

31st August 2006

Footnotes



A publication of the
NOVA SCOTIA ASSOCIATION OF REFLEXOLOGY PRACTITIONERS (NSARP)

Welcome to our Summer Issue of Footnotes

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Flowers have a therapeutic effect, as does Reflexology. For that reason, and to celebrate Summer, we have chosen a floral theme for this issue.

We hope that you like it

Letter to the Editor

Wow, what a great newsletter ! was my response when I received my first edition of Footnotes. Filled with informative and exciting articles from cover to cover, I couldn't wait to read each and every one. I showed Footnotes to my family and friends, they all agreed, it was one of the best newsletters they had read in a long time. As a proud member of NSARP, and also a volunteer for the association, I know the hard work and dedication that

has come forth in producing such an excellent newsletter. Keep up the great work. I am very much looking forward to the next edition in August. Congratulations on a job well done.

Sincerely

Carol Misner



From the President's Desk

Translation by Suzanne Larocque RCR

I recently had a conversation with a friend about balance and how important it is that we nourish the body, mind and spirit. I trust that you are taking some down time this summer to do just that-to learn a new skill, read a good book, take a walk along your favorite path. We need to look after ourselves so we will have the energy to assist others.

A brief encounter with Premier MacDonald seems promising with a discussion about Reflexology being acknowledged by the provincial government as part of a healthy lifestyle choice. Small steps, big accomplishments we hope.

Your Board of Directors is working hard to have secondary health insurance plans cover our services. This too is moving

slowly but does continue to move forward. How are your petitions going? I was recently at a fair, here in my area, giving demo sessions and my petition was signed by 150 people. This is approximately 10% of the local population. I can't emphasize enough the importance of this campaign, especially the petition to the employer. In speaking with NSARP, several insurance companies have stated that it will be through employer requests for Reflexology to be included in their group health plans that our services will be covered.

Remember that September 24-30 is World Reflexology Week. Be sure to make plans to celebrate in your community. Please send a write-up and any pictures of your activities to the Editor so that we may publish them in an upcoming edition of Footnotes.



Cambridge Scarlet
Monard

*I look forward to meeting everyone of you at NSARP's 2nd provincial conference on September 30 in Kentville and encourage you to send your registration forms to the office ASAP as the deadline is fast approaching.
Till then,*

*Angel Nicholson RCR
President NSARP*

J'ai eu une conversation dernièrement avec une amie concernant l'équilibre énergétique et l'importance de maintenir un bien-être physique, mental et spirituel. En cette période estivale, je vous encourage de prendre le temps requis pour faire le plein d'énergie, découvrir un nouveau talent, lire et/ou faire de la randonnée pédestre sur votre sentier préféré. Nous devons prendre soins de nous, si nous voulons avoir l'énergie nécessaire pour aider les autres.

Une première rencontre avec le premier ministre MacDonald, semble prometteuse; la réflexologie pourrait être reconnue par notre gouvernement provincial comme faisant partie d'approches alternatives dans le domaine de la santé. Nous espérons que ce premier pas mènera vers la réussite.

Votre Comité de Direction s'acharne à obtenir que nos frais de services soient couverts par les plans d'assurance-santé secondaire. Petit train va loin, lentement mais sûrement! Ou en êtes-vous avec vos pétitions? Je participais à une foire dans ma région dernièrement, offrant des mini-sessions démo, et ma pétition a été signée par plus de 150 personnes; ce qui représente approximativement 10% de la population locale. Je réitère l'importance de cette campagne, spécialement la pétition à l'Employeur (petition to the employer). Certaines compagnies d'assurances ont fait part à NSARP que nos services seraient couverts seulement suite à la demande de l'Employeur d'inclure cette option (frais de réflexologie) dans leur plan d'assurance-santé de groupe.

RAPPEL : Du 24 au 30 septembre - Se-maine internationale de la réflexologie N'oubliez pas de célébrer cet événement dans votre communauté. Ensuite, envoyez un résumé et des photos de la célébration à l'Éditeur, afin de les publier dans notre prochaine édition « Footnotes ».

