

2015 ICR SILVER JUBILEE CONFERENCE SHEFFIELD, UNITED KINGDOM

SPREAKER BIOGRAPHIES AND ABSTRACT SYNOPSIS

(Speakers may be subject to change)



FATHER JOSEF EUGSTER TAIWAN



Father Josef Eugster, a Catholic priest, born in Switzerland in 1940 is a member of the Swiss Missionary Society of Bethlehem. For the past 44 years he has been living and working in Taiwan with Taiwanese, Aborigines and Chinese Mainlanders, maintaining the normal duties of a priest for as many as seven communities, while simultaneously also actively promoting the healing benefits of Reflexology.

In 1977 Father Josef was first introduced to Reflexology through a book given to him by a friend who thought it might help Father Josef with Rheumatoid Arthritis in his knees. It did! Becoming a self-taught Reflexologist, Father Josef first cured himself and began to share the knowledge with his friends and parishioners with great success. And for the past 37 years, together with Dr. Eugene Chen and his family, he has gradually developed his own variations on the known techniques judging their value solely by the results, which were obtained.

Father Josef and Eugene Chen have taught Reflexology to blind and handicapped people in Taiwan and Father Josef has also successfully taught his method in Taiwan, China, Japan, Korea, Malaysia, Singapore, Hong Kong, Bolivia, USA, Canada, Australia (Perth, Sydney and Melbourne), Europe and Africa. In 1992, he received a Doctorate degree from Medicina Alternativa Institute of World Health Organization, (WHO).

Father Josef was a keynote speaker at the 7th International Council of Reflexology Conference in Hawaii in 1999, where he received The International Humanitarian Award, recognizing his many years of dedication to promoting Reflexology, helping thousands to regain their health or receive training in a healing profession, capable of supporting themselves for life. He was invited back for the 2000 American National Conference held in San Diego, where he shared his method with some 100 attending practitioners.

On December 20th, 1999 more than 200 Representatives from Taiwan and throughout the Far East joined the annual conference of the Reflexology Association of Taiwan to celebrate Father Josef's 60th birthday. In his greeting address, The Republic of Taiwan's Premier Hsiao Wan Chang, who attended the conference, expressed his "Gratitude and admiration for the tremendous work Father Josef has done for Taiwan and the Far East in such a short time."

In December 2001 Fr. Josef has published his memoirs (biography) in Chinese, with the title "Contentment brings happiness". The content of the book is rich of life experiences and also tells the story how his reflexology method conquered the whole Far East and beyond.

Together with Dr. Eugene Cheng (former Chairman of Foot Reflexology Association of Taiwan) he published the book: "Fr. Josef's New Foot Health Method".

With the Chinese theory of Yin and Yang it is much easier to give a convincing explanation of why and how reflexology works. With more than 200 illustrations the book quickly became a bestseller (already 70 editions) in Taiwan and was translated into Japanese, Korean and English.

In November 2003 Father Josef worked on the feet of Pope John Paul II and helped him to recover his voice. Ten years ago, through the support of Switzerland born Martin Schwarz, Fr. Josef started teaching Reflexology in Europe (Switzerland, Germany and Austria) and from Europe his strong team reached out to Africa (Zimbabwe, Zambia and Tanzania) and they continue this work on the two Continents.

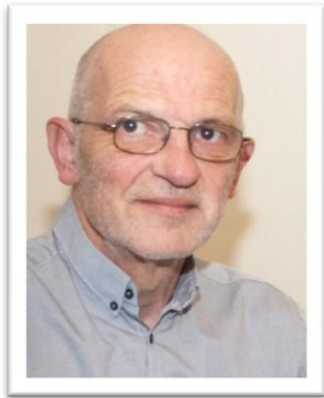
In 2010 Fr. Josef received the "You bring charm to China" award in Peking.

PRESENTATION: A REFLEXOLOGY ADVENTURE

I want to share what happened to my life and to so many people through their encounter with Reflexology over the last 37 years in Taiwan; in the Far East and in all the countries I have taught Reflexology.

I also want to share what is special about our new method and why we are successful with Diabetes, Cancer, Parkinson, MS, Strokes and other difficult diseases.

I will introduce the important people and friends who have helped me to promote reflexology and inspired me to reach out to five continents to teach this wonderful method. I will share information about the many books which Dr Cheng and I have written in Chinese, English, German, Korean and Japanese and also share our method. Our way of thinking and our hope for the future: **Learn reflexology skill, to reduce the healthcare bill** and more.



**HAMISH EDGAR IIR(*reg*) MAR
UNITED KINGDOM**



Originally from Dumfriesshire, Scotland, Hamish moved to England thirty seven years ago. First to Devon, and then to Yorkshire, where he has lived for the past thirty years.

