

Hanne Marquardt

Germany

After having met and studied with Eunice Ingham in 1958, Hanne Marquardt set out to validate and research the efficacy of reflexology with her patients. With 57 years of extensive experience in the medicine-therapeutic field and 50 years experience in the art of treating feet, Hanne has trained a great number of therapists. Hanne's first book which appeared in 1975 was titled 'Reflexzone Work On the Feet' as she did not use the word therapy to avoid any problems with the Ministry of Health. With changes in the laws, since 1993 her book has been titled, 'Reflexotherapy of the Feet', known widely as RTF. It is far more extensive from a professional point of view and is taught in 15 schools in Europe to practitioners with a medical- therapeutic background. She has created many new aspects of reflexology practice and discovered a surprisingly simple "key" to understanding the connection between the client and his/her reflecting areas on the feet. Hanne's profound wisdom radiates throughout her teaching and inspires all who meet her.



ICR 2011 Presentation

"Feet Offer Many Treatment Varieties - And They All Work!"

The content of her talk will include:
- Similarity of Shape, a very special "key" to finding zones on the feet. All shapes, including anatomical ones, are not an end in themselves, but serve a special function.
- Some differences between Reflexology and Reflexotherapy of the Feet. In our schools Reflexotherapy of the Feet is taught only to medical-therapeutic persons. Our therapists work in physiotherapy clinics and hospitals.
- Why we don't fight pain, but respectfully work with it. Pain is a stable fact in general life. Patients nearly always come with pain. It is no use trying to avoid it. We acknowledge it and gently work WITH their pain with the aim to reduce it or have it vanish.
- An answer to the question: What are Reflex zones on the feet? What are they NOT? They are not reflexes in the nervous sense. (Therefore we don't use that term, we talk of "reflex zones" or "Areas on the feet"). Rather do Reflex zones "reflect" a large scale (the whole person) onto a small scale (the foot). The comparison with a "mirror-reflexcamera" helps for understanding. Within complementary medicine feet are one of the best known so called "microsystems". Their special quality: They offer the most important medicine for us: TOUCH!



Dr. Jesus Manzanares



Spain

Dr. Jesus Manzanares was born in Barcelona and graduated in Medicine and Surgery from the Autonomous University of Barcelona in 1982. He specializes in family medicine, homeopathy and reflexology. He has presented his research at conferences and congresses, including the 4th European Conference of Reflexology held in Odense in 2000, the Reflexology Association of America Conference in Newport, RI 2002, the Conference of Aesthetic Medicine Sorel in Barcelona 2002, the conference of International Council of Reflexology in Jamaica 2002 and California 2009. His career is divided between medical care and teaching. He developed and teaches in the U.S. his continuing education course, "The Manzanares Method of Reflexology", based on his research principles and methods.

Research in the field of reflexology began for Dr. Manzanares in 1980 as he began to focus on three basic aspects of reflexology: the neuro-physiological basis (using EEG studies to conclude the nervous system pathways for reflexology); specific anatomical location of the reflex areas of the feet (developing precision mapping of the foot-to-body connection over 27 years on 70,000 clinical cases); and finally, he established pathology specific protocols using his research principles and method of reflexology. Further research includes deposit biopsy studies, the effect of reflexology on hypertension, and crossed reflex representation in the feet, to name a few. In his book, "Principles of Reflexology", Dr. Manzanares diagrams his investigations, charts his protocols and illustrates areas, such as the reticular core of the brain stem, the common pathway from the feet to internal organs of the autonomic nervous system. His contributions of reflexology research opens communication between reflexologists and the medical community and paves the way for more research.



ICR 2011 Presentation

RESULTS OF TWO REFLEXOLOGY STUDIES

Dr. Manzanares will present the methods used in his most recent research studies and the conclusions reached including new mapping information.

Study 1: **Mapping the Contra-Lateral Representation (crossed reflexes) on the Foot or Precisions and Corrections to the Fitzgerald Zone Theory**. The objective of this study was to determine the human body parts with contra lateral and homolateral representation in the foot in 59 patients: 30 male, 29 women; ages 25 to 65 using subcutaneous injection of saline solution in 12 different points throughout the body to produce a local inflammatory reaction for analysis.