J'ai bien hâte de vous rencontrer, tous et chacun, lors de notre 2^e Conférence NSARP, tenue le 30 septembre prochain, à Kentville. Entretemps, je vous prie d'envoyer le plus tôt possible, vos formulaires d'inscription (Registration forms) à notre bureau, car la date limite tire à sa fin.

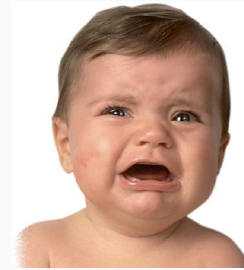
A la prochaine,

Angel Nicholson, RCR
Présidente NSARP



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An International Perspective



The following summary of a study entitled **“The Effect of Reflexology on Infants with Screaming Fits”** was published recently on the web-site of the **International Council of Reflexologists (ICR)**.

The study was undertaken in Denmark although the institution where the study was carried out was not identified

SUMMARY

This multi-year study conducted in Denmark investigated whether reflexology has an effect on infants crying at least one hour and a half during 24 hours due to colic. The randomised controlled study used 30 infants aged 1-3 months in 3 test groups as follows: 10 receiving reflexology targeted toward reduction of crying, 10 receiving reflexology not targeted toward reduction of crying, and 10 receiving conventional medical treatment

and no reflexology. Participants were monitored for a 2-week period with those receiving reflexology being given 4 sessions during the 2-week period. Findings showed that while no crying reduction was found with infants using conventional medical treatment, 8 of the 18 infants (2 dropped out) receiving reflexology

showed marked reductions in screaming fits. While there appeared to be little significant difference in benefit between the two groups receiving targeted versus non-targeted reflexology, the group receiving targeted reflexology showed greater benefit.

CONCLUSION:

Information available prior to publication indicates that reflexology is more likely to be beneficial in the treatment of infants with screaming fits due to colic (45%) versus conventional medicine (0%).

CITATION:

Author unknown, "The Effects of Reflexology on Infants with Screaming Fits." Accepted for publication: Ugeskrift for Laeger (Danish MD Journal).



Peace Rose

Q&A Session With ICR

As well as giving permission for us to use the above article in our newsletter the ICR also agreed to answer a few questions relating to their international view on Reflexology. The first of those questions is included below and further questions and answers will appear in subsequent editions of Footnotes:

Q. What changes has the ICR witnessed in how Reflexology is perceived, recognised and used internationally since the organisation was formed?

A. People usually learned reflexology through weekend seminars

for self-help or to work only on family and friends. With few exceptions it was practiced out of a person's home or house calls were made. Reflexology was not seen as a professional vocation. Today, for example, Norway has a 1,100 hour educational standard and South Africa 2,400 hours of training and licensure. In many countries reflexology is seen as a respectable complementary and alternative medicine (CAM) therapy.

The International Council of Reflexology (ICR) was founded in 1990 in Toronto through a meeting sponsored by the Reflexology Association of Canada (RAC). At that time only a handful of national reflexology organizations around the world,

perhaps 5 existed. Reflexologists were isolated and even where organizations existed there were few conferences being held.

The simultaneous advent of CAM movement around the world brought changes to the field in a dramatic way. Reflexology has actively participated in the process and today it is bigger than any one person, method, or country.



Footnotes

Clinical Reflexology Column

A Case Study

Client presents with:

- young female, quiet, pale, diminished vitality
- proactive lifestyle, good health awareness
- chronic migraines/tension headaches ongoing for past year occurring x1/month, became more frequent and of longer duration, now occurring on almost a daily basis, pain radiating to neck
- Hx of ADHD, allergies, chest and sinus congestion
- Dx of Raynaud's

Initial Assessment:

- headache upon arrival at office
- body very cold especially skull and chest reflexes
- generalized dark red coloration
- noted disorders of: nervous, digestive, CV systems

Treatment Plan/Results:

- acupressure applied initially for relief of pain without results
- all systems treated with emphasis on head, sinus, and CV regions
- began to sigh mid-session
- excessive moisture appeared along spine when treated
- increased body temperature as therapy progressed



Marigold

- flash of heat throughout both 1st skulls esp. Lt. which became noticeably warmer on Rt. and remained so at end of session
- Lt. upper body warmer than Rt. at end of therapy
- close to drifting off to sleep
- following therapy says headache has decreased, head and neck feel more relaxed, neck feels much better
- booked for follow up session in 2 weeks time

A CT scan of the skull had already been booked for the day following treatment. This led to emergency surgery for removal of a benign lesion deep within the center of the brain. The client was later reported to be feeling very relaxed before her operation. Surgery was successful, without complications and the client made a rapid recovery.