Hamish trained as a Nurse some forty years ago and has spent all of his working life in the field of mental health.

Intended only as an interest in preparation for his retirement, he trained for his Diploma with the IIR some four years ago. However, since discovering ‘Limbic’, reflexology has taken over a large part (nearly all) of his life.

Based on his ‘limbic’ discoveries, he has designed and written three Limbic Reflexology Courses and for the past two years has offered these in venues around the UK and in Toulouse, France.

Hamish lives in the market town of Penistone with his wife Jan. Between them, Jan and Hamish have five grown up children and five grandchildren.

He continues to work part-time in the NHS as a Community Mental Health Nurse and runs a mobile Reflexology Practice.

PRESENTATION: LIMBIC REFLEXOLOGY

The subcortical networks of the brain, commonly referred to as the limbic brain, are at the centre of the body’s homeostatic processes. The remarkable thing about the limbic brain is that the very same networks regulate our emotional state, the experience of pain, learning and memory, the control of movement and regulatory control of the endocrine and autonomic nervous systems. Because of this shared underlying physiology, these networks orchestrate the emotional, behavioural and physiological responses to any disturbance in homeostasis.

Limbic Reflexology connects with these limbic areas and networks, providing a powerful addition to the Reflexologist’s toolbox.

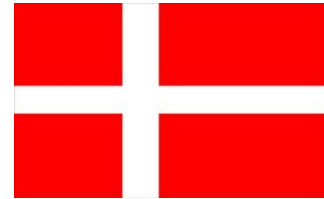
This presentation will briefly outline the origins, development and potential of Limbic Reflexology.

LEILA ERIKSEN (DENMARK) AND PROFESSOR NICOLA ROBINSON (UNITED KINGDOM)



LEILA ERIKSEN DENMARK

Leila Eriksen, trained, in reflexology as well as hospital based health care, has 25 years of combined experience. She has been a pioneer in Danish and International Reflexology Research, and an active part of project teams behind several reflexology studies. She has been invited as speaker at more than 40 international conferences/meetings around the world. Together with colleagues, Leila was the first reflexologist in the world to succeed in having 3 different abstracts recognized and presented at the highly respected ICCMR Research Conferences in Norway 2010, China 2011 and USA 2012.

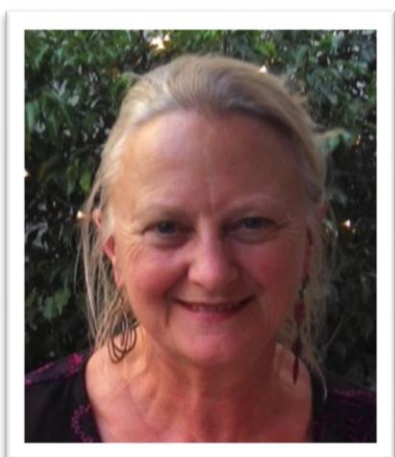


Leila Eriksen is a full time reflexologist, CAM consultant and spokesperson and has been connected to research projects in hospitals as well as universities. Besides this, she is involved in national, as well as international organizations, devoted to administration and research in the CAM area. Leila is a member of The Danish National Board of Health Council Concerning Alternative Treatment, and works together with The National Research Centre in Alternative and Complementary Medicine in Norway, NAFKAM, on an international project collecting exceptional case stories.

She has a close relationship to the Association of Cancer Children in Denmark, where she arranges events for mothers of cancer children and offers reflexology to children with cancer and their families during organised family weekends.

Over a seven year period Leila has treated more than 700 people. Besides this she also functions as a consultant for national and international links concerning alternative, complementary and integrated medicine.

Over the years, Leila has received many awards. The latest award, given by ICR, The International Council of Reflexologists, at their World Conference held in Portugal September 2011 was “The ICR Special Recognition Award 2011.”



**PROFESSOR NICOLA
ROBINSON, PHD
UNITED KINGDOM**



Nicola Robinson is a Professor of Traditional Chinese Medicine and Integrated Health at London South Bank University, UK. Following her PhD in Immunology at Manchester University, she studied acupuncture and qualified as a registered acupuncturist in 1982. She was awarded the Fellowship of the British Acupuncture Council in 2008. In 2004, Nicola was awarded a Winston Churchill Travelling Fellowship to visit China for 8 weeks, during which time she explored educational and research initiatives in TCM throughout China. She is currently Editor in Chief of the European Journal of Integrative Medicine (Elsevier) and on the board of other journals. She chairs the Good Practice in Traditional Chinese Medicine – Research Association (GP-TCM RA) Acupuncture Interest Group (AIG), and has been instrumental in its development and identifying research priorities for collaborative research.

