



Inside Massage & Wellness

Fall 2005

Reflexology.. A Treat For the Feet



There is nothing better than having your feet massaged by someone. It seems that just the act

of having your feet rubbed for a couple of minutes seems to relieve any tension you have been feeling. What if you add a purpose to the great feeling, what do you have?

Reflexology is the application of pressure, stretch and movement to the feet and hands to effect corresponding parts of the body.

While most of the techniques are applied to hands and feet,

there is a following that believes that the ears are also reflexive areas.

There are many theories as to how reflexology works.

1. Psychological--This theory proposes that the power of suggestion is the primary factor, and includes the claim that it is a placebo.
2. Lymph--Since the lymphatic system removes toxic or malignant products and includes the immune system, it is assumed that reflexology enhances its function and restores proper chemical balance in the body.
3. Electrical Potential--It is believed that a difference in

electrical potential in various parts of the body constitutes a corresponding malfunction in another part of the body. Reflexology remedies this difference.

4. Ki Energy--It is believed that foot reflexology works in the same way as acupuncture and shiatsu: by bringing balance to the flow of energy along the body's meridians.
5. Counter Irritation--The human body speeds up repair when it receives an insult to its equilibrium. Reflexology provides this insult.

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Special points of interest:

- Classes at the Balanced Body start September 17th
- Registration is in progress for classes from the Center for Inner Freedom. See pg 3

Can Just Anyone Massage? The answer may surprise you.

Yes, everyone can massage. Massage itself is in the public domain. It is not illegal to massage your spouse, mother, or child etc., and relaxation massages are provided by estheticians and other body workers.

The practice of Massage Therapy on the other hand is protected by law. This means that other than a relaxation massage which does not address any condition other than stress, only a massage

therapist is by law allowed to treat individuals for conditions that are within their scope of practice.

The CMTO (College of Massage Therapists of Ontario) exists to protect public interest and is the regulatory body of the massage therapy profession.

Members of the CMTO have undergone provincial exams to ensure that they meet the qualifications and high standards of the CMTO in order to

practice in the province of Ontario.

Massage therapists are a regulated health care professional just as nurses, doctors and other more well known professionals are.

Only members of the College of Massage Therapists are permitted to use the title Massage Therapist or Registered Massage Therapist and the letters MT or RMT after their name.

Therapists have completed a 2 or 3 year diploma program from a recognized massage therapy school and participate in a Quality Assurance program to ensure the maintenance of high professional standards and quality of care for their clients.

To learn more information about the college and its members visit:

www.cmtom.com/about/cmtom.htm

Staying Safe - Part of Staying Well

Since we have been blessed with such beautiful summer weather and hopefully will continue to be blessed into the fall, we have been spending more time out doors.

For women , potential dangers are more of a reality that seems to be in the back of our minds as we go through every day life.

Awareness is one of our first defenses to potential dangers . The following guidelines for safety when you are outdoors has come courtesy of Robin Jones:

- Tell others where you're going and when you are expected to return. Arrange to check in with them if you want.

- Walk with purpose. Be alert and aware of your surroundings at all times.
- Follow the safest route possible. Walk on the side of the street where you can best see around you.
- Have your house keys or car keys ready in your hand.
- Avoid overburdening yourself with parcels. Carry your purse close to you but do not wrap it around your shoulder, neck or hand.
- If you suspect you are being followed, cross the street and go directly to the

nearest well lit or populated area. If you still feel you are being followed, turn around and in a loud voice say, "Stop following me". Go to an occupied building or flag down a taxi and ask the driver to call the police.

- Never be afraid to draw attention to the fact that you feel you are at risk.
- Carry only the cash and credit cards that you need.

Following these simple guidelines can help to avoid the potential dangers of a predator, so that you can enjoy your activities. Awareness is the key to staying safe and keeping well.

What Does Wellness Mean - by Betty Scarlett, RN

Wellness means more than just physical health. It means balance in a number of areas of your life.