Interim Assessment- 2nd visit 1 month post-op:

- client states she felt tired but better following the initial treatment
- headaches, neck pain/ stiffness have disappeared
- dramatic improvement in today's findings
- less intense disorders noted
- slight muscle twitch
- color normal
- temperature cool but not cold: skull, CV
- moisture slightly elevated range: nervous, CV, sinus regions

- tension throughout sinuses
- very tired following therapy

Discharge Summary- 3rd visit 2 month's post-op:

- moisture and temperature still slightly abnormal at beginning of session indicating a need for further treatment to correct remaining disorders
- sinus tension resolved during therapy
- body temperature returned to normal rapidly once treatment began
- moisture level decreased but remained elevated
- mild spastic muscle activity/restlessness throughout session
- close to drifting off to sleep
- says she feels better now, good after session
- will call for next appointment as she feels the need for further therapy

This client needs additional treatment to address ADHD, Raynaud's, allergies and ongoing mild chest congestion. The client states that she is now reading books whereas this had previously not been one of her activities. Is this improvement due to successful surgery, Reflexology or, as I suspect, a combination of both?

Submitted by Cheryl Gaul RT, RCR

All practitioners are invited to submit interesting case studies for consideration of publication.

Remember to first obtain client consent and please remove all identifying markers.



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Back to the Feet

Orthotics

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Seasonal Affective Disorder



Rose Bouquet

Seasonal Affective Disorder (SAD) is a condition associated with winter depression as a result of shorter days and decreased amounts of bright sunlight. This condition appears to be more prevalent worldwide as the distance from the equator increases. While we are all affected by this to varying degrees, only a small percentage of people fit the specific, complicated medical criteria for this condition. The rest of us probably suffer from something known as the winter blues. Serotonin, a neurotransmitter found naturally in the body, is commonly referred to as a “feel good” hormone. Low serotonin levels may be associated with depression, carbohydrate cravings, obesity, muscle aches, pains, and headaches. Some evidence links serotonin levels with light exposure, which we certainly receive less of in the winter months. After serotonin has performed its function in the body it has two fates: it is re-stored in our nerve endings, or destroyed by an enzyme known as monoamine oxidase

(MAO). Most antidepressant drugs work either by disallowing the reuptake of serotonin by our nerve endings (SSRIs) or by inhibiting the MAO enzyme from destroying serotonin (MAO-inhibitors). The end result is an increased and prolonged amount of “feel good” serotonin in the bloodstream. Certain herbs and natural supplements work in a similar fashion without the side effects commonly associated with antidepressant drugs. For example the natural supplement 5-HTP has been shown in clinical trials to cross the blood-brain barrier where it increases levels of serotonin, melatonin, dopamine, and other brain chemicals. In addition, St. John’s Wort has become increasingly popular in recent years, and is used for a variety of conditions including depression, anxiety, insomnia, and SAD. Its major components appear to be hypericin and pseudohypericin, but the whole plant is probably worth a lot more than the sum of its parts and it contains several constituents which are currently under study. Like 5-HTP, this herb may be found in various forms and dosages, and I recommend you consult your naturopathic doctor for information on which formulation best suits your needs.

One of the most effective therapies used in the treatment of SAD is the use of light therapy. For those of us who don’t have the luxury of vacationing to

sunny climates over the winter months, bright light boxes may be purchased which provide an amount of light similar to a clear, sunny, spring morning. You can even purchase “alarm clocks” that gradually increase the amount of light in your bedroom to help simulate a natural sunrise before you wake. To help combat the winter blues spend as much time as possible in the great outdoors in the winter, especially when the sun is shining.