She is Chair/Trustee of the Research Council for Complementary Medicine, UK, and works closely with a range of CAM professional groups and interested researchers to provide a research resource. She is also on the UK advisory group for the Medicines Control Agency. Nicola has written over 200 scientific articles in peer reviewed journals frequently presenting nationally and internationally. As well as TCM, she also has considerable research experience in public health and health services research focusing on cancer, mental health, diabetes, coronary heart disease, HIV, cystic fibrosis, patient/public engagement and psychosocial aspects of disease. She is currently the principle investigator on a trial comparing face to face delivery of Tai chi with internet delivered Tai chi funded by the Tracie Lawlor Trust for Cystic Fibrosis. She also has funding from the Guys and St Thomas's Charitable Trust to carry out a trial on the use of acupuncture for phantom limb pain and the Ley Foundation, Malaysia for a project on the therapeutic effects of bromelain, a proteolytic enzyme from pineapple.

With various research links in China Nicola has successfully supervised both Chinese and UK PhD and postdoctoral students and currently supervises post graduate students in a number of topic areas which include: muscular skeletal pain, integrated health, phantom limb pain, and osteoarthritis of the knee. She also supervises post-doctoral work on post-marketing surveillance of herbal injections in China.

**PRESENTATION: STRENGTHENING REFLEXOLOGY IN INTEGRATED
HEALTHCARE – BUILDING BRIDGES BETWEEN PRACTITIONERS,
RESEARCHERS AND POLICY MAKERS**

Reflexology is the second most commonly used Complementary and Alternative Medicine (CAM) therapy in Denmark and is used all over the world. Researchers from www.cambrella.eu estimate that half of EU citizens have experienced CAM. However, there is a lack of information, particularly regarding published reflexology studies. Professor Nicola Robinson and Leila Eriksen have both been participating in research conferences around the world.

In 2014 they were in Miami, where more than 700 delegates from 22 countries, comprising of researchers, practitioners and policy makers from all over the world, gathered to participate in the 9th ISCMR Annual Conference “Strengthening Research In Integrative Healthcare Around the World” (<http://webcast.ircimh.org/>). 8 keynote speakers, 43 sessions/workshops, 65 oral scientific presentations and more than 300 research posters were presented, to share what is happening around the world regarding CAM. Why is reflexology almost invisible at Conferences such as this? What can be done to help reflexology to become recognized and an integral part of health care systems - for all age groups?

The presentation, at the ICR conference, will take you through a journey. Learning about what is happening in the world regarding integrated medicine, hearing how practitioners and researchers can work side by side to promote evidence based practice and passing on information to relevant institutions.



**HENRIK HELLBERG
SWEDEN**



Henrik Hellberg has taught reflexology at Scandinavia's largest school of alternative medicine for 25 years. Today, Henrik and his wife, Lena have two schools, one in Stockholm at the Skandinavian Ayurveda Academy and one on a small island called Öland.

He developed Three-dimensional Reflexology which is a further development of the classic reflexology. The primary focus of this Three-dimensional Reflexology is on the musculoskeletal system and a specific hand grip technique.

Henrik has been practicing as a classical homeopath since 1988 but since 1986 he has been working daily with Ortho Bionomy and has developed special techniques that balance and correct the pelvis. After two years of research Henrik introduced how to open up the entire body and correct tension in the pelvis through the feet. This method is called HLT: Hellberg's Ligament Theory.

PRESENTATION: HLT – DEEP BRAIN REFLEXOLOGY WITH ORTHO BIONOMY

The difference between Lock-foot syndrome and HLT

Lock-foot syndrome is a incorrect function in the feet, which generates an unbalance and misalignment in the rest of the body. The whole idea is that the cubic bone (Os cuboideum) which is situated on the outer side of the foot is dispositioned and can be treated into place with manipulation.

The concept Lock-foot syndrome is a Norwegian finding, discovered by the dentist Kjell Bjorner, who saw the connection between tension in the jaw and a locked position of the foot. He concluded that this connection is the most common source of neurological disturbance in the body and affects a wealth of issues all the way from the head to the feet. For example, if the cubic bone in the right foot is locked in an incorrect position, this will first and foremost affect the left jaw joint. Today, the list of LFS is long, with many varied symptoms being added over the years.

Introduction of Ortho Bionomy

In the 80's, I started to work with an ingenious therapy called Ortho Bionomy. Opposite to manipulation treatments, this therapy was discovered by accident in the 1960's by a Doctor of Osteopathy, Dr.Lawrence H. Jones. This method is completely free of any persistent or forced manipulation and aims to reprogram the brain to let go of any tension or disposition in the body.

What is used in this method is the ongoing neurological signalling between the brain and the various joint and muscle sensors (proprioceptors).