RN Resource Development promotes health through the Six "F"s of wellness... Faith, Family, Friends, Fitness, Finance & Fun... encouraging everyone to take responsibility for their own health.

Different aspects of life can undermine a person's health or enhance it. Certain physical factors or psychological factors or psychological strains like an unhappy relationship can increase susceptibility to illness. A person can increase their resili-

ence and improve their level of wellness by identifying these factors and then making the necessary changes in their life.

Balancing the Six "F"s of Wellness and understanding how they can affect one's health are important in helping people work towards the creation of a better life.

Faith—Our belief system governs our lifestyle and choices - it is the foundation from which we form our opinions and make decisions. It is like a mental grid through which all outside information must pass. Many people inherit their convictions or

beliefs from their parents and simply absorb those ideas without really investigating them. A contradiction between our beliefs and our way of life creates uneasiness and dissatisfaction that can affect our emotional and ultimately physical well-being.

Family—Today's families are often complicated, involving parents, stepchildren, ex-spouses, extended families, long distances and unresolved issues. Whether family is nuclear or fragmented, feelings

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Research Corner — Autistic children's attentiveness and responsibility improved after touch therapy.

In a study published in the Journal of Autism and Developmental Disorders (1986) the effects of touch therapy on three problems commonly associated with autism were investigated, including inattentiveness (off-task behaviour), touch aversion and withdrawal.

While from the abstract of the study (which was done in 1986) the method of the study is unclear, the results of the study indicated that Autistic children's attentiveness and responsibility improved after touch therapy.

The results demonstrated that while both

the touch therapy and the touch control group saw a reduction in off task behaviour, the touch therapy group saw a significant reduction in orientation to irrelevant sounds and other stereotypic behaviour such as responsibility and attentiveness.

In another study published in 2001 in the same journal, Autistic children aged 3-6 years were randomly assigned to massage therapy and reading attention control groups. Parents of the massage group were trained by a massage therapist to massage their children for 15 minutes prior to bedtime every night for one month while the parents of the attention

group read Dr. Seuss stories to their children on the same time schedule. A variety of tools were used to assess the effects of the massage.

Results suggested that the children who were massaged exhibited less stereotypic behaviour and showed more on-task and social relatedness behaviour during play observations at school and experienced fewer sleep problems at home.

For more information:

www.miami.edu/touch-research/Massage1.html

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6. Nerve Endings/Crystals--It is believed that nerve endings are unable to transmit their impulses because of crystalline deposits that build up and block their pathway. A variation of this theory is that the crystalline deposits impede the grounding connection of the foot with the earth. Reflexology is believed to clear these crystalline deposits.
7. Proprioception--A foot reflexology session with its exertion of pressure, stimulation of muscles and re-angulation of joints, sends false reports of position and sensation to the brain. The brain responds to reposition the body that results in a relaxation of the muscles.

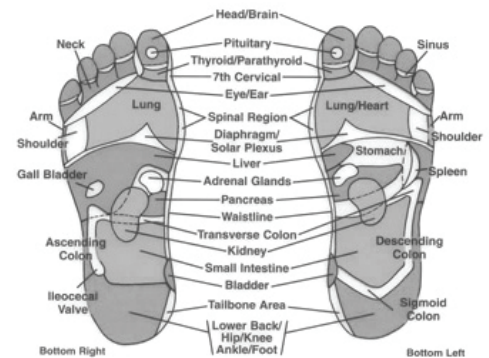
Reflexology is not to be used as a diagnostic tool nor is it meant to replace any medical intervention or care. Like other modalities out there, it is meant to compliment allopathic medicine.

There have been many studies done about the benefits of reflexology on many different conditions. The following is a quote from a study done by JH Yang at the Department of Nursing, Inje University, Korea. The study is published in Taehan Kanho Hakhoe Chi, 2005 Feb;35(1): 177-85

Foot reflexology was effective on nausea, vomiting and fatigue in breast cancer patients receiving chemotherapy in this study. Therefore, foot reflexology can be usefully utilized as a nursing intervention in the field of

cancer nursing for breast cancer patients receiving chemotherapy.