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Footnotes

Ask a Pro

Dear Happy Toes,

Help! I have a client who is complaining of heartburn. What results can he expect from Reflexology therapy? Thanks.

CM

Dear CM,

It is my observation that most people experience results ranging anywhere from significant improvement to complete resolution of this condition. It will depend on the underlying reason for the symptoms. A weak oesophagus sphincter, allowing gastric reflux accompanied by a burning sensation, can often be strengthened by therapy. Work the sphincter, the muscular valve separating the oesophagus from the stom-

this column is not intended to replace the advice of your physician.

Please send questions to the editor

ach, 2-3 times during the treatment. Sink your thumb deeply into this area and work it very well. You will need to use your left thumb on the left side of the valve and vice versa in order to obtain the appropriate angle and compression. I find that a client will usually see obvious improvement within 3 sessions and that 4 sessions spaced 2 weeks apart will produce the desired results. This treatment interval allows the body the necessary time to make the corrective changes. In acute cases, immediate relief of distress is often obtained by placing the appropriate thumb deeply into the sphincter and holding a firm bilateral unrelenting pressure for at least 1 minute. This will sedate the area and should provide partial to complete

temporary relief. Remember though that the underlying cause of the discomfort still needs to be corrected. A nervous stomach may often be calmed very quickly due to the deep state of relaxation that Reflexology produces by the switching of the body into the parasympathetic state of the nervous system.

The symptoms produced by a hiatal hernia or gastric ulcer may be modified with treatment but in these cases, or if there is little to no improvement after a series of 4 sessions, I would advise a visit to a naturopathic or medical doctor for diagnosis and treatment as medication may be required.

Good luck.

Happy Toes



Water Lily

Health Product Review

RESTORE AND REVITALIZE WITH PROBIOTICS

Probiotics literally means "for life". The term probiotics describes all the friendly bacteria strains in the human intestinal tract. Occurring naturally in the body, these organisms come in two major groups. The lactoba-

cilli strains maintain the health of the upper digestive tract and the bifidibacteria strain ensures a healthy large intestine. Probiotics prevent urinary tract infections and vaginal infections, ease skin conditions, diminish food allergies, sensitivities and lactose intolerance just to mention a few of their many benefits.

You can find a quality product at:

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**Carol Strong
Natural Health
Consultant**



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NSARP 2nd Annual Conference & General Meeting

September 30th 2006

Valley Regional Hospital, 2nd Floor Classrooms A and B, 150 Exhibition Street, Kentville, N.S.

Schedule of Events – Members, Non-members, Students Welcomed

- 8:15 - 8:45 Registration**
- 9:00 - 9:15 Opening Remarks**
- 9:15 - 10:15 Chief Mark Mander**

Chief of the Kentville Police Service: Safe Workplace Practices. More and more, health care professionals are delivering community based services directly to the client either at the client’s home or at small satellite offices. What are the risks? Are you prepared to deal with an urgent situation, one where your life could be at risk? What information do you need and what steps do you need to take to make yourself safe?

- 10:15 - 10:45 Coffee Break**
- 10:45 - 11:45 Jerusha Young**

Registered Massage Therapist and 2nd Year Osteopathy Student: An Overview of the Principles and Application of Osteopathic Care.

- 11:45 - 12:45 Lunch**
- 12:45 - 1:45 Lee Fisher Casaroma Wellness Centre**

Certified Professional Reflexologist and Clinical Aromatherapist: An Introduction to the Biopulsar Reflexograph. The Reflexograph reads various chakras and organs giving an indication of the vitality of the body.

- 1:45 - 2:45 Sylvia Lent**

Chiroprapist: Let’s Talk About The Feet. This presentation includes a review of the structure of the foot, basic foot care and common abnormalities. Shoes and proper shoe fitting will also be discussed.