When a fall or accident happens, the brain automatically creates a protection mechanism for the affected body parts, neurologically locking them in a position so that the injury is not worsened. Accordingly, the brain is also locked in a certain pattern and refuses to let go. You can try to stretch and manipulate, but as long as the locking signal from the brain is active, the body part will be pulled back into a locked position and so the tension builds up again. However, there is a key to release the lock that releases the neurological signal between the brain and the body – and that key is Ortho Bionomy.

In our daily life, we build vitality, movement and health by stretching a muscle or the whole body, by yawning and other various exercises. Despite these multiple daily movements, the brain is persistent in keeping lock neurological signals caused by any quick and surprising changes of position, such as a fall. Sometimes these locking patterns have remained with us since childhood as a result of the numerous times when we fell and almost got seriously injured. Ortho Bionomy is like a reset button, which is able to go back in time and resolve these faulty signals in the brain thus releasing the neuro muscular systems enabling the body to return to a normal position as far as possible, in the individual case.

What does this mean? During a life time, many faulty positions create a deformation in the affected area. It is possible with Ortho Bionomy to reduce or fully relieve pain even in desperate cases - even though the body of the young person is not quite recreated.

Introduction to HLT

After many years of experimenting with Ortho Bionomy in the feet and lower legs, I have discovered a great breakthrough in the foot related to Ortho Bionomy. I have named it HLT, that is: Hellbergs (Foot) Ligament Theory. In contrast to the findings of the Lock-foot syndrome, the HLT theory does NOT assume that the cubic bone is pushed out of position by itself, or simply by a circumstance of outer force. Rather, the disposition of the cubic bone is a quite natural consequence due to an unbalance in a set of ligaments in the feet.

There is one deeply set ligament in the inner ceiling of the foot: **Ligament Calcaneocuboideum plantare**. Together with the **ligament Plantare Longum**, these two ligaments both directly affect the position of the cuboid bone. When Ortho Bionomy is applied to these ligaments, there is a very strong physical reaction. A common result, for example, is an instant normalization of a 2-3 cm leg length difference. In addition, this will start a deep and lengthy process for the treated person, where a very large amount of both mental, emotional and physical energy is released over time.

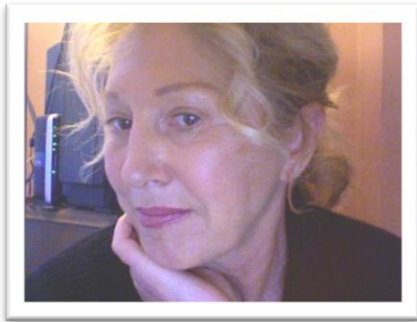
The first and most basic step working with Ortho Bionomy is to balance the pelvis in a stable and straight position, so that the spine will have all the support needed, without having to compensate any unbalance tension affecting the rest of the body in a harmful way.

At first, I only used a few actions to stabilize the pelvis, however, in some patients the results were more difficult to achieve. I asked myself why and at this point I started to use Ortho Bionomy to explore the main foundation that supports it all – the feet, of course! After two years of work and explorations of the feet, I found the answer to the unbalanced pelvis in these two ligaments. They are located just underneath the metatarsal bones, in the vaulted inner ceiling - so to say - of the foot. The ligaments' main task is to support the metatarsal bones. A persistent unbalance in the pelvis would therefore be connected to tension in these two ligaments in the feet, which, in turn, would displace the cubic bone.

During a lifetime, on a daily basis, these two ligaments are subject to great demands by the gravitational pull and the weight of the body. Therefore, in addition to treating the ligaments, I also treat the plantar muscles, which support the foot itself, with a few easy actions of Ortho Bionomy. Let me also add that HLT is very effective when treating plantar fasciitis, or runners' heel.

When looking at HLT from the perspective of Reflexology, there is an obvious connection between the foot and the pelvis. These two ligaments in the foot are situated exactly on the reflexology zones for the sacroiliac bone, the sacroiliac joints and the pelvis.

**VERA KRIJN Reflexologist, ARCB, RAF, CRR, HFP
USA**



Vera Krijn was born in The Netherlands and has been living in the United States since 1975. She is specialized in reproductive health and has worked for 18+ years with women who have sub-fertility problems with her Reflexology Assisted Fertility (RAF™). Vera was the director of the Fertility program at the Olive leaf



Wholeness Center in NYC, after which she joined the Rocking Chair, a multi-disciplinary women's wellness center in Englewood NJ. For the past 4 years Vera works with Village Obstetrics in NYC, using Conditioned Response Reflexology (CRR™), a method based on Pavlov's principle, using reflexology, breathing techniques and sound. The objective is that with a series of sessions and daily practice women are able to achieve labour and faster and almost painless childbirth. The success has been above expectations, and many of her clients are doulas, midwives, acupuncturist, and other holistic practitioners. CRR™ is a valuable tool for pain and stress management, and doctors now refer patients who suffer from various prenatal complications, including IUGR, premature contractions, multiples and postpartum depression.