Although we may never know exactly how reflexology works, it is nevertheless proving to be a powerful and useful addition to the ever expanding arsenal of complementary health practices.



What Does Wellness Mean—continued from pg 2

can be provoked as different situations of life arise. We can go through feelings of guilt, anger, frustration, and being overwhelmed, which if unaddressed can show up in stress-related illnesses, heart conditions, cancers, etc. People who have family members and/or partners with whom to share problems with are less likely to get sick and recover faster than those without.

Friends—Within every human being lies the need for fellowship/community, the need for affection and the need to be part of a group. Not just any group, but a group of like-minded people who have similar values, or values that we admire. Again, people with relationships are less likely to get sick and recover faster than those without.

Fitness—Our bodies have been created to live in harmony, integrity and balance. There are different types of fitness to keep our lives in balance. Physical fitness is

extremely important, but so are nutritional, mental, emotional, environmental and spiritual fitness.

Finance—Money can mean security, love power and/or freedom. For many, money is a terrifying subject to talk about; many of us never master it. We do not know how much is enough, how to get it, keep it, make it grow, keep it safe, have fun with it or give it away. As health and fitness govern our lives, money and finances affect our economic lives as well as our health. Ninety percent of people grow up doing what their parents did financially. If you believed you had to work hard for money, it became your orientation towards money. If you were encouraged to go to school, to get good grades and get a good job with a good company for the rest of your life, that is what you did. Financial concerns bring stress and pressure, which in turn affect your health.

Fun—A sense of humour, the ability to express yourself and share your feelings, empathy with others, and tolerance of their opinions indicate a strong sense of self-worth and high self esteem. Negative attitudes and stress can lead to hypertension, elevated heart rate, headaches and hormonal imbalances to name a few. Laughter is like internal jogging, it enhances respiration and circulation, oxygenates the blood and suppresses stress-related hormones in the brain and activates the immune system. It is a powerful antidote for stress.

In the next six issues of this newsletter, I will address in greater detail each of the Six "F"s of Wellness.

Betty Scarlett is founder of RN Resource Development. Her goal is to educate people on wellness. For further information she can be reached at 705-730-6795 or email at bscarlett@sympatico.ca

Center for Inner Freedom, Winter Session Programs 2006

Due to popularity, the fall sessions of the programs offered by the Center for Inner Freedom are completely full!

Registration is already in progress for the Winter Session.

The following are descriptions of the courses offered .

Mindfulness Based Stress Reduction—An 8 week meditation program enabling you to let go of the past, worry less about

the future and live more fully in the moment.
Tuesday am — February 27 - March 28
Thursday pm— February 9 - March 30

Mindfulness Cognitive Behavioral Therapy - a 9 week course integrating the skills of mindfulness meditation with cognitive behaviour therapy—learning to change behaviors and negative thought patterns to overcome anxiety, phobias and depression
January 31 - March 28

Stillpoint— An 8 week stress reduction program integrating mindfulness and spiritually based meditations empowering you, with the tools to connect with mind, body and spirit . February 10 - March 31

Call Deidre at 722-7170 to book an interview or for more information

In Association with



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Lisa Smith, RMT has lived in Barrie, ON for 24 years. Upon graduating from Elmcrest College of Applied Health Sciences, she set up practice at Balanced Body Pilates & Yoga Studio on 206 Bradford St., where she continues to practice today as part of a team dedicated to the health and wellness of the whole body.

She will on occasion, with a doctor's referral or very special circumstances, do outcalls to support her community.

Lisa is committed to continuing education and keeps current on research issues and data as well as techniques that are complimentary to the Swedish massage that is the basis of her practice. This commitment helps to improve the outcomes of treatments.

