herself, more or less in her words, sent to the author....

Just the thought of how many people have lost a loved one from cancer is honestly very upsetting to me. In my personal history, my father passed away from colon cancer at the age of 47. My mother had breast cancer twice and the onset of Alzheimer's in her early 60's, then passed at the age of 72. I managed her care for 10 years. Then, I lost to cancer two of my very best friends. I spent a lot of time giving both of them reflexology to help comfort them during the illness, helping them to relax, and, I would say, have some relief from the constant thought "I have cancer."

I am not unique or trying to make a hero out of myself because I don't doubt that many of you have a story like mine, have known the painful loss of a loved one to cancer. I just do what I can. I have organized MCR's participation in Tri-for-a-Cure for several years. I also work as a caregiver for seniors in their homes in addition to my reflexology practice. I do want to give back to the community. It is a passion for me.

Kate Winant, our education chair, made the initial contact with Barbara Bowers and of course, much, much, more in organizing the October 4th class. Kate and I practiced at the Cancer Community Center and I do want to share with you that as I was pulling into the center, I felt strongly the "presence" of those who have passed from cancer, and felt they had been in some way behind this project. And when I did the presentation, I felt in a very calm, almost dreamlike state—it flowed naturally and frankly I never saw myself as a teacher or accomplished presenter. Some MCR members commented on this even suggesting that I should do more work on sharing this protocol, teach it to other volunteers, etc. This is a great honor because I want to share with you that I feel I have never done anything so important and close to my heart.

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Protocol on page 13

continued from page 8 ~ Afternoon Educational program

Now it feels to me like “the calm before the storm,” a lovely storm! Now we can all go out to our community and do what these hard-won studies were meant for! Now we can connect the caregivers with their loved ones. Please know that we can teach the protocol to caregivers! Think of the love and comfort we can help bring into many homes and institutions. It is a fact that caregivers often suffer too because they don’t know “what to do” when a family member has cancer—and now we can show them!

I thank all involved in this: Gwen Wyatt at Michigan State, Barbara Bowers of Branch Reflexology, the National Institute of Health, and of course Kate Winant. Kate, this was a “dream” of mine to somehow step up in my work to help cancer patients and you gave me so much kindness and consideration to help me achieve that dream, special thanks to you.

Friends, my heart is full. Being just a small part of this incredible journey that we are about to go on, a journey of infusing love in cancer patient treatment. It is part of my belief system that our dear ones lost to cancer are close, close in spirit, closer than we could imagine. My friend Janie recommended a book to me about advice from those in the “hereafter” for those of us in the here-and-now: *Walking in the Garden of Souls*. Whatever our personal belief system, we as reflexologists are called to bring comfort and hope, and although we aim for healing and recovery, we know that we do most certainly bring welcome comfort.

Your friend,

Lynn Marie Danforth



Tri for a Cure ~ July 19-20, 2014
Chrissy Ravelli-Studer,
Lynn Marie Danforth
Myra Achorn, Kate Winant
Mac MacDonald and
Mary Patterson



At the 2014 RAA (Reflexology Association of America) conference in Santa Fe, NM, Janet Stetser, received a standing ovation when she was awarded the Leadership Service Award: Local, State, National and International Service.

During 1983, Janet opened her practice in Maine. She called it *Footloose* and it was the first reflexology school in the Northeast. She attended the first conference for the International Council of Reflexologists (ICR) in 1990 in Toronto, Canada. Following this conference, she returned home and proceeded to found the Maine Council of Reflexologists. In 1995 Janet co-lead a steering committee focusing on the goal of establishing a national reflexology membership association. After RAA was founded, Janet moved on to the American Commission for Accreditation of Reflexology Education and Training. She was the founding president of ACARET (the American Commission for Accreditation and Training) in 2000.

Janet, now retired, is a lifetime MCR member, serves on the Board of the Arizona Reflexology Association, served as the Arizona Delegate on RAA’s Delegate Assembly and serves as RAA’s official conference videographer.

Even in her retirement, Janet continues her education in reflexology as she attends several workshops each year along with attending all of the RAA and ICR conferences. Janet is a leader who believes in education and continues to teach life lessons to those around her.



Lila Mueller (WI) , recording secretary for the RAA Board & Janet Stetser (AZ) MCR life member

Continuing Education News Update

We have had a very active and full past six months with the organization's commitment to offer quality educational opportunities for members. First, the CEU reporting forms were used by 16 members this past spring into summer, which helped them to track their professional development and maintain their requirements. As a reminder to all members working with the guidelines, there are 6 ways a member can earn CEU's. This information can be easily found and downloaded on the website thanks to Wendy Decker's web mastering. Secondly, we had a wonderful response to our workshop suggestions for the 2015 program and the membership voted 80% in favor of having the Touchpoint school come to Maine to present. We are working on the details and travel time frame this late fall and will have a full detailed registration form at the January meeting. However, there may be a small chance that we go with our second option of the Moss Arnold "Clinical and Chi Reflexology workshop" as well. Both speakers are dynamic and highly regarded in the reflexology profession. Our job is to provide you with an affordable (around \$300) workshop that delivers practical information and techniques that you can use. If you would like to know more about these 2 speakers you can visit touchpoint at www.touchpoint.dk and www.chi-reflexology.com.au.



The third great event this year was our annual trade presentation as part of our afternoon CEU program. Lynn Marie Danforth led us in discussion on the Breast Cancer Research Grant done at the University of Michigan which recorded the benefits of reflexology for patients in treatment. She brought hand-outs and the 9-step protocol that Barbara Bowers developed. Twenty two members were engrossed in this calming and relaxing trade that had a fluidity that resonated in the room. MCR member Suzanne Girlando said it best in her thank-you correspondence she sent to Barbara after the program—"It was very relaxing and now I have such a better idea of it. It is the experience that counts and if cancer patients felt the comfort we all did, well, that is a great thing. We reflexologists need 'hands-on' for deep understanding." This is always a great reminder to take the time to share with each other and create those HAPPY FEET!

Respectfully submitted

Kate Winant – tevoranch@roadrunner.com

Common Ground Country Fair!

Chrissy and I want to thank everyone for your help and cooperation. We realize Friday was disastrous with the "first come, first served" sign-up. We want to apologize; the Friday crew put up with a lot discomfort, not only for themselves, but with the crowd discomfort. I will tell you Saturday and Sunday's sign-up went off well and greatly improved. Sign-up for 2 chairs with a 20 minute break after 2 hours.

We have made up next years sign-up sheets for volunteers. Please sign-up and put the date on your 2015 calendar. All event containers are stored at my home in Washington. Feel free to call me if you need the chairs, containers and signs.

Thank you all, Karen Boynton



Reflexology and the Common Ground Fair

The Maine Council of Reflexologists has had a presence at the Common Ground Fair for many, many years. Everyone enjoys the service that we provide. "Although we are not licensed professionals, we **are** seasoned practitioners." I feel that it is wrong for us to give away our craft. My solution is to have a recommended \$10 donation, so that folks will know that we are working, and not just playing at reflexology. When people pay for services, they appreciate the practitioner more.

When I am at a fair or conference for cancer and wellness, I give my services freely, because I know the folks who receive a treatment need relief from stress and appreciate the session.