Vera was president and secretary of the New York State Reflexology Association and has taught Reflexology certification classes. She has a busy practice and teaches specialized workshops for doulas, holistic nurses and child birth educators. Vera's work was featured in a 30-minute documentary about her work for NHK Japanese TV.

PRESENTATION: CONDITIONED RESPONSE REFLEXOLOGY

Conditioned Response Reflexology incorporates a proven concept based on Pavlov's theory that gives pregnant women tools and techniques to prepare them physically and mentally for a quicker, easier and positive birth.

CRR™ incorporates reflexology, breathing techniques and sound during a series of pre-labour sessions that incorporate specific reflexes and techniques to invoke a profound relaxation. In between sessions women condition themselves daily for 30 minutes by listening to the sound while excluding *all external stimuli*. This conditioning process eventually invokes a "relaxation response" i.e. similar to that what they experience during the session. The success has been above expectations. Woman have been able to manage quietly breathing and sleep during early labour and have a more expedient birth with less pain and discomfort, thus achieve a positive and enjoyable birth experience.

Conditioned Response Reflexology is used by midwives, doulas, acupuncturists, and other holistic practitioners during their own pregnancy, and CRR™ has been proven to be a valuable tool for pain and stress management. Obstetricians now refer their patients who suffer from various prenatal complications, including IUGR, premature contractions, and multiples, and postpartum depression.

SALLY KAY BSc (Hons)
UNITED KINGDOM



Award winning reflexology practitioner, researcher and provider of specialist training. Since qualifying in 2005, Sally has worked in a variety of settings, including private practice, Hospice and NHS Cancer Care, and in 2009 was the resident therapist at the internationally renowned Holistic Holiday retreat, Atsitsa Bay, Skyros Island, Greece.



Through clinical practice Sally has developed and researched Reflexology Lymph Drainage RLD.

- 2007:** Enrolled in a BSc(Hons) course in Complementary Therapies, studying part-time while continuing to work.
- 2011:** Graduated with First Class Honours, winning the prize for the best dissertation. The results of this exploratory study (n=6) were presented to the UK leading heads of CAM at CAMSTRAND 2012, research conference.
- 2012:** Winner of the Federation of Holistic Therapists (FHT) Excellence in Practice Award for Research and Development, into Reflexology Lymph Drainage (RLD) and the management of secondary lymphoedema in patients affected by treatment for breast cancer.
- 2012:** RLD training course for reflexology practitioners was accredited
- 2014:** Appointed Expert Adviser to the FHT
Guest speaker at RiEN - Madeira
Guest speaker at Clinical Reflexology in Palliative Care, Christie Hospital Manchester
Guest speaker at National Reflexology Register Ireland (NRRI) – Dublin

Sally has taught RLD to reflexologists throughout the UK and Ireland. Anecdotal evidence suggests it may be useful for clients with non-cancer related conditions, auto-immune disorders, e.g., Rheumatoid arthritis, Fibromyalgia, allergies, migraine and many more.

“Bridging the gap between reflexology practice, and proving its worth, is notoriously difficult. I hope that the initial project may form the cornerstone of future studies, which will contribute to the understanding, and integration of reflexology.” - Sally Kay

PRESENTATION: MANAGEMENT OF SECONDARY LYMPHOEDEMA IN PATIENTS AFFECTED BY TREATMENT FOR BREAST CANCER ~ REFLEXOLOGY LYMPH DRAINAGE (RLD) RESEARCH

RLD was developed through clinical practice while working in cancer care outpatient clinics, using reflexology for patients diagnosed with different cancers, at all stages of the disease. Many of the patients had been treated for breast cancer and consequently suffered secondary lymphoedema. Related complaints included a swollen arm, painful shoulder, uncomfortable underarm swelling, weakness and problems with everyday living activities.

Patients who received RLD experienced less discomfort and swelling and an increase in strength and arm mobility. As a pattern began to emerge, so did the prospect of measuring the effect of reflexology and in 2010 the RLD protocol was formalised. A research proposal was submitted, and NHS ethical approval was granted.

In 2013, on the strength of the initial findings, a Welsh Cancer Charity, Tenovus, awarded funding for further RLD research to be conducted in partnership with Cardiff Metropolitan University. The summary of preliminary results, quantitative data (2014), found that all 26 participants had reduction in swelling of the affected arm. The statistical tests run on the data comparing the before and after volumes showed that all effects were highly significant at $p < 0.001$

Overall, the success of the study was measured in terms of meaningful changes in the volumes of the swollen arms and in the views of the participants about their experiences and the helpfulness of the reflexology treatments.