Study 2: **Effects of Foot Reflexology for High Blood Pressure (HBP)**. This study involved 54 subjects diagnosed with HBP, 34 females, 20 males; ages 34 to 75. Patients were divided into 4 groups according to the HBP medication they were receiving. Using several different treatment protocols, the conclusions reached in patients treated for high blood pressure had significant benefit from the specific HBP Protocol #2 compared to those patients who received the placebo Protocol #1. Reflexology Protocol #2 allowed the patients to lower their HBP medication intake while still maintaining normal blood pressure.



Lynne Booth

United Kingdom

Lynne Booth BA (Hons) BRCP IIR ART Hons AoR Hons trained with the International Institute of Reflexology. She has a private practice, and for 16 years, has run a reflexology clinic for older people at a 400-resident St Monica Trust in Bristol as well as clinics for professional footballers.

The development of Vertical Reflex Therapy (VRT) and a small medical study were conducted at the Trust in the early to mid-1990s. Lynne frequently presents VRT at conferences internationally and she and VRT appointed tutors have taught VRT courses in the UK and internationally to approximately 6000 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. She has written a best-selling book “Vertical Reflexology” and also “Vertical Reflexology for Hands”. More recent discoveries are VRT Nail-working and a training DVD, “Vertical Reflexology for Hands and Feet”, was released in 2008. Her books are published in 6 languages including Japanese, where it is taught as a diploma course in Tokyo.

ICR 2011 Presentation

VERTICAL REFLEX THERAPY (VRT) AND REFLEXOLOGY:
Its role in working with older people in good health and with multiple pathologies.

Demographic models indicate that the reality of an aging population, the “silver tsunami”, will present a considerable challenge in the future that must be confronted by all of society as well as governments.

VRT and reflexology can be used to support preventative measures to help the aging body cope with the stresses of longevity and to enable fit older people to remain independent for much longer.
VRT integrates well with other complementary and allopathic modalities and adapts well to a semi-weight-bearing mode on the hands especially for clients who are infirm or bedridden. VRT Nail-working on the thumb nails can be particularly effective.

A maximum of 5 minutes of VRT appears to accelerate the healing response. In this presentation simple but effective techniques will be illustrated that are suitable for use in all stages of chronic or terminal illness.



Leila Eriksen

Denmark

Leila Eriksen has 25 years of combined experience, trained in reflexology as well as hospital based Health CARE. She has been a pioneer in Danish and International Reflexology Research, and has been a member of project teams behind several published an unpublished reflexology studies.

She functions as a full time reflexologist, CAM consultant and spokesperson, and is connected to research projects in hospitals and universities. Besides this, she's member of several organizations and is devoted to administration and research in the CAM area, including The Danish National Board of Health's Council Concerning Alternative Treatment.

She has been working for 21 years in a Danish Children Hospital and is connected to The Association of Cancer Children in Denmark and a pan European Pediatric CAM research project. She has been research co-ordinator for RiEN Reflexology in Europe Network Research since 1997, and reflexologists from all over the world, with interest in research and documentation, have been inspired by her presentations at more than 40 international meetings and conferences, her articles and publications, including "The Little Green Book": "A Guide in Securing the Quality of Research Projects for Alternative Therapist"

ICR 2011 Presentation

REFLEXOLOGY RESEARCH: Responsibility & Possibility

There is an increasing interest in CAM (Complementary and Alternative Medicine) research, from CAM providers and their organizations as well as research institution, politicians and the public. While research in the field started out a decade or two ago as pioneer work, by dedicated people without economic or institutional resources to back them up, many countries now have official CAM research programs.

This presentation will focus on selected reflexology studies with different kinds of research design to demonstrate the importance of looking at research from different points of view. Shared will be studies carried out in hospitals, universities and private clinics settings, as well as different kinds of methodology, funding sources, and where to find objective information. With focus on the importance of research questions and research designs, reflexology research will begin to make a difference when projects live up to high standards of clinical research and focus on adequate research questions.



Lyndall Mollart

Australia

Lyndall Mollart is a qualified Nurse, Midwife, Reflexologist, Reiki Master, and has completed the Certificate IV Trainer and Assessor. Lyndall has 20 years experience working as a midwife in all areas of maternity care in New South Wales, Australia. Lyndall completed her reflexology diploma training with Susanne Enzer in 2000.