The Common Ground Fair is a recreational event not a wellness fair. Everything costs money at the Common Ground Fair. I see no reason why we should give away our services.

Michael MacDonald, C.R. and MCR's Auctioneer



“My Fair Lady”

That’s what a friend of mine called me when I described to her my week doing reflexology at the Cumberland County Fair, in Cumberland, Maine. Yes, a full week in late September this year! It all started one day when I was out and about and met a man wearing a knee brace. We got to talking and I explained to him how he could “work” his elbow to help the healing of the knee and then we spoke about reflexology and body dynamics and how perhaps his injury related to his work as a truck driver. He thought that reflexology was remarkable and encouraged me to set up a booth at the upcoming Cumberland Country Fair.



When I called the fair manager, all the spaces in the Exhibition Hall were taken and he offered me a place in the Grandstand which for the first time was being opened, experimentally, to a few vendors. Soon after setting up I knew doing reflexology wasn’t going to work in the Grandstand because the fairgoers were rushing right by, towards the ATM, the restrooms, the “adult beverage corner” or to watch the races. And then when the races started... Oh my! What a racket! I was situated close to the loudspeaker broadcasting a blow-by-blow yelling about the ongoing race. I stuck it out for awhile but by late afternoon I decided to pack it all up, cut my losses, and head back home. On the way out the manager offered me a space in the Exhibition Hall as one vendor hadn’t shown up. So although by then I was very discouraged and tempted to be upset with myself that I had ever decided to do this, out of fairness I accepted his offer. That’s because when I, a latecomer, wanted to be at the fair he had made efforts to set me up in the grandstand and had been very supportive and pleased to have a reflexologist participating—and he did not want to have an empty place in the Exhibition Hall. But even in the Exhibition Hall where folks were more or less leisurely strolling around at first there were no “takers.” The manager had previously cautioned me about this when we were making initial arrangements, advising me that most of the fairgoers come with a certain amount of money to spend on food and rides and were not likely to want to pay for reflexology. But I had thought to myself “Who wouldn’t want reflexology?” Failing to factor in that the Cumberland Fair was going to attract a different group than those who go to the Common Ground Fair where people come because of their interest in all things natural, healthy, and holistic. Yet here at Cumberland I didn’t want to stand in front of my booth with a sad face watching the hours go by! So putting the question of money aside, I looked around at all the wonderful souls and saw so much need for what reflexology can do! I decided to make lemonade out this lemon and so, I put “FREE” signs all over my area! “FREE REFLEXOLOGY!”

My first takers, with a lot of coaxing, were the vendors around me, but as we reflexologists know, once people see other people “getting” reflexology, with that blissful look on their face, it is irresistible, and in time there was a steady demand. In the end, I was able to share the experience of and knowledge about reflexology with dozens of wonderful people. It was interesting that I was the only person truly “giving away” something of value at the fair! And yet I was well repaid with many gratifying experiences, one of which was explaining in detail what I was doing to a retired and “fascinated” orthopedic surgeon who expressed only admiration for the work. And then, of all things, I worked on the feet of a woman with whom I went to high school (in Massachusetts) but had surprisingly never known! So I have a new old friend!

In the end I received enough in tips to cover my expenses and I have to admit I had a great time at the fair, just delighted with the neon lights, live music, animal exhibits, and carnival atmosphere. Getting into the spirit, I rode the scary Ferris wheel and bought myself a giant fried “blooming onion” to eat while I watched the demolition derby! One client, a vendor, presented me with his biggest bag of freshly made Kettle Corn. I made a lot of fair friends, and also met Governor LePage and some of his staff and entourage, two of whom thoroughly enjoyed sessions in my chair. Lastly, now that I think of it, something else was being given away free: APPLES! There was a huge full apple bin with a supply of tote bags near the racetrack and no one was taking them! On the last day I walked out with about 60 pounds of fresh Maine apples....you can’t beat that! Would I do this again next year? I am not sure, but I am deeply grateful for the experience and am newly inspired to keep working at this wonderful profession, making it somehow into a full time occupation so that I can both help people and earn money doing something I love.

Suzanne Girlando, MCR member and Past President

Thought this was interesting . . . I just got an email from someone I had met THREE YEARS AGO at the Common Ground Fair MCR reflexology booth. She had picked up my brochure which was laying out with all the other printed materials that day. And three years later, she decided to reach out about booking a session.



see . . . We never know how we touch people at these events and how they might circle back years later. I encourage you all to sign up for our outreach events like the Common Ground Fair booth, the Tri-for-a-Cure booth or the Mercy Cancer Community celebration gathering. We can, and are, making a difference in the world! :-)

Sarah Filliter, MCR member and past Correspondence Secretary

A PERSONAL MESSAGE FROM “REFLEXIONS, ETC. SCHOOL OF REFLEXOLOGY”

While I am not retiring any time soon, I have stepped out of teaching the certification for reflexology courses. I am very happy and excited that both Andrea Murray and Kate Winant will be taking over in Falmouth. I will be stopping in as a guest speaker now and then.

I had been teaching a variety of Introduction to Reflexology classes for a few years in both Adult Ed and at massage schools as well as giving mini presentations for a variety of organizations. It was at an Intro. class at a massage school that a student asked me to teach a certification course. She persisted in contacting me until I finally decided that I could take on that challenge. While she actually was unable to attend my first certification course, two of our MCR reflexologists, Claire Guy and Dan Crowley did! This first class was in the summer of 2008, teaching four massage students. We were also privileged to have a visit from my reflexology instructor and MCR's founding president, Janet Stetser, D.Sc., NBCR one day! This class was outlined and presented to earn a 300 hour certification.

In 2008, I became certified as an ACARET instructor of reflexology, see www.acaret.org for more information. Then in 2011, due to great encouragement and collaboration from Kate Winant, we co-taught our first Hand Reflexology for Certification class. This is also an approved ARCB ceu course which other certified reflexologists wishing to add to their training, even becoming nationally certified in Hand Reflexology, can join in the class!

Teaching this course has been an amazing learning experience for me. I am so very grateful to all my students as they also challenged me as an instructor which helped to better hone my skills in both knowledge and teaching of reflexology. Thank you all!

I have co-instructed with Andrea Murray for the last two certification courses. Having worked with both Andrea and Kate, with all three of us offering different styles and perspectives, I feel that students gain a well-rounded training experience and understanding of the Art, Science and History of reflexology. I leave the course knowing that both Andrea, as Lead Instructor and Kate as Co-Instructor will go on to teach an excellent Professional level certification course. But now, I would like to save space for Andrea and Kate to speak about the future of the course.-**Connie Hubley**

Kate Winant
Andrea Murry
Suzanne Gillette
Mary Patterson
Connie Hubley
Left to right



Kate: I am honored to join the team at 'Reflexions, Etc. School of Reflexology' for a number of important reasons. The need for qualified and confident reflexologists in this complimentary medicine modality is vital to the growth of this profession. I will be bringing my experience as a Maine certified educator, who specializes in a style of teaching that emphasizes "hands-on." Through engaging and productive lesson plans, I will strive to create a learning environment that is practical and enriching. Since 2000, my years of reflexology practice and public speaking on the subject have prepared me for this role. I look forward to helping chart and navigate this new direction for the school.