The research could have significant benefits for those suffering from lymphoedema after surgery for breast cancer. Lymphoedema services can offer limited access to MLD (Manual Lymphatic Drainage) for women with lymphoedema of the arm. The reflexology technique could offer an additional type of treatment which might allow patients to seek out an RLD trained reflexologist in their own area. This may help to reduce pressure on the lymphoedema service and would go some way to indicate that further research using clinical trials is warranted.

SPIROS DIMITRAKOULAS
GREECE



Spiros is Greek Canadian, born in Montreal. His reflexology journey began in 1992 while learning and working next to a general physician in Athens, who practiced Reflexology. He has had his own practice in Athens since 2005 and he opened a second practice in 2012 in the city of Argos. Since 2009 he has taught reflexology to students at Natural Health Science.



In 2003 he was the Greek representative for RiEN, the chief editor of “Harmonization”, the Hellenic Association of Reflexologists (HAR) magazine, and board member of HAR for five continuous years with his last position being that of President. Currently he is the Chair of the Reflexology in Europe Network (RiEN).

Spiros stimulated by the teachings of Hippocrates, Galen and other Greek physicians of antiquity, has developed Orthopedic Reflexology (OR) and teaches the method. He has been the major contributor of integrating Reflexology (for patients) into the Pain Management and Palliative Care clinic of the university hospital, Aretaieio, and the Oncology Hospital, “Marianna V. Vardinogianni” of the Children’s Hospital “Aghia Sophia” (for caregivers) in Athens. He has also given lectures and workshops at physiotherapy and palliative congresses in Greece. Over the last eight continuous years he has been the team leader of the volunteers offering Reflexology & massage at the Athens Authentic Marathon.

In 2012 he was the Reflexologist for the handball team, Diomidis Argos, which won the Greek Championship and the European Cup where he refined and applied OR. During the 2013/14 championship it was requested of him to contribute again to the team’s effort to win the championship, and they won once again. In both cases, medical expenses and absences, due to injuries, of athletes decreased noticeably. His Reflexology interest and specialization is in pain, sports, and the elderly - centenarians. Currently he is integrating people with disabilities into Reflexology training.

PRESENTATION: “THROW AWAY” ENERGY AND REFLEXOLOGY CHARTS FOR A WHILE

Let’s have a good look at feet anatomy and the physiology of what we are doing!

It is a documented fact that Reflexology is being integrated into our current western medical system by gaining the acceptance of a respectable percentage of Physicians. Contrary to our beliefs as Reflexologists and CAM therapists, having to do with Reflexology chart’s, the presence of zones and meridians, these same Physicians attribute the positive influence of Reflexology to a minimum number of physiological mechanisms thus justifying their decision to utilize it and finally integrate Reflexology.

Initially I will address the challenges we are faced with relating to our non evidenced based medical theory, for example the inconsistencies of Reflexology charts.

I will then present additions to this minimum listing of physiological mechanisms with the purpose of supporting these existing Physicians' correct decision, but also to gain the well deserved appreciation of the Physicians who are not yet convinced.

This existing knowledge has served me well every time I have taken initiatives to integrate Reflexology into medical environments. This information cannot be copyrighted by anyone as it has to do with human anatomy and physiology and thus will belong to all Reflexologists to utilize when approaching the scientific community and/or others.

Some of the anatomical/physiological features that provide a fundamental basis for the benefits of Reflexology and will be presented in referenced detail are:

Nervous system

Circulatory/Lymph system

Gate control theory

Cross reflexes/Referral areas

Patient in the driver's seat

Desensitizing the CNS

Hormonal system

Re-shaping the homunculus in chronic pain (distorted body image)

Placebo

Fascia - Meridians

Foot mechanics

The Reflexology charts were always presented last at these meetings, with good reason, and I will elaborate on this as well.

**LYNNE BOOTH
UNITED KINGDOM**



Lynne Booth began studying reflexology over 24 years ago and went on to train with the International Institute of Reflexology (Original Ingham Method). She has a private practice and also runs a reflexology clinic at a 400-resident St Monica Trust in Bristol as well as a clinic for professional footballers. The research and development of VRT and a small medical study were conducted at the Trust in the early to mid 1990's.



