

# Ohio Foot Notes



Reflexology  
Association of  
Ohio

Winter 2018



## Note From Your President

Hello! We are into our winter season and a time when life calms down a bit. I hope each of you can take the time to reflect on your success and contributions as well as take care of yourself.

I began this letter as I was traveling home from a long weekend trip with friends that date back to high school, some even from grade school. As we shared the ups and downs that life presents, I quietly began Reflexology treatment for those whose physical and emotional needs seemed to warrant it. It was such a joy to be able to offer this to these dear friends who generously expressed their appreciation for the gift of the treatment.

As I think about the events of the weekend, I am reminded that being a Reflexologist is a real gift for me as well. I sometimes forget to appreciate how lucky I am to be a part of this marvelous industry which allows me to help and to heal. So take a minute if you can, just to celebrate and appreciate that you too are blessed to be a part of an effort so full of positive energy. We are lucky indeed.

To review our year... we had a very successful workshop with Peter Lund Frandsen and Dorthe Krogsgaard from Touchpoint Denmark. They presented 'Round about: The Spine' in Columbus, Ohio May 20 and 21, 2017.

The RAO hosted a booth at the Body, Mind, Spirit Expo (ULE) in Columbus September 16 and 17, 2017. A HUGE thanks to Mary Ellen Shupert who organized and directed our participation.

The 2018 RAA Conference: 'Jazzed: The Art & Science of Reflexology' will be held in Chicago IL, April 27-29, 2018. We are hoping a huge number of RAO members attend!

We would like to hear from each of you! Tell us what kind of workshops you would like, resources you would like available and what you feel would advance our organization and profession. What would you like to contribute to promote and advance our organization? Every skill is important!

Finally, I would like to thank our active RAO members and look forward to hearing your ideas that will guide your Board in planning future events.

Cheers to a Happy and Healthy 2018!

Sincerely,

Jane Lanverman

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## ANNOUNCEMENT

Teresa Evans is our new RAO Treasurer! Teresa is from Hillsboro, OH. Teresa is the proud new owner of 'Barefoot and Balanced Wellness Center' in Hillsboro and has been a long time member of the RAO.

We are excited to have her passion and energy on the RAO Board

Thanks to Karen Brown for her dedicated service as our Treasurer!

## Round about: The Spine Workshop



Our Presenters  
Peter Lund Frandsen and  
Dorthe Krogsgaard



Jenna Long leads as we begin our day



Bernie Todd, Harakh Maru and Debbie Hitt try out a new technique



Jan Weal Grubb, (RAA Delegate), Sue Wilhelm (RAO Secretary), Betty Zane (RAO Director), Karen Brown (RAO Treasurer), Jane Lanverman (RAO President), Mary Porter (Newsletter Editor), Sherri Crowell (RAO Director) and seated is Mary Ellen Shupert (RAO Vice-President)



The workshop was a fantastic opportunity for fellowship and discovering!



The workshop participants with our Presenters

### Note from Mary Ellen Shupert

The RAO hosted a booth at the Body, Mind, Spirit Expo—ULE in Columbus on September 16 and 17, 2017. It was a great weekend and success for the RAO. The ULE is a wonderful opportunity to share the wonder of Reflexology and work with fellow members. I am always surprised at the number of people that look for our booth every year to sign up for Reflexology! This tells me our members are gifted, compassionate and experts in the field of Reflexology.

I would like to acknowledge the following members who volunteered... Karen Brown, Teresa Evans, Jerry Garbark, Janet Koch, Jenna Long, Sandy Lozier, Deb Yoho and Betty Zane. A heartfelt 'Thank you' to each of you. Your time and effort are what makes our association so successful!

WATCH your inbox for RAO Sponsored ULE Opportunities!

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### **JAZZED About the Art and Science of Reflexology**

### **2018 RAA Conference**



The 2018 RAA Conference will be held in Chicago, IL

**April 27-April 29, 2018**

At The Kimpton Hotel Allegro

#### **Conference Fee:**

The early bird registration \$395 RAA member price expires January 31, 2018.