Andrea: Working with Connie and Kate over the past two years has been extremely rewarding for me. They both bring different skill sets and insight to the course and have made our time with students challenging, inspiring, and fun. We rely on feedback from students to improve the classes each semester and I am continuously fine tuning the syllabus to get the most out of our books, topics, and guest speakers. 'Reflexions, Etc. School of Reflexology' will stay true to the original mission statement in providing a solid foundation of knowledge and ability in the art, science, and history of reflexology. The curriculum covers anatomy, terminology, documentation, client assessment, foot pathologies, contra-indications, associations, ethics, business, systems disorders, case studies, self care, biomechanics (gait& arch), history, current research, Native American medicine, chakras, meridian theory, and oodles of hands-on technique. Lecture, discussion, demonstrations, presentations, audio-visual, and reading assignments are the main teaching tools employed. Students are assigned to read several books including: Therapeutic Reflexology by Paula Stone, Reflexology: Art, Science, & History by Christine Issel, Musculoskeletal Anatomy by Sieg & Adams, and The Art of Reflexology by Inga Dougans.

Students are expected to conduct and document 100 sessions outside of classroom time. There is also time set aside each weekend for students to work on the practical application of reflexology. Protocol and new techniques are taught usually on Saturday afternoons with time for students to practice on each other. Clinics are held most Sunday afternoons at Aon Wellness Center. This enables students to practice on a model in a professional setting with the guidance of a teacher. Our final clinic is always memorable as MCR members are recruited as models to do a trade with students, socialize, and share stories about the practice of reflexology. This has become a favorite gathering for students, teachers, and guests!

Something to Think About

By now no one doubts that reflexology is a vibrant and growing field. US Labor Statistics show that it is the fourth most popular complementary medicine career for which training is sought. Yet decades after Eunice Ingham bravely labored to spread knowledge of this powerful healing modality (which for the most part she developed and made accessible to the general public), we reflexologists remain pretty much “on our own” in the attempt to establish a career in reflexology that will sustain us. There are no “job openings” for reflexologists, no salons or doctors’ offices waiting to snatch up newly graduating reflexologists, not yet at least! Let’s face it, we are called to design our own future! If we want to make a career of reflexology, there is much to consider. I have always believed that reflexology offers a “ladder of success” which any reflexologist may climb if wanted. Not that anyone should feel obliged to attempt to climb higher, but there are opportunities out there and it is likely that these will multiply as the future unfolds.

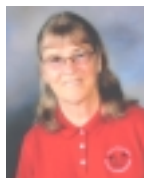
With all the pieces involved in “success”, let us focus on a big one: public speaking. We reflexologists are comfortable using our hands and we most likely enjoy talking one-on-one to our colleagues and clients. But as we develop and grow, as we join together in organizations, participate in group planning and events, committees, outreach, etc., we will be called upon to speak publicly in front of others. An audience frightens many of us and we may fear that we don’t have the needed talent. Yet most experts on the subject believe that public speaking is a skill that can be acquired, not a matter of talent.

The Summer 2014 issue of the newsletter *Successful women* published by Raymond James Portland Harbor Group financial advisors in Portland, Maine addressed this very topic. The article “Becoming a better public speaker” recommends preparation and as much as possible, knowing your topic thoroughly. The points you want to be make when speaking should be reviewed over and over and over! Knowing the subject is essential should you be asked for clarification or there be a question-and-answer session following your speech.

Here are some other pointers: have a “signature” style, that is, find a way that you present yourself and your material that is uniquely you. Try to imagine what the audience wants/needs to hear rather than what you want to say. Move around, use your hands, loosen up! Before your talk, “work the room” get to know people, introduce yourself; you will feel more at ease in front of these new “friends.” Breathe deeply (we reflexologists know that!). And lastly, PRACTICE. It is true, practice makes perfect.

Another thing to consider in climbing the “ladder of success” is the well known saying of American playwright Wilson Mizner: “Be nice to people on your way up because you will meet them on your way down.” This is always good for a chuckle! Seriously, though, several years ago the whole topic of “niceness” in the business world was addressed by Linda Kaplan Thaler and Robin Koval in *The Power of Nice: How to Conquer the Business World With Kindness* (2006, Random House). The authors quote scientific studies that indicate that “niceness” correlates with happier relationships, better earnings, and better health. They state that small kindnesses, the gestures and smiles, favors and compliments are of immense value. With this in mind, perhaps it is wise to add another tip regarding public speaking: Be nice! Have manners! Know that people have feelings! As speakers let us respect our audience by our niceness and when others are speaking, let us be “nice” to them even if we don’t agree with their points! Perhaps there are some individuals you don’t like, with whom you don’t agree, some day might open a door, send you a client, stand by you in times of difficulty, so why not be “nice”?

Myra Achorn, your newsletter editor



Educational Opportunities & More

MCR meeting dates: JANUARY 17, 2015 Mediation and Facilitation Resources, 22 King St., Augusta.

The "pending" program is entitled "Effective Business Communication-Tools for building confident relationships."

In this program we will explore active listening techniques and clear verbal skills that will enhance your practice. Whether you are communicating with a marketing team, potential client, or a group of professional peers these tips will help with boosting confidence in your presentation.

Snow date January 24, 2015

Winter: January 17th, 2015: General Council ~ Afternoon program from 2 pm to 4 pm, Augusta, ME . Earn 2 CEUs

ICR Conference: Sheffield S. Yorkshire, United Kingdom, 2015 ~ www.icrreflexology.org

ICR is committed to uniting reflexologists from around the world together and the ICR conferences play a vital role in achieving this goal. By working together, we can reach reflexologists from around the globe, bringing them together to share new and exciting developments in the reflexology field.

Registration for the 2015 ICR Silver Jubilee Conference is now open.

RAA Conference: Anchorage, Alaska, 2016 ~ www.reflexology-usa.org

We will be looking forward to seeing everyone in Alaska

For your convenience here is a link to the webpage where you can view or purchase the brochures that was at the MCR business meeting: <https://pacifireflexology.com/store/brochures> PACIFIC Institute of REFLEXOLOGY, 535 West 10th Avenue, Vancouver, B.C. V5Z 1K9 CANADA (604) 875-8818 or 1(800) 688-9748
chrisshirley@pacifireflexology.com <http://www.pacifireflexology.com> From Wendy Decker



Current Members as of October, 2014 ~ 65 of which 54 are professional level

Newly Certified Members: Ronda Alley - Bar Harbor, ME - (207) 801-2228



Speak Your Mind! MCR's Newsletter Editor wants your input.

From MCR Webmaster, Wendy Decker:

Please check your information on the MCR website public listing of certified MCR reflexologists. If you want your email listed, have any changes, or need passwords, please contact **Wendy Decker** at (207) 443-2572 or reflexparties@gmail.com



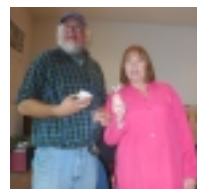
MCR's Five Executive Board Members

START SAVING TODAY

TURN YOUR CANS & BOTTLES
INTO CASH

Bring it to the next meeting
Join in the FUN of the AUCTION

Mac MacDonald ~ Auctioneer
Next meeting in Augusta
January 17, 2015



Mac MacDonald
Lynn Marie Danforth



Aloisia Pollock Claire Guy Loretta Baker Alta Gross Connie Hubley

Member-in-the-Spotlight ~ Mary Ann Ratteree

The owner of Deeply Touched Reflexology & Healing Arts, I became a reflexologist in June of 2013 after attending Reflexions, Etc. School of Reflexology. Teachers Connie Hubley and Andrea Murray shared their love of reflexology with me. I am currently a member of MCR and RAA.