She frequently presents VRT at conferences internationally and Lynne and VRT Appointed Tutors have taught VRT courses in the UK and internationally to nearly 8,000 qualified reflexologists. In 1998 Lynne was awarded an ART (Advanced Reflexology Techniques) fellowship for services to reflexology and in 2008 The Association of Reflexologists (AoR) also gave her an Honorary Fellowship. In 2011 the Institute for Complementary and Natural Medicine awarded Lynne the prestigious Highly Commended ICNM award for Outstanding Contribution to Complementary Medicine.

Her best-selling book "Vertical Reflexology" was published by Piatkus Books in September 2000 and "Vertical Reflexology for Hands" was published in 2002. The highly acclaimed Vertical Reflexology DVD was produced in 2008. For many years Lynne has been a Positive Health Online Expert Columnist and in 2014 she was invited to become the Reflexology Expert Advisor to the Federation of Holistic Therapists (FHT).

PRESENTATION: VERTICAL REFLEXOLOGY AND NEW VRT MOBILIZATION TECHNIQUES IN THE FIELD OF SPORTS INJURY AND GENERAL REFLEXOLOGY PRACTICE.

The presentation will begin by briefly describing the development of Vertical Reflexology Techniques (VRT) that I have developed over the years. There will be an explanation of the theory behind the receptiveness of VRT reflexes which suggests that the hands and foot reflexes become *sensitised* when weight-bearing and therefore the body may be more sensitive and receptive to this form of reflexology. Emphasis will be placed on the fact that these techniques evolved from reflexology research with chronically ill older people and yet have resulted in new skills and techniques that are successfully applied to extremely fit, young professional athletes as well as sportspersons of all ages.

The main focus of the presentation is to illustrate the new **Vertical Reflex Therapy Mobilization (VRTM)** concepts where two innovative ways of using the VRT techniques are described.

- (1) Classical, VRT and Nerve reflexes (ref: Nico Pauly – MNT) are briefly stimulated on the *weight-bearing* feet or hands while a limb, the neck or body is gently mobilized at the same time.

- (2) Hand reflexology, using two specific reflexes simultaneously, is applied while the client is standing. The client is then invited to gently mobilize a specific part of their body while pressure is applied to those reflexes.

Both illustrations will be accompanied by photographs and brief technical explanations including examples of my work with players from the Bristol City professional football team and other sportspersons. Reflexologists will be encouraged to apply their own techniques in the weight-bearing mobilization mode to enhance their practice.

VRT techniques are often used as preventative measures to help healthy younger people to remain fit and independent as well as enabling an aging person to cope with the stresses of longevity. Examples will be given as to how VRT integrates with other complementary and allopathic modalities, especially massage, physiotherapy and osteopathy, and can be adapted to a weight-bearing mode on the hands as well as on the seated person.

Self-help VRT techniques, including working on VRT Nail-reflexes, will be illustrated with reference to the benefits received by employees of a large organisation who took part in a small study which observed considerable improvements in varying conditions following a combination of VRT hand and foot reflexology plus daily self-help. Reference is briefly made to the small medically-approved VRT study in 1997 where over 60% of chronically ill residents appeared to improve within seven weekly treatments.

Conclusion:

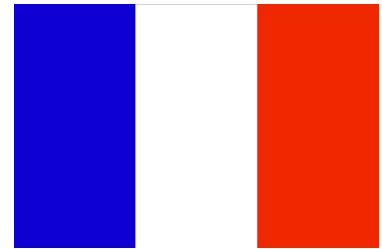
This well-illustrated presentation will concentrate on the role that the new Vertical Reflex Therapy Mobilization, and other weight-bearing techniques can play, as an important adjunct to classical reflexology sessions where a reflexologist is encouraged to combine a few minutes of innovative skills to enhance their treatments, especially in the field of sport. The wider application of the VRT mobilization techniques will also be explored in the context of VRT Self-help including working reflexology referral areas during sports activities to ease acute minor injuries. The aim of the presentation is to show that whatever the condition, whether chronic or acute, reflexology and Vertical Reflex Therapy can work on a subtle level enabling the body, young or old, to accelerate its innate healing processes.

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MARIE-FRANCE MULLER MD, ND FRANCE



Marie-France MULLER, MD, ND, has practiced various methods of reflexology for more than 30 years. She is the author of 31 books. "*Le Dien' Cham', une merveilleuse technique de réflexologie faciale*" was first published in French in 1998 and translated into many languages. This was followed by a more complete book: "*Facial Reflexology*", published in French and English in 2004 with a French title "*Encyclopédie de la réflexologie faciale*". Marie-France continues to write, as well as teach Dien' Cham' all over the world.



Marie-France has worked for nearly 25 years so this simple technique called Dien' Cham' can be available to everybody: therapists as well as their clients. Easy to learn and to practice, it can be used alone or as a complement to other reflexology methods.