Lyndall has utilised her reflexology skills for women to ease the discomforts of pregnancy, birthing and recovering from the birth experience. She was instrumental in introducing a reflexology policy in her local maternity unit with approval from the hospital's ethics committee in 1999 and in 2010, to 7 maternity units. Lyndall is the author of many midwifery, reflexology and research articles.

As an Authentic Susanne Enzer 'Maternity Reflexology' Accredited Trainer, Lyndall teaches midwives and reflexology in Australia, New Zealand and Japan (and hopefully Canada and USA in 2011).

ICR 2011 Presentation

MISCARRIAGE AND THE ROLE OF REFLEXOLOGY

A miscarriage can shatter dreams. While individual reactions to pregnancy loss vary, most women find the experience deeply distressing and yet there is a lack of understanding by many on how deeply distressed both partners are.

This presentation will include post-miscarriage recovery in a holistic approach: nutrition, self-care and reflexology. Reflexology has been shown to be an excellent therapy for stress relief, and decrease anxiety. Reflexology helps to rebalance the endocrine and the lymphatic system. If there is a risk of fetal loss due to other causes, such as habitual miscarriage, when the client has reflexology her being is more balanced and so there is a good possibility that she will be able to maintain her pregnancy. Reflexology can't cause miscarriage, as miscarriage is a reaction of the body, NOT a response to reflexology.

Case Studies and a practical demonstration of the Maternity Reflexology Endocrine Balance will be included in the presentation.



Paul Norton Rudé



Portugal

Paul Norton Rudé, a native of California, has lived most of his life in Europe and has been in Portugal for the past 15 years living in Cascais and Castro Verde with his wife Madalena. During the past 25 years he has had a private practice in complementary medicine via bioenergetic treatments including Auriculotherapy and Integrated Reflexology (Flocco Method) complemented by the use of magnets, LED and LASER diode, Pulsor®, Piezo-electricity and electrical stimulation.

He is a graduate of the AAR - Flocco Method of Ear, Hand and Foot Reflexology and follower of the work of Dr. Paul Nogier. He is a Charter Member of ICR and one of the first reflexologist to be Board Certified in the U.S.A. and a current Director with ICR. His 1995 publication 'Souls to Soles' which introduced the verb 'to reflex' as a substitute to 'massage' is published in 6 languages. He is originator of the technique 'Light Touch Reflex Action' (LTRA) therapy for infants which was introduced in 'Souls to Soles' and at the 2nd China Reflexology Symposium in 1994. In the same year he demonstrated Reflexology on the MTV 'House of Style' television show with Cindy Crawford and the cast of 'Seinfeld'.

Paul's research relating to 'reflex pathways' and bio-stimuli has led him to his current project as founder and President of the 'Associação de S. Miguel para a Medicina Bio-Energética', a non profit organization responsible for scientific research to validate a bio-energetic geological 'phenomenon' associated with the 'Fonte de Milagre de S. Miguel' in the municipality of Castro Verde - Portugal.



ICR 2011 Presentation

THE MEDICAL SIGNIFICANCE OF THE 'RELAXATION RESPONSE'.

For many years the medical profession has recognized the importance of the 'stress factor' regarding mental and physical health problems. To note Dr. Mehmet Oz has been highly visible worldwide for his integration of stress reducing therapies within clinical/surgical settings. The medical significance of 'stress reduction' is not well understood nor explained however, partly because of the 'vocabulary' associated with the physiological activity involved.

This presentation goes beyond the conventional explanations of reflexology as a stress reducer to introduce bio-chemical and physiological vocabulary more attuned to communicating with medical professionals. The presentation will be divided into three topics with graphic representations for a better understanding of the 'medical significance' that should be attributed to reflexology:
The ABC's of cellular 'stress', verbal vs. cellular communication, and mechanisms related to the neuromuscular relaxation process.



Imre Somogyi

France

Imre Sándor Somogyi was born May 23, 1943 in Amsterdam. When he was one year old his parents (Hungarian father-publisher and Dutch mother- nurse) moved with him to Antwerp in Belgium. There the Somogyi's lived until Imre was 13. From that time on he lived in the Netherlands where he completed his school education. After his military service he started to work for a Dutch radio station as a journalist/presenter at the news desk and later as producer/director for Radio and TV. Until his (pre-) retirement in 1996 he was responsible for special projects and innovation at the NCRV, Dutch Radio and Television. After his broadcasting career, Imre became the initiator and owner of the first interactive European Radio- and Television station on the Internet. Since 2001 he performs media training and training in 'Reading Toes'.