I worked in retail for twenty years managing a clothing store, and the last ten years I co-owned a catering business in Sanford. As I hit mid life I realized I wanted to create a more meaningful life. I wanted to help people on a more personal level. Reflexology is exactly what I was looking for.

Having attended an Ear Reflexology class with Bill Flocco last fall, I realized that I LOVE working on the ears. I have included the ears in my practice. My clients really enjoy having their ears worked on. Also when attending wellness /health fairs, I find working the ears is easy and a quick way for a client to feel the relaxing effects of reflexology.

When I started my reflexology practice out of my home, I converted my dining room into an office space. It worked really well for the last year and a half as I was building the practice. Just recently I was offered an office space in my doctor's complex so I have moved my office to a professional setting. I am thrilled to be in my new space! It is handicap friendly, on a busy road, but quiet and the doctor has referred many people to me. I hope the step out into the public will increase my business but also the awareness of reflexology.

Reflexology has changed my life. I LOVE it! I find it very rewarding and I am amazed every time I share this healing art with someone.

May peace and love be in your heart, Mary Ann Ratteree

Interviewed by Wendy Decker, Newsletter reporter

“I’ll Do this Stupid Thing and See What Happens!” My Reflexology Testimonial

It’s quite simple why I first tried reflexology: PAIN. Every single day I had pain, pain in my back, pain in my feet, pain in my legs, pain always somewhere. Someone told me that there was “this lady who rubs your feet.” At first I was skeptical, but on a lark I said “I’ll do this stupid thing and see what happens!” Needless to say, I loved it! After getting some reflexology I caught myself noticing “the pain is much better!” And it was! This was over ten years ago and I have been going for reflexology treatment regularly since then. One day early on Myra found a place on my foot that hurt and asked me if I had problems with my digestion and I was indeed having problems during that time! Over the years these kinds of things happened many times, but they still amaze me. She seems to be intuitive about what part of the body needs help and works on that area on the foot. I told her that she was like an artist. When I get into that little room, she really works on me for an hour, never letting up. I don’t think she does it for the money, but because she cares. I don’t think of her as just my reflexologist, but also as my close friend. I no longer live in Maine and haven’t yet been able to find the kind of reflexology I would like to have done, so whenever I am back in Maine, I always try to see her, and if possible, book an appointment also for my daughter. Myra gets excited when there is a problem she can help correct and also when it gets better. I am sold on the benefits of reflexology. In the end that “stupid thing” of reflexology brought me so much relief and comfort! I lost a lot of aches and pains — and gained a caring friend. By the way, I call reflexology “Footsie Wootsie” and it always makes her laugh!

AG, South Carolina

I wish I could get foot reflexology every night before going to bed!!

I slept all night ...first time in a long time..yipee...it was so relaxing...can’t wait for hand reflexology...bet that feels so good!! Thanks again Sylvie, for letting us be your practice girls...!! Louise

Sent in by Sylvie Letellier from Saco, student of Foot and Hand Reflexology

Big News for Reflexology at Michigan State University

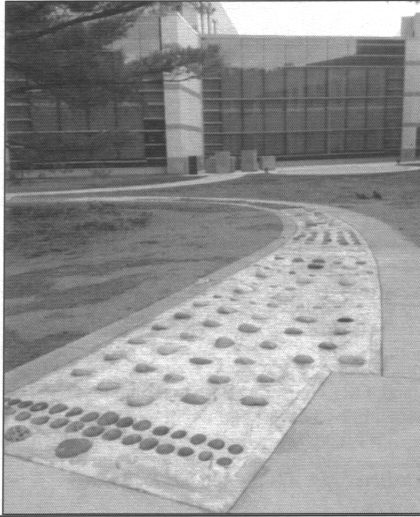
Barbara A Brower

Imagine, a Big Ten University supporting reflexology! A reflexology walk-path was installed in front of the new Bott Building for Nursing Education and Research at Michigan State University. It was a \$25,000 project with a heated sidewalk around it and a metal handrail added since these photos were taken.

Currently in the United States there are 15 Reflexology Walking Paths open to the public. Michigan State is so progressive. I am sure the two NIH Grants helped in the manifestation of this walking path. Who would have thought after 31 years on my passionate path of reflexology that I would see a physical manifestation of a Reflexology Path? Fellow reflexologists, we are so making a difference!

For more information visit the web-site: www.allvoices.com/contributed-news/13399525-reflexology-improves-health-related-quality-of-life-for-women-with-advanced-stage-breast-cancer

Barbara Brower, Nationally Board Certified Reflexologist
Branch Reflexology Institute
www.branchreflexology.com



Reflexology Across America Winter 2013 ~ Printed with RAA's permission

www.reflexology-usa.org 9

Congratulations Ronda and Marilyn for a wonderful reflexology article

October's General Meeting in Ellsworth
24 practitioners attended

May's 2013 meeting in Augusta holds the record of 35 attendees

Can we beat the May's record this January 2015?

Extra!
OCTOBER 2, 2014

Reflexologists soothe the sole

By Robert Lewis
rlewis@redhatter.com

BAR HARBOR — The humble foot is actually an incredible rich part of the human body. Composed of 26 bones, 33 joints and over 180 muscles and ligaments each, the feet will lead an average person on a walking journey of upwards of 100,000 miles and through a total of more than 10-years of standing in a lifetime.

Our feet are connected to our bodies in obvious physical ways, from the shin bone that's connected to the ankle bone, and extending in between as described in classical anatomy. However, for students of foot reflexology, connections between the feet and the body are even greater. According to reflexology theories, each portion of the feet corresponds to a part of the body. Working with the feet, therefore, becomes a way of working with the entire body.

That's how Foot is a foot reflexology space established downtown on Cottage Street this summer.

Ronda Alley and Marilyn Solway opened their practice, an upstairs from Foot Candy, after completing training intensive at the same time. They offer relaxing foot pressure-point treatments that are meant to relax and de-stress the entire body.

"Our feet mirror our bodies. By working with the reflexes in the feet, we send a message...to clear up any kinds of blockage," Ms. Alley said. "It helps to clear out the stress in our bodies."

Reflexologists use detailed maps that describe how each area of the foot corresponds to specific parts of the body. Within these areas, each foot is believed to contain over 7,200 reflex points. The methods of applying pressure to such are described as having healing and relaxing effects on the body, mind and spirit. It is akin to feeling the stress lift right off your body, Ms. Solway said. This, for her, is the most rewarding part of the job.

"After helping people reduce their stress level is pretty exciting," she said. "You see them go out, they say, 'Wow, I feel great.' I think that's the biggest thrill."

GLANCED PHOTO BY ROBERT LEWIS

Ronda Alley, left, and Marilyn Solway are the owners of That's Your Feet reflexology in Bar Harbor.

ATTENTION ALL REFLEXOLOGISTS

Get in touch with your local paper for an article before the holidays.