### **Hotel Reservations:**

Call 1-800-546-7866 and ask for the group rate under the 'Reflexology Association of America' block or [www.allegrochicago.com](http://www.allegrochicago.com), Use Group Code: Y51

### **To Register or additional information go to:**

[www.reflexology-usa.org](http://www.reflexology-usa.org)

The RAO considered chartering a bus for RAO members and found it cost prohibitive. Therefore, we will **not** have a chartered bus.

Be sure to book hotel reservations early because the Kimpton Hotel Allegro is a small hotel.

Attending a Reflexology Conference is a wonderful thing to do. Please consider attending and let's be the state with the largest number in attendance, once again!!!

### **RAA Conference Presenters:**

#### **Stephenie A. Cooke:**

'You Are the Art of Reflexology' A look at the 'artists' who make this work of reflexology so wonderful; your personality style, communication and appearance for your professional success

#### **Dr. J. Manzanares:**

'Chronic pain and its treatment in foot Reflexology' Study and responses of osteo, rheumatoid, psoriatic arthritis, ankylosing spondylitis, fibromyalgia and chronic pain syndrome. Other etiologies will also be explored.

#### **Sarah Preusker, ARCB:**

'Support for Reflexology from the National Institutes of Health' A focus on National Institutes of Health (NIH) studies and results (for reflexology and cancer), as well as other relevant scientific research.

**Susan Raskin, MS, RN, AHN-BC, ARCB:**

‘Safe Use of Aromatherapy with Reflexology’ An overview of the safe use and effect of some of the most commonly used essential oils as well as using words, non-verbal communication and observation to create a session that is meaningful and healing for the client.

**Steven Rosenblatt, MD, PhD, L. Ac:**

The Energetic Connections of Reflexology to the Acupuncture Meridian System: Its Use in Disease Prevention and Health Maintenance.’ The integration of reflexology into medical office practice considering the Energetic principles of reflexology as related to the acupuncture meridian system, uses in health maintenance and prevention of disease as well as uses in sports injuries and first aid.

**Touchpoint: Dorte Krogsgaard and Peter Lund Frandsen:**

‘It Don’t Mean a Thing, if it Ain’t Got That Swing – new ways to stimulate the swing in your clients’ A dual-presentation by Dorte Krogsgaard and Peter Lund Frandsen highlighting their new developments in reflexology. Presenting the results of pilot studies conducted in Denmark of measuring and viewing the bioenergetic field of a person before and after reflexology with a demonstration. measuring and viewing the bioenergetic field of a person before and after reflexology with a demonstration.

**Wendy Trubow, MD, MBA**

‘Reflexology and the Art of Balancing the Five Aspects of Health’ How reflexology supports overall health in general and multiple aspects of health. Specific examples of reflexology benefitting patients with Lyme, ovarian failure and adrenal fatigue. Quieting the “Flight, Flight or Freeze” response.

## Articles from Members

### Reflexology from a Client’s Perspective...

Submitted by  
Jane Lanverman

In 2015, a woman who was a proponent of alternative medicine was in search of a Certified Reflexologist for her niece. She ‘interviewed’ me along with a Reflexology session for herself.

Immediately following that session, her niece ‘Tera’ became a regular client.

Tera was diagnosed with stage 3 colorectal cancer in 2011 at the age of 40. She had a colon resection, chemo treatment and radiation treatment. After the surgery and treatments, test showed she was ‘cancer free.’

Three and a half years later the cancer came back in the groin area. The cancerous tumors were impacted against the blood vessels so she had stereotactic body radiotherapy, which is a non-surgical radiation therapy used to treat small tumors and can deliver precisely-targeted radiation in fewer high-dose treatments therefore preserving healthy tissue.

Now at age 47, she is in remission with the maintenance pill, Xeloda and monthly injections of Avastin.

Tera began the interview with a chuckle saying, “the best part of the Reflexology treatments...it was a gift from my aunt.”

Tera feels Reflexology got her through the side effects of cancer treatment. She felt that I ‘found things’ that she then talked to her doctor about and once led to early detection of a problem. The indications in her feet substantiated what she was feeling in her body. When someone has had cancer, they worry whether the pain is imagined or real.