Services provided include hot stone massage, pregnancy massage, relaxation & therapeutic massage

Events Calendar - September & October 2005

Public Auction @ The Event Centre Sept 5 10:00 am - 5:00 pm The Event Center, Essa & 400

Good Time Auctions Contact: Renee Comtois
Phone: 416-850-7850
Email: renee.comtois@goodtimesauctions.com
www.auctionfind.com/goodtime
Public Auction of NewFurniture, Artwork, Mirrors, Cookware, Electronics & More!

Walk for ALS Sept 10 8:30 am - 1:00 pm The Barrie Event Centre, Barrie

ALS Society of Ontario - Barrie Chapter
Contact: Pam McFarlin Tel: 705-728-8191
Email: pmcfarlin@sympatico.ca
www.alsont.ca

ALS also known as Lou Gehrig's disease has no known cure but together we can raise some money to help those living with ALS live a little better.

Welcome Wagon Bridal Showcase Sept 14 7:00 pm - 10:00 pm ANAF Hall 7 George St, Barrie

Welcome Wagon Contact: 705-735-4117
Email: register@barriewelcomewagon.com
www.barriewelcomewagon.com

A wonderful evening of displays and information for the bride to be. Enjoy an exclusive showing of the latest bridal, bridesmaid and mother of the bride fashions by Cheryl's

Georgian College Auto Show Sept 16 - 18 10:00 am - 6:00 pm Georgian Drive, Barrie

This year marks the 20th Anniversary of the show. This is North America's largest auto show. Run by Canadian Automotive Students,

the show provides a weekend of fun. Included: recreational vehicles, 2006 models, New Big Rig exhibit, and more! Contact: 722-5161
www.georgianc.on.ca/autoshow

Simcoe County Quilt, Rug & Craft Fair Sept 16— 18 9:30 am - 5:00 pm Simcoe County Museum, 1151 Hwy 26, Minesing

Annual show. Demonstration and sale of quilting, spinning, weaving, rug-hooking, stitchery and arts & crafts. Admission \$4

Barrie Bridal Show Sept 18 10:00 - 5:00 pm Holiday Inn (Fairview Rd), Barrie

Contact: Joanne Gilbert
Tel: 705-436-5066 Ext 1
Email: Joanne@areaproducts.com

One stop shopping for all your bridal needs. Admission \$5.00. Pre-registration NOT required.

Terry Fox Run Sept 18 8:00 am - 5:00 pm Centennial Park— Lion's Pavillion registration

Contact: Joan Thomson
Tel: 705-737-3675
www.terryfoxrun.org

The 25th anniversary Terry Fox Run is a family event raising money for cancer. Go to website for more info

Fall Home Show Sept 24 - 25 Barrie Molson Center, Barrie Contact: 734-1728

Tons of exhibitors with everything for inside and outside your home!!

Featuring: builders, decorating & painting, furniture & knick knacks, kitchen & baths, flooring & window fashions, heating & renovations, pools & spas, leisure products, home entertainment, and much more...

- Escape the hectic life around your new fireplace
- All the tips and tools you need to start your kitchen remodeling projects
- New windows add beauty and energy efficiency to your home
- Step into your steamy new hot tub for your daily dose of calm

- Give your bathroom a new look or a complete overhaul

Baby and Toddler Expo Oct 15 & 16 Barrie Molson Center, Barrie Contact: 734-1728

SHOW FEATURES
Information for New Parents
Fun Exhibits for Children!
100 Exhibitors - Products + Services
Great "show special" deals!
Free Gift Bags first 500 participants/day
Max & Ruby Live Show "Max's Bedtime"
Sponsored Diaper Change Area
Walkabout

HOURS

Saturday, Oct 15th 10:00 - 5:00
Sunday, Oct 16th 10:00 - 4:00

ADMISSION

Adults \$8.00
Youth (to 18 yrs) & Seniors \$5.00
Under 5 FREE
Weekend Adult Pass \$13.00
Weekend Child/Senior Pass \$8.00