Gifts Certificate Available

Don't Forget to VOTE
See Page 24 for Candidates

Barbara A. Brower's 9 Step Protocol for Caregivers

The National Institute of Health granted Michigan State University \$3.1 million to provide research into the benefits of reflexology for cancer patients. The results indicated that reflexology improved patients' ability to carry groceries, climb stairs, ease breathing, improve sleep patterns and other measures. Following the study, a number of hospitals in Michigan incorporated reflexology into their treatments protocols for breast cancer patients.

The results were so positive that the NIH has made a second grant to the same research group. Michigan State University has developed a PROTOCOL for caregivers to provide a modified reflexology treatment to administer their loved ones.

This protocol and frequency was selected by Barbara A. Brower after consulting with Dr. Gwen Wyatt on the goals of the study. Barbara was asked to provide a protocol for women with breast cancer undergoing chemotherapy to aid in quality of life during patient treatment. Barbara has been in a full time reflexology practice for over 33 years. This protocol was selected within scientific parameters.

The reflexology protocol was **composed of 9 steps:**

- Spine - Central Nervous System
- Chest/Lung - Breast Reflex (Primary)
 - Lung-3 Dimensional View
- Diaphragm - Reduction of Stress
- Kidney/Adrenal - Stress and Detoxification
- Spleen- Blood Purifier/Energy
- Intestine - Small and Large (Colon)
- Lymphatic - Upper and lower Lymph Reflexes

These 9-steps were selected to support the patient during their chemotherapy. Because chemotherapy has a cumulative effect upon the body, you are primarily seeing elimination organs within the protocol. The spine reflex was selected as the central nervous system supports the function of all areas of the body and then the breast/lung (for the 3 dimensional view) as the primary.

The adrenal reflex was selected to aid in the levels of stress the patient is feeling at an emotional level as well as for the physical stress of the chemotherapy for the body.

These 9-steps will also help to promote the absorption of the chemotherapy medications as well as supporting the detoxification after the drugs have done their work.

APPLICATION:

The session length was 15 minutes per foot working on the reflexes, with an additional 5 minutes built in for starting touch and ending with a few relaxation techniques, i.e., ankle side to side, and soft release dragging the fingers slowly but steadily from 6 inches above the ankle and off the toes.

The 15 minute timer begins when you start with the spine reflex. We always end with the soft dragging of the fingers from 6 inches above the ankle to the tip of the toes.

Realizing there is no standardized reflex locations; The Branch Reflexology Chart was used for the reflex locations.

The times per reflex were as follows:

- Spine reflex, 2 minutes
- Lung reflex, 1.5 minutes
- Diaphragm reflex, 1.5 minutes
- Kidney/Adrenal reflex, 2 minutes
- Kidney reflex, additional time 1.5 minutes
- *Spleen reflex, 1.5 minutes (mirrored on right foot)
- Intestinal reflex, 2 minutes
- Lymphatic reflex, 1.5 minutes (top of ankle, and between great toe and second toe dorsal side)
- Breast reflex, 1.5 minutes

Whenever you feel congestion, you are asked to spend more of the time allotted in that area.

*Spleen reflex is left foot only. All reflexes were mirrored on both feet. This area can also be shoulder/arm and it was considered helpful as a reflex for women with lymph node involvement.

Please note that the pituitary reflex was not used in this study for a reason. The pituitary reflex controls the growth of abnormal tissue, however this study was to support the women with their conventional treatment.. We were not asked to 'treat' but to help with quality of care. Working to relax patients and help detoxify was a priority in helping them feel better. The time frame for the actual hands-on was restricted by the Principle Investigator. Initially I was allowed 10 min per foot total...I was able to convince them to expand the time and approval was given through NIH to do that.

We reflexologist are making a difference!

The reflexology protocol was composed of 9 steps

Spine - Central Nervous System	Spine reflex, 2 minutes
Chest/Lung - Breast Reflex (Primary)	
Lung-3 Dimensional View	Lung reflex, 1.5 minutes
Diaphragm - Reduction of Stress	Diaphragm reflex, 1.5 minutes
Kidney/Adrenal - Stress and Detoxification	Kidney/Adrenal reflex, 2 minutes
	Kidney reflex, 2 minutes
Spleen - Blood Purifier/Energy	Spleen reflex, 1.5 minutes (mirrored on right foot)
Intestine - Small and Large (Colon)	Intestinal reflex, 2 minutes
Lymphatic - Upper and lower Lymph Reflexes	Lymphatic reflex, 1.5 minutes (top of ankle, and between great toe and second toe dorsal side)
	Breast reflex, 1.5 minutes

The Systems

The Timing

“It Seems the Body Understands the Language of Reflexology.”

A Client’s Feedback to Her Reflexologist

The following are the emails of a client to her reflexologist over several months. The client underwent traditional therapy for breast and lung cancer while also receiving a variety of holistic complementary therapies, including reflexology. A few years earlier, she had been a client of Myra Achorn, reflexologist and reflexology instructor. When she received her diagnosis of cancer she contacted Myra who offered to provide sessions free of charge, with the request that the client (who is herself a holistic practitioner) keep a journal of her experiences and thoughts about how reflexology helped her healing. Minimal editing was done for publication.

August 26, 2012: As you suggested during our first session, I have been giving myself at least one (if not two) massages a day with the castor oil. Very relaxing! Thanks again for your generosity and amazing reflexology skills!

September 9, 2012: I will begin to tell the story of my experiences with and thoughts about reflexology: I am a 59 year old woman who in March 2012 was diagnosed with DCIS-Stage 0* breast cancer. In April 2012, I had a lumpectomy on the right breast. Because of complications in the way that my breast was healing, more mammograms were taken, and then an MRI. No reason could be found for the situation with the breast’s healing, but when the radiologist read my “scouting” images (which they are not charged with reading) in addition to the “target” images (which they are charged with reading) a tumor was found in my left lung. In July 2012, I had a left lung lobectomy. The diagnosis was adenocarcinoma, Stage 2b or 3a (they were not sure which but treatment is the same for either stage). After the final post-surgery pathology report they had concerns about if they had removed all the cancer or if some remained in my lymph system. Upon the recommendations of my oncologists, all of whom were at Dana-Farber Cancer Institute in Boston, MA from September 2012 through mid-November 2012 I underwent courses of chemotherapy and radiation.

I am a practicing “intuitive” and my intuition told me to seek complementary healing modalities. I felt I needed to support my system while taking advantage of the latest that medical science had to offer. Previously I had been availing myself of homeopathy and occasional Reiki and Attunement sessions. However, with the diagnosis of lung cancer, I knew I had to add additional healing modalities to my “healing team.” I wanted to bring out all the “big guns”—in this case, however, the gentle and healing big guns! Remembering the excellent reflexology work I had previously received from you, I reached out to see if you were interested in working with me through my “cancer journey.”

Our first reflexology session was “gentle.” It was very relaxing and calming for my entire body—and informative! The work was not as “deep” as what I remembered from years prior, but your gentle approach was clearly what my body needed. You seemed to know intuitively not to go too deep during the first session. After the session, and for the rest of that day, as well as into the days ahead I felt the effects of the calm and relaxed state that had been induced. During the session I shared with you some of the symptoms I was experiencing and you in turn did some specific work on the reflexes for the areas of my body that were experiencing neuropathy as a result of the lung surgery (neuropathy being one of the many expected or possible side effects). In the two weeks following the first reflexology session I noticed that the neuropathy’s healing increased rapidly compared to its slow improvement during the first four weeks after the surgery. Further, the neuropathy’s extent had not only decreased significantly, but the sensitivity of the skin in those areas that remained affected was greatly decreased. In fact, prior to that first reflexology treatment I could not stand to be touched in neuropathy-affected areas. After the first session I could then tolerate touching to those areas, although some areas did retain some sensitivity.