- 2:45 - 3:00 Coffee Break**
- 3:00 - 4:00 AGM**
- 4:00 - 4:15 Closing Remarks**

REGISTRATION FEES

Fees include 2 coffee/nutrition breaks and a light lunch

<i>Pre-Registration – By August 30</i>	<i>After August 30 Or At The Door</i>
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<i>NSARP Member</i>	<i>\$50</i>	<i>\$55</i>
<i>Non-member</i>	<i>\$55</i>	<i>\$60</i>
<i>Student</i>	<i>\$25</i>	<i>\$30</i>

For inquiries or to register for the conference please contact the office.



White Rose



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Tidbits

Dog Days of Summer



year or so to establish her business in Canada and help with the development of NSARP - hopefully she will return refreshed and "rarin to go" again?

Congratulations to Dr. Jyl Bishop Veale, guest columnist for Footnotes, on the birth of a beautiful baby girl July 22/06, Rachel Alison weighed in at 7lbs. A sister for Olivia. Mom and baby are doing well.

Make it Hard to



Do the Work

Angel Nicholson participated recently in Old Home Week held July 11-16 in her home town of Parrsboro. She promoted awareness of Reflexology as health care by giving free demonstrations. Good work Angel

Jenny Trussler, our recently appointed Director, has been enjoying a few well earned weeks of rest back in the UK after working hard for the last

Editor's Reminders

Do you have some news that you would like to share? A personal milestone or maybe an accomplishment that you would like to tell us about?

Perhaps you have a professional story to tell? Do you know of any opportunities to pass along? Is there someone deserving of recognition and you would like to send accolades his or her way? Please send your news to the editor in time for publication in the upcoming edition of **Footnotes**.

This column is all about you !

Deadlines for submission of articles, information or questions to Footnotes are April 1st, August 1st, November 1st. Publication is the end of each of these months.

For advertising rates please contact the Office.

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If you are supplying contributions for inclusion in an edition of Footnotes it would be appreciated if text is in a Microsoft Word document file and any photographs are in file.JPG format.



Lily



Footnotes

The Sunshine Room

A Ray of Light in the Hearts and Lives of Cancer Patients



Providing dignity, compassion and support. Three simple ways to ease the emotional strain of undergoing cancer treatments. A wife, mother of three, cancer advocate and volunteer, Helen Densmore Cleary learned this through experience. While battling cancer, Helen learned that a supportive environment enables cancer patients to feel hope and have the courage to face another day.

“The smallest comforts can mean so much when you have cancer,” said Emmie Luther-Hiltz, Coordinator, Cancer Patient Family Network, Cancer Care Nova Scotia, and a cancer survivor herself. “The Sunshine Room is about feeling as good as you can when you’re in a place you don’t want to be.”

Helen had a vision and was determined to see it through. She believed that patients deserved to be surrounded by the same kind of compassion and support she was receiving from her family, friends and community. With the support of Cancer Care Nova Scotia, the Capital Health Cancer Care Program, Capital Health Volunteer Services and the Queen Elizabeth II Health Sciences Centre Foundation, Helen began working with Emmie and a committee of volunteers and health professionals. After 18 months of

intensive planning and preparation, their vision became a reality.

The Sunshine Room opened in June 2003. In November of that same year, Helen lost her battle with cancer. An incredible woman and a champion for cancer patients, Helen brought a ray of sunshine into the lives of everyone she met. The Sunshine Room began because of her compassion and perseverance - it continues to thrive because of the many volunteers who believe in it as much as Helen did. It is a symbol of her dedication and commitment to improving the quality of life for people living with cancer.

“The Sunshine Room represents a



Sunflower

huge step in realizing the tremendous need and potential for patient support,” said Jill Flinn, Health Services Manager, Capital Health Cancer Care Program. “Getting the room completed was a collaborative effort. It really became a labour of love for many people.”

Thanks to interior designer Bea Doucet-Watts, the Sunshine Room was transformed into a beautiful and inviting haven for cancer patients. She created a cheerful décor, and donations of paintings and furniture

brought a finishing touch to the uplifting, peaceful atmosphere.