Besides his regular work Imre studied and practiced homeopathy, herbal and natural healing. He is also a teacher of polarity therapy. Imre developed 'Reading Toes' together with his wife Margriet, who was a yoga teacher and a medical secretary at the Academic Hospital of Leiden University. "Reading Toes" is a method to analyze personality and behavior through interpreting shapes and positions of toes. In 1991 he authored "Reading Toes"- Your Feet as Reflections of Your Personality, which has been translated into 13 languages.

Imre and Margriet give seminars and workshops in "Reading Toes" on a regular basis in the Netherlands and abroad. The International Foundation FuDaRe (Foundation for Fundamental Dactylogical Reading), of which he is the president, supports 'Reading Toes'. Imre is author of two books about "Reading Toes" and co-author with his wife Margriet, of two more books, "Reading Baby Toes" and "Reading Senior Toes".

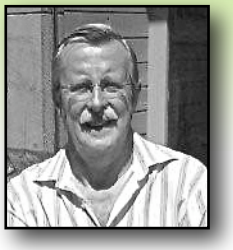


ICR 2011 Presentation

READING TOES

In 1987 Imre and his wife Margriet began a worldwide research based on their desire to answer two questions: Was there a relationship between the fingers, toes and the yin/yang in the five physical body energy centers called chakra's, and if so, how could this relationship be described?

Not finding any literature on the meaning of the position and shapes of toes, Imre, being an investigative journalist, and Margriet, decided to start their own comprehensive research. Documenting 'toe observation' was combined with interviewing the toe owners about their character, attitudes and behavior. This led to the discovery that the shape and the position of each toe could be related to a certain property or quality of human behavior. Gradually they were able to develop their 'toe alphabet,' establishing a relationship between the different shapes and positions of toes and behavioral and personality attributes. In his presentation Imre will share their findings.



Hans van der Werff

The Netherlands

Hans van der Werff, living in Amsterdam, The Netherlands, is married and a father of two sons.
He is a publicist/marketeer/translator: English/French/German, pianist, writer and is also qualified in anatomy, reflexology, dietetics and intuitive body massage, which he combines in practice.
From 1991 to 1999 Hans served as Secretary (formerly also Treasurer) on the board of the Association of European Reflexologists, Dutch section (B.E.R.) from 1991 - 1999, as well as editor of their quarterly magazine 'Reflex'. He was also the co-organizer of the 2nd European Conference of Reflexology in Apeldoorn, 1996.

Hans graduated in Foot Reflexzone Therapy in 1989, Association of European Reflexologists, Dutch Section (B.E.R.), Amsterdam and later also in: Hand & Ear Reflexology; Shiatsu (partly) and Vertical Reflex Therapy. He has been in practice ever since, using breath-training as well as nutritional advice in his therapy, which is combined with intuitive massage, 'energy in balance', as well as metamorphosis therapy.

In 1997 he was elected as Secretary of Reflexology In Europe Network (R.I.E.N.) and is also editor of the Newsletter “Reflexology in Europe News”. A series of case studies from his own practice (late 90’s) were published in the magazine 'Reflexzone', the only Dutch professional magazine in the field of reflexology and he has presented at the 3rd European Congress of Reflexology, Tampere, Finland - 1998, FFR AGM & Congress, Paris, France – 2001, APTN Annual Meeting, Lausanne, Switzerland – 2003, 1st Portuguese Congress of Reflexology in Porto, Portugal – 2004, 6th European Conference or Reflexology, Limerick, Ireland 2006, FFR AGM & Congress, Bordeaux, France – 2007 and FFR AGM & Congress, Nantes, France – 2010.



ICR 2011 Presentation

A JOURNEY: Reflexology’s Effect on a Client and a Practitioner

This case study is a simple story about the thoughts, the emotions and insecurities of the client as well as of the therapist during a period of reflexology treatments. These emotions, thoughts and insecurities are not always revealed or talked about in our work. Yet many reflexologists will recognize the elements within their own experiences.

The client was a woman in her late thirties, who initially came for a series of foot reflexology treatments because she had difficulties with her hearing and hoped that this therapy would improve it. Later other health problems emerged sadly enough resulting in