You certainly are an educator and so informative! When I was curious about how the body or how reflexology works you readily gave me easy-to-understand answers. I have always believed that information and education are power, and from the very first session you started to “empower” me. The more I knew about how my body works and where it held certain energies, the more I could take responsibility for keeping it in optimum health.

Between the first and second reflexology sessions, I met with an integrative medicine physician at Dana-Farber to review all the supplements, remedies, and complementary healing modalities I was using to assist me in this cancer journey. I wanted to be sure that I was not doing anything that would interfere with the work of the chemotherapy and/or radiation. I had agreed to those medical treatments as a way to eradicate any and all cancer cells in my body. I asked the doctor specifically about each of the complementary healing modalities I was utilizing, including reflexology. He likened reflexology to acupuncture, stating that they are both ancient healing modalities that, in his opinion, are significantly underutilized by both the medical

continued “It Seems the Body Understands the Language of Reflexology.”

profession and by patients themselves to enhance the body’s own healing processes. Dana-Farber has had for several years an Integrative Medicine Department to complement their cancer programs’ traditional medical treatments. An MD chairs the department; there are several traditional Chinese medicine physicians on staff to provide acupuncture; and there are also Reiki masters, massage therapists, and instructors of yoga, Qigong, and meditation. As yet Dana-Farber has not progressed so far as to have any reflexologists (or intuitives!) on staff**, however, its program director, the physician with whom I met, clearly understands and appreciates the healing qualities of reflexology, including it in the modalities often described as “alternative.” In his opinion these modalities are not so much “alternative” choices as they are credible contributors to the entire mind/body/sprit healing process. He recommended that I continue with twice-daily meditations, twice-weekly acupuncture while in treatment, weekly reflexology (or at least every other week), and a weekly form of energy healing such as Reiki or Attunement. He also recommended daily exercise: 20-30 minutes of cardio and 10-15 minutes of stretching, such as yoga as well as weight training, alternating the stretching and weight training every other day.

Our second reflexology session went much deeper than the first. I likened its effects to a full-body massage. After the session I marveled at how my entire body felt so very relaxed and calm when you never even touched any part of my body beyond the calves! Although you and I chat quite a bit through the sessions, I still get very relaxed, almost automatically. During this session I learned even more about how my body and how reflexology works; you at times explaining to me what you were doing and why. Perhaps most of your clients are not as curious as I; they may simply want the treatment, but I am a lifelong student and I loved learning all these new things from you. I asked you a lot of questions and you indulged me with your thorough and direct, yet totally understandable explanations. This mental knowledge is also healing for me, adding to the benefit I receive from the physical work, i.e., the reflexology you provide for me. And thank you for the specific reflexology strategies to use on myself the following week when I would begin my first week of both chemotherapy and radiation.

October 7, 2012: A little more about the second session which took place a little less than two weeks after the first chemotherapy treatment: I was starting to feel much better, but still felt some residual effects of the chemotherapy. I had lingering nausea and issues with constipation from the steroid and anti-nausea medications. The reflexology session produced a lot of gastrointestinal “music”; your work on the outside of my feet and the heel area seemed to really stir things up! And by Monday, I was regular again! Also, after the session, the nausea was lessened; compared to the previous days, its waves were much less pronounced. I am learning that with the cancer treatments I need to take things one day at a time, and, often one minute at a time! I have become a student of my own body, listening to its messages and also observing its responses to the work that others do on it. I am my own body whisperer, trying my best to interpret and use the information it sends me. I want to stay as well as possible during treatment and also to reclaim my complete wellness after treatment is finished. Reflexology is helping me in this process, especially now, having learned the reflex points that I myself can work on during the time between sessions. Clearly it is not the same when you work on yourself, but it is a good substitute if you cannot have a daily reflexology appointment with a skilled reflexologist! The week after that second reflexology session was a good one. I felt fairly normal, with minimal side effects. What a joy after the post-chemo slump! Reflexology certainly played a part in giving me that sense of wellbeing as well as helping relieve some very real symptoms.

This past week, before my third reflexology session, I was discussing with my acupuncturist at Dana-Farber the benefits of reflexology as a complement to acupuncture. In particular we spoke of the need for providers to be aware of the areas other providers are targeting to assure that systems and areas are being worked but not overworked. Incidentally I am very impressed with the professionalism of Dana-Farber’s staff. They communicate among each other like no other organization I have ever observed. If I receive a massage for example, the oncologist will be informed. The massage therapist also speaks with the oncology nurse practitioner about areas of concern and those that need additional attention. The same holds for the acupuncturist and so on. Everyone is on the same page! I have come to understand that patients too need to be good communicators, letting all providers know what we ourselves are doing to facilitate our wellness. Then all providers can best decide what they can, and should, do, without duplication of effort or, worse, risk of over-stimulating something when instead rest and the passage of time are needed. I appreciate that you welcome hearing about the other modalities I am receiving and that you consider them when planning my sessions. Although I imagine there is a kind of basic reflexology treatment applicable across the board, I have become convinced that when the reflexologist understands a client’s specific situation and needs, the sessions and the results are greatly improved. I have been open with you in discussing the details of my medical issues, procedures, and experiences and also shared with you the accompanying emotional issues which together are all part of the big picture. I am convinced that you are accessing that vast and complex pool of information about me and my condition, sorting through it all to know what is best to do at any particular time—it shows in your work!

continued “It Seems the Body Understands the Language of Reflexology.”

My third reflexology session, this week, took place just five days after chemotherapy. I had been in a post-chemo slump beginning late on Tuesday with chemo’s hard-hitting effects really hammering down on me on Thursday, Friday and Saturday. I had spent the better part of the three days prior to this reflexology session lying down, just trying to make myself comfortable—or just sleeping! In fact I napped more in the last three days than I can remember ever doing. It seems that the effects of radiation had finally come home to roost! Yet I suppose I am luckier than some people as for some this exhaustion begins just two weeks into radiation, whereas for me I was fortunate enough to escape the tiredness for the better part of four full weeks. The cumulative effects of the radiation compounded with the effects of the chemo, and then, wham!—I was down for the count! The Sunday morning of our session I was still feeling very nauseous; I ate a little breakfast around 7 A.M., and despite knowing I needed to eat a little something with protein every two hours, I was absolutely not able to force any more food into me before our session at 10:30 A.M. Of course I know that eating regularly and drinking plenty of fluids would help rid my body of the toxins of chemotherapy, but when one is on the verge of vomiting, it is nearly impossible! The reflexology session produced a lot of noises in my lower abdomen, just as it did last time. At times I felt movement there which was actually uncomfortable. When you explained to me what I call your “blockage” theory, I just breathed through it all while you worked sensitive areas, trusting that there was method to your madness! I understood that the result you were aiming for, an unblocking, if you will, required that you stimulate those reflex areas that were sensitive, the sensitivity indicating blockage. Perhaps it is no surprise to you, but after you left I felt less nauseous! In fact, I felt very hungry! I proceeded to eat a large bowl of miso soup, some chicken with cherry tomatoes, and a hard-boiled egg. Not bad for someone who couldn’t get a bite down just a few hours before! As I write this I am still enjoying my post-reflexology high with feet and legs that feel so great, and expecting to take these wonderful feelings into this afternoon and the week ahead. And I am thinking of the miracle of the human body as it works its own healing magic through my feet! I joked with you today about an old saying about “talking to the hand” that I want to modify to fit reflexology. I will say instead that I want to be “talking to my feet” in my cancer journey! From my experience with reflexology, my feet are clearly gateways to my body, and the good work of reflexology is so greatly assisting my healing.