Tera looks forward to her Reflexology treatments. She feels the treatment “relaxes her in a way that helps her cope with things.” And those ‘things’ are a husband (although very supportive), three sons (now high school and college age) and a small business.

Tera, who knew nothing about Reflexology, is now a strong advocate of Reflexology and tells everyone that Reflexology truly helped her.

RAO members would love to hear more stories about how Reflexology makes such an impact on people’s lives!

### Victory of Light & the Reflexology Certification Institute Sharonville Ohio

The Victory of Light has become a regular event for the Reflexology Certification Institute (RCI). I so love having RAO members help with providing reflexology! Great team work and support for each other, learning techniques from other reflexologists, seeing repeat clients each year, and I really enjoy the smiling faces as individuals leave the booth.



Karen Brown



Sherri Crowell,  
Jane Lanverman,  
Reyna Watson

I've had the RCI booth now for four years at the Victory of Light (spring and fall) and we now have the same booth, so it's easy for our regulars to come to visit for their reflexology session. This year we hit a new record of sharing reflexology with 60 individuals. Now, that's a lot of feet! Such a variety of sizes, shapes, and opportunities to facilitate relaxation and feeling great! Not to mention the laughter and fun that we have sharing reflexology and supporting each other.

The Victory of Light is also an opportunity for reflexologists to share their business cards to promote their business. In the last two events, I've noticed quite a few individuals asking for reflexologists in different areas of Ohio (as far north as Cleveland) and in some cases from surrounding states (IN & IL). The public is becoming more aware of reflexology and reflexologists are being sought out! There's a need to make ourselves as reflexologists more accessible to the public. RAO had provided me with business cards to share with potential clients seeking reflexologists. The business cards were helpful, however, I think there's an even bigger need to make information regarding the reflexology organizations and reflexologists easier to find.

With my next purchase of business cards, in lieu of an appointment date on the back of my card, I'm going to be listing the Reflexology Association of Ohio and the Reflexology Association of America along with the web sites. Maybe this is something you can try as well so that we can continue to promote and support our fellow reflexologists!

I will be looking for individuals to assist me working the booth in April. RCI pays for the booth and

we split the session fee (\$40 for twenty (20) minutes) for each session worked. We rotate individuals to give everyone an opportunity to earn a little money. RCI pays the sales tax for each session. Save the date as it's a great event to share reflexology: April 7<sup>th</sup> and 8<sup>th</sup>, 2018, Sharonville, Ohio.

In closing, I want to thank my fellow reflexologists for your love and support. I'm so honored to be a member of RAO and work alongside such amazing individuals.

Your continued support to me, my school and my practice truly touches my heart.

In gratitude,  
Debbie Hitt  
Executive Director  
Reflexology Certification Institute

**Important RCI Update:**

The Reflexology Certification Institute has moved to the following address:

6300 Proprietors Rd. Suite B,  
Worthington, Ohio.

Debbie Hitt, Executive Director is always looking for volunteers to receive reflexology. Contact her at 614-565-1047 or [www.reflexologycenter.com](http://www.reflexologycenter.com)

**Reflexology Resources**

**American Certification  
Reflexology Board**

**Website:** [Arcb.net](http://Arcb.net)

**Reflexology Association of  
America (RAA)**

**Website:** [Reflexology-usa.org](http://Reflexology-usa.org)

**Reflexology Association of  
Ohio (RAO)**

It is open to reflexologists and others outside the field who want to support reflexology. RAO serves and educates communities about the benefits of Reflexology. We are a source of Reflexology practitioners, educational opportunities and information about Reflexology.

**Website:** [Reflexology-ohio.org](http://Reflexology-ohio.org)

If anyone has educational opportunities for members, please let us know...  
[webmaster@reflexology-ohio.org](mailto:webmaster@reflexology-ohio.org)

**Your RAO Officers**

**President:**

Jane Lanverman  
513-708-6104

**Vice-President**

Mary Ellen Shupert

**Treasurer:**

Teresa Evans

**Secretary:**

Susan Wilhelm

**Director:**

Sherri Crowell

**Director:**

Betty Zane

Thank you **Mary Porter** and for an outstanding newsletter!