Completely run by trained volunteers, the Sunshine Room provides cancer patients and their families with a place to unwind, enjoy an inspirational book, or listen to calming music. Complimentary introductions to Massage Therapy, Reflexology, Reiki and Therapeutic Touch are offered by qualified specialists. Head wrap and wigs fittings are also available. “We have new patients visiting every day,” said Kathy Dooks, a hospitality volunteer at the Sunshine Room. “This room gives patients the support they need and helps make their journey a little less bumpy. It’s a wonderful feeling to know we’re making a difference in the lives of others.”

The Sunshine Room is confirmation that one person can really make a difference. The room is a symbol of hope, kindness and inner strength. It very much belongs to cancer patients and their families.

The Sunshine Room is supported by a trust fund, which provides patients, their families, and others with an opportunity to support it. Ongoing opportunities are also available to anyone interested in volunteering.



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An Urgent Request

It is no secret that Reflexology is used widely throughout the world, in hospitals, clinics and private practices, to improve upon the health of those diagnosed with cancer. Sessions are most helpful in reducing the stress, anxiety and depression that a person often experiences as they battle this disease. Insomnia and fatigue respond as well to treatment.

Reflexology is performed for many reasons: minimizing the nausea, vomiting and loss of appetite which are frequent side effects of chemotherapy, pain control and relief, and the reduction of edema and inflammation to name a few. Treatments serve to strengthen the immune system and therapy may be applied pre and post-op to speed healing. A person whose body is as strong and healthy both physically and psychologically as possible, both before and during their illness, stands the best chance for a positive outcome.

Reflexology therapy's professional growth and development in Canada is evolving and will eventually match that of its counterparts in countries such as Denmark, Germany, Switzerland and the U.K. In this province, we are fortunate to have Reflexology included as part of the Complementary Health Practices Program at the VG hospital in Halifax.

This is a wonderful opportunity. The public has the chance to be-



Michaelmas Daisy

come acquainted with our services and to experience firsthand some of the benefits of treatment. Reflexologists have the opportunity to practice in a professional health care environment.

One of NSARP's goals is the addition of Reflexology therapy to our public health care system and to have its practitioners included as members of the health care team.

The Nova Scotia Cancer Centre has an urgent need to recruit at least 4 more volunteer Reflexologists to work in the Sunshine Room in order to fulfill its requirements for the provision of Reflexology as part of this program.

NSARP is inclusive of all qualifying Reflexologists in Nova Scotia and its therapists have been invited to apply to this program.

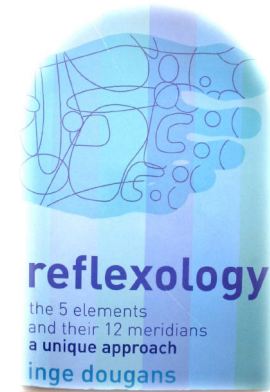
We urge you to take advantage of this opportunity to practice as a member of a health care team working in a professional environment. Please make it one of your priorities to set aside 2.5 hours per month (1 shift) to donate to this very worthy cause.

Book Nook

Since I started to study Reflexology I must have bought, or read, dozens of books on the subject. Whilst I have found most of them informative and useful the book I have chosen for this review is one of my favourites.

The principal reason is that Inge Dougan combines Eastern and Western approaches to Reflexology and health in a way that really appeals to me as I studied Thai massage in Bangkok and therefore also have some first-hand experience of Eastern approaches.

Inge Dougan's book addresses both the 12 meridians and the Chinese system's 5 elements enabling practitioners to understand



and treat a much wider range of ailments more effectively.

When I bought the book it was available from Amazon.com on the internet at a retail price of \$25.95. It might well be worth adding to your Birthday or Christmas list if you do not already have a copy.

Jenny Trussler



Footnotes

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Pink Gingham

Upcoming Events

24th to 30th Sept. 2006

World Reflexology Week

30th September 2006

NSARP 2nd Annual Conference & General Meeting

See Page 8 for details

For further news on Upcoming Events please consult NSARP's web-site at the address above

Disclaimers

The views and opinions expressed in this newsletter are not necessarily those of NSARP or its Board of Directors.

Reflexology therapy is an adjunct to medical care but does not constitute the practice of medicine.

Any information offered is not intended to replace the advice of your physician.



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