October 17, 2012: This last go-around with chemo has been really hard. I have had lots of nausea, even two-and-a-half weeks after treatment! And now my esophagus is really tender and inflamed from the radiation which is making it difficult to swallow. I am working the reflex points you taught me for the nausea, but I cannot recall the points for the esophagus. Any chance you can remind me of them? Regarding our last reflexology session, I noted that it greatly helped with full-body relaxation. I think that because the needs of my body are different at the time of each session, the results are also different. I trust that the work you do is stimulating my system in a way that best serves me at any particular time. Also, I am learning to let go of any expectations for specific results, knowing that you will intuit what is most needed and that my body will make the most of what you do with my feet and hands.

I have noticed similar results from the acupuncture which I continue to receive on a weekly basis. In some weeks the modality of acupuncture hits specific symptoms, on others it is more of a generalized body response. I believe that the body has its own intelligence, and with both reflexology and acupuncture the body maximizes what is needed most while utilizing the rest on a more subtle level. Some aspects of the work may produce more pronounced results than others but nothing is wasted! It all depends on what the body is most needing.

December 3, 2012: Here are my latest thoughts: the biggest concern at the time of our most recent reflexology session is a subject I hesitate to talk about, but one that is a grim reality for those of us who have to take certain medications that have definite and unwanted side effects. I am going to discuss a subject that people usually don’t like discussing with others: constipation! There I said it! Those of us who have had to take any sort of narcotic or other medication with constipating side effects know how terrible constipation can be, compounding the distress experienced from the other symptoms resulting from surgery, chemotherapy, and radiation. It is like adding insult to injury! We take the prescribed medication to help with one symptom, only to end up with another equally troublesome symptom. One would think there would be a better way, but apparently in Western medicine there is not. So, what can one do? In my experience reflexology can come to the rescue!

My problem with constipation was a major concern. I shared with you in detail my history of the chemotherapy, steroid, and anti-nausea drugs that I was taking as well as how they were affecting my elimination system. I had a complete shutdown of elimination for days at a time, one time for nine straight days! The constipation was scarcely affected even when taking two senna tablets three times a day, and even when taking stool softeners along with the senna tablets. And then, still no results with the further addition of prescribed high-powered liquid laxatives, which, by the way, tasted so vile, that even when diluted with orange juice, I would sometimes vomit, or, at least gag repeatedly, trying to get the stuff down.

continued “It Seems the Body Understands the Language of Reflexology.”

It is no joke—constipation is a dreadful condition! When I finally did manage to have a bowel movement, it was a relief. But then I went many days without any movement and it became not just uncomfortable, but painful. I would experience severe shooting abdominal pains. And no wonder—so many days of waste backed up and nowhere to go! I needed help, which thankfully you gave me! You paid particular attention to working my intestinal track reflexes and provided helpful hints about technique so I could enlist the help of my husband to work those areas for me. I recall that during the session with you my intestines were doing a lot of “talking.” I like to think they were having a conversation with you saying “That’s right....right there....we hear you....message received....we are getting going!” I had heard so much intestinal gurgling during the session that I was expecting something to happen within the hour after you left, but no such luck! With such a severe case of constipation, I should have known it would likely take more time and effort for relief to occur—after all it took days to develop such a blocked condition! Later on during that same day, I worked several times the intestinal reflexes on my feet as you taught me. And then before bed that evening my husband worked those areas for quite a long time. Upon awakening the next morning I had my first bowel movement in several days, and then another later in the day, and then another the next morning! What sweet relief! Finally—an activation of and clearing for my elimination system!

As I am recalling these amazing results, I am thinking that reflexology seems to send better and more effective signals to my body than those of the combined senna, stool softeners, and high-powered prescription laxatives. I have now experienced that there is a better way, a natural way, to which the body better responds. It seems that the body understands the language of reflexology. It seems to me that reflexology’s signals are simpler for the body to understand, less complex to figure out than the messages inherent in ingested medications, which, in my case, functioned at cross-purposes in that the side effects of some of them were instructing my body to become constipated, meanwhile the laxatives were instructing it to eliminate.

February 11, 2013: I am discovering why someone originally used the term “patient” to describe a client/customer of the medical profession. I have realized that I am not only a patient, but must be patient! Patience is crucial to the healing process because healing has its own sense of time. There are certainly some things I can do to support and enhance the healing process, but I now recognize that my body has its own wisdom, its own pacing, and that it is best not to attempt to force it in any way. If one is not a “patient” patient, the healing seems to take even longer. Stress and anxiety caused by impatience only serves to heap more work on the body which is already working to heal the original condition.

So my healing continues; I am now ten weeks out from the last chemotherapy treatment. I am still dealing with variety of symptoms and in retrospect it seems that my body had been in the process of healing from the surgery (July 2102) but then with the introduction of chemotherapy and radiation and their side effects, its healing was interrupted, slowed down, and complicated. So it is difficult to clearly determine what has caused what! As of this date, I still have neuropathy pains, random and sometimes frequent chest pains, random and sometimes hours of a feeling of pressure in my chest, random but less frequent discomfort/pressure around my heart, and random discomfort/pressure around my esophagus. Although I still have some nausea, it is the symptom that has shown the most improvement. There is still always a metallic taste in my mouth. And, ah, yes, my hair continues to thin and fall out. I have lost more than 50% of the volume of my hair, going from very thick to very thin hair—but I do feel very grateful for what hair remains!

I met with my physicians in early January 2013 to get my first post-cancer treatment CT scan. I am grateful to have learned and happy to report that there was no cancer activity detected—none! And I was advised that all the symptoms I have been experiencing are “normal” and that some might take a year or more to go away.

Earlier when discussing the necessity for patience in healing, I mentioned that I have learned not to force the body. And here is an example: for the past few months, I have tried every now and then to engage in stretching exercises, thinking that it would be beneficial for me to move my upper body, the place where I experience the most pain and discomfort. Even though I always tried to be very gentle with myself and carefully limit the amount of this exercising, still it was amazing how little proved to be too much! When I overdo it my body lets me know and I experience increased and multiple kinds of pains for days, and, interestingly, the neuropathy kicks in. Yet when instead I have engaged in processes that allow others to tend to my body, such as reflexology, massage, and energy work, I have observed that my body responds with a big “thank you very much.” I know my body is saying this because I feel it relaxing. I see my body as giving itself over to the healing support of others. It lets go of the immense tension it was holding from having to deal with all the symptoms. And this relaxation is also appreciated by my mind, which obviously had to deal with the stress of occasional fleeting worries and concerns about the physical symptoms. The benefits I have felt from the different complementary modalities sometimes last only a few hours, though at other times they remain with me for a much longer and welcome duration.

continued “It Seems the Body Understands the Language of Reflexology.”