PRESENTATION: FACIAL REFLEXOLOGY: DIEN 'CHAM'

The face is covered with many reflex zones and reflex points. Dien' Cham' is a simple but efficient facial reflexology system derived from Dien' Chan' (facial acupuncture) developed in Vietnam by Professor Bui Quoc Chau in the 80's. The Dien' Cham' (with an M) technique has first been created by Nhuan Le Quang, then developed and organized by Marie-France Muller in the 1990's (the name has been copyrighted by both authors). It presents many advantages: efficient - simple to practice in all circumstances - quick sessions (most only last 1 minute or so) – immediate results.

You can get excellent results even when, as a beginner, you don't still know the whole technique, which makes it available to your patients too. You can draw a personalized diagram and teach them how to practice this simplified session - daily or more - between their appointments with you. I always found it very important that my patients learn how to take care of themselves - of their own health and regain some of their personal power in between the normal and more complete sessions and appointments. They love it and are even more eager to come and visit you! The results are excellent and everybody is happy!

Note that reflex zones are very powerful: do not consider that points are better. In a normal session, reflex zones represent about 80-100% of the session and you will add only a few points when necessary.

Reflex zones are easy to memorize (analogy works fully) despite the apparent complexity of this system: the face is like a layered cake with many systems of reflex zones and one of reflex points. As an example, we will be looking at two diagrams showing reflex zones to understand how it works:

- First diagram: man on the face
- Second diagram: how to deduce the internal organs from this first simple diagram.

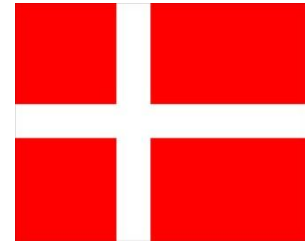
The same analogy works with the other diagrams. Note too that it is easy to practice on animals. Among my “clients”, I have cats, dogs, horses and even more recently cows! It can be taught to children so they can use it when necessary. For example: children suffering with asthma.

The most important part will be to show you how to stimulate these zones and points – which we’ll do during the hands-on workshop. So you will be sure to get good results.

**PETER LUND FRANDBEN
DENMARK**



Peter Lund Frandsen has five years study of medicine at University of Copenhagen, Denmark and one year of physics and philosophy at West Georgia University, USA, together with 30 years of closely following the development of energy medicine. Peter is a Complementary therapist specialized in bio-holographic modalities such as Reflexology and Nerve Reflexology. He is an international presenter and educator and Co-founder of Touchpoint and Copenhagen based, Institute of Integrative Therapies.



In co-operation with his wife, Dorthe Krogsgaard, Peter is teaching complementary post graduate training to therapists world-wide.

Peter has 25 years of experience in clinical work as a reflexologist, development of new bio-holographic techniques and constant study of the literature of biophysics, theoretical physics, energy medicine, networks and chaos theories, synchronicity, consciousness research and paranormal phenomena.

Peter's travels also take him to numerous international conferences and he frequently attends ISSSEEM in the USA and DGEIM in German.

The energy lecturing part of his activities has brought him to England, Germany, Italy, Australia, USA, South Africa, Peru and Argentina. He has also taught various other classes in the same countries plus Norway, Sweden, Iceland, Belgium, Holland, Switzerland, Wales and Canada.

PRESENTATION: A NEW LIGHT ON REFLEXOLOGY - WHY DOES REFLEXOLOGY WORK?

- You have never seen the world like this before
- Understand how energy fields make reflexology work and how to use it in your daily work as a therapist

In a time when results from biology, energy medicine and consciousness research are pouring in at a breathtaking pace, it can be an overwhelming task to stay updated and find out what it all means.

In this lecture on energy medicine Peter Lund Frandsen will help us do just that. He will explore the implications of old and new research from multiple fields of natural sciences, and show, how in combining these findings a new broader view of biology is emerging. A view that also enables us to understand the working mechanisms of reflexology, on a deeper level.

Experiments from the very frontier of science hint at the existence of subtle energy. An energy form following laws, which break our common view of nature and life, but at the same time, seem to fill some of the holes – explain some of the anomalies – that abound in current mainstream science.

Is energy more important than matter?

Every single known and measurable energy form seems to also be used for communication between our body cells. I.e. light (biophotons), mechanical energy (push, pull, sound) in connective tissue and electrical energy, which is not only found in nerves, but everywhere in the body.

Is it all about consciousness?

Innermost in our discussion stands the fact, that consciousness, both individually and collectively, is inseparably combined with nature's smallest building blocks. Do conscious beings' thought patterns directly influence our world and everything in it?

This lecture will tie the "New Biology" to new ways in which we may be able to explain the working mechanisms of many healing modalities. And on a larger scale begin to understand ourselves as indivisible parts of a conscious universe.