The most recent reflexology session is a good illustration of the benefits I receive when I allow myself to receive help from others using the complementary modalities. At the time I was just a few weeks out from my last chemotherapy treatment and I had more nausea than I have now in addition to all the other symptoms described above. During the session itself, I had a sense of letting go and could feel right then the lessening of chest pain and pressure. Also the metallic taste in my mouth was less noticeable. Who knows, maybe even the process of my hair falling about was slowed down during that session! To me what is significant is that the simple act of allowing another person to do healing work on me, i. e, to stimulate and support my system so it can best do its own work, is what best alleviates my symptoms. I now realize that I don't have to do it all, that there are others who can bring their wisdom and knowledge to assist my healing process. This was a big milestone for me. Going forward, there is much that I believe I must do to keep myself well and cancer-free. And it is a comfort to realize that there are aspects of my healing that I can, and probably would be best to turn over to those with specialized skills such as reflexology. I have so much gratitude for those who have worked with my body to facilitate its working at its optimal level.

* DCIS stands for “ductal carcinoma in situ” meaning that cancer cells were found inside the milk ducts but had not developed the ability to spread.

**Currently (November 2014) Dana-Farber Cancer Institute recognizes the value of reflexology. Information can be found on the internet regarding Dana-Farber's Leonard P. Zakim's Center for Integrative Therapies as well as, for example, a Dana-Farber sponsored workshop teaching hand reflexology.

VL, Portland, ME.

I want to take this opportunity to thank my client for taking the time and effort to document her experiences pertaining to receiving reflexology while undergoing treatment for cancer. I also want to thank her for allowing me to publish it in the Maine Council of Reflexologists Newsletter. I see her sharing of this personal story as a gift not only to reflexologists, but also to all health practitioners and their patients/clients. Thank You, Myra Achorn

MCR Members: Consider Sending in Testimonials!

Won't you please consider sending in testimonials from your clients? See the ones in our issues to get an idea of how these can be done. If you have a client who doesn't want or like to write, then you can have them dictate it to you and you can write it up for publication and get their approval before sending it in. You can tell them that their name does not have to be used, but initials and town are sufficient, and age, if willing. These testimonials are interesting and encouraging.

MCR's Editor, Myra Achorn

She told the doctors and nurses she had reflexology.

I treated a 79 year old women on Monday (first reflexology ever) as she was heading into the hospital on Tuesday for a mastectomy on her left breast. A lump was found a month ago and it was removed. All looks good, but she wanted the mastectomy.

She is a friend, and I suggested she try reflexology. Being a cancer survivor myself, I had 1 hr. reflexology and 1 hour massage the day before my operation. I hardly had any blood loss and was released in a couple of days.

So, Evelyn, my client, told me yesterday, she hardly had any blood loss and they are removing her tubes for drainage today. That is crazy and unheard of. She told the doctors and nurses she had reflexology the day before, and they feel that was a big part of this positive response.

How wonderful is that. I love this. Ann Ruel, cancer survivor and a MCR member

Side Effects of our Treatments Include
Feeling Better, Improved Circulation and Reduce Stress •



Tri for a Cure in South Portland, Maine
A two day event with MCR members
Chrissy Ravelli-Studer and Kate Winant



Cumberland County Fair, in Cumberland, Maine
A seven day event with MCR member
Suzanne Girlando pictured with Governor LaPage



Meeting at Ellsworth, 2014



‘Longfellow’s Greenhouse Holiday’
Ladies Night Out

Five MCR Reflexologist worked from 4pm to 7pm sharing reflexology with many many women, surrounded by a garden of flowers and shrubs.

**Mary Patterson, Connie Hubley, Claire Guy
Nancy Butler-Smith and Myra Achorn**

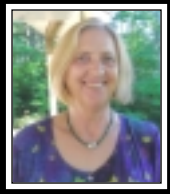


‘The Boat, Home and Harbor Show’

A three day event in Rockland, Maine to the right along the back MCR members,
**Susan Miller, Karen Boynton, Connie Hubley
and Dan Crowley**

Your MCR Candidates for January, 2015

Aloisia Pollock, Jefferson, Maine, was certified in 1988. ARCB certified in 1997. Founding member of MCR 1991. Served in the past as MCR Treasurer, Program Chair, President.



I am currently finishing the term of Suzanne Girlando. If elected president of MCR I will gladly serve all members to the best of my abilities.

During the next two years I would want to revisit licensing because it would ensure our autonomy distinct from other modalities and strengthen reflexology's position in alternative health care practices. I would support "tea and feet" get together among our membership since we don't have enough time during our meetings to build and nourish personal relationships and listen to each other's needs and wants for and of MCR

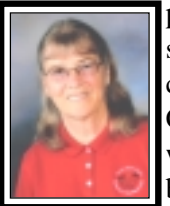
Claire Guy, Winthrop, Maine BS, LMT, NBCR, Personal Transformation Coach. A lifetime Maine resident,



Claire taught six years in the public school system, then was co-owner of a computer consulting firm for 15 years. She served on the Board of a women's business organization as treasurer, then three years as Chair. Since 2001, a career change provided a venue for bodywork therapies in a private practice. Claire was an instructor of the massage therapy program at a community college for seven years. For more than 25 years, Claire has taught adult education courses both in business and in reflexology. Claire served MCR as the RAA delegate for four years and has just resigned from five years as editor of the 40 page RAA magazine. She filled in as Vice President of MCR when the VP moved to another state.

"My mission for MCR is to have its members see themselves as being in a professional, progressive and healing trade. Reflexology needs to be recognized by society and by the medical profession as a viable health option. I have worked in the best interest of MCR since I became a reflexology student and as a Board member I can continue to do even more."

Myra Achorn, Augusta, Maine As one of the seven founding members of MCR, I have served in various



positions over a 23 year period. I am the current newsletter editor and have held this position since 2005. Over the years, I have served on many committees, including the legislative committee. Other positions I have held include the Vice President and the Treasurer. I was also a Charter member of both ICR and RAA and have attended many of their conferences and workshops. I am a full time reflexologist who has practiced reflexology only, for 25 years. I became ARCB certified in 1992 and currently hold a Foot and Hand certification. In addition, I've taught reflexology to 130 students over the last 16 years. I currently teach a 250 hour reflexology course and I have recently applied to ARCB to become a CEU provider.

I would like the opportunity to use my experience to further reflexology in our state. This includes monitoring the legislature and being part of any licensing initiative that MCR might initiate in the future. I am running for the position of Vice President and I would greatly appreciate your support.

Instructions for mailing back your ballot

A Secret Vote

The ballots will be mailed directly to each professional member of MCR.

Upon completing your selection for President and Vice President, we ask that you do not sign the ballot, but to put your return address on the envelope with the ballot enclosed.

Mail to MCR, P.O. Box 5583, Augusta, Maine 04332, **by January 12, 2015**, or bring it to the **next meeting on January 17, 2015 in Augusta**. Snow date, January 24, 2015

The ballots will be mailed out around December 11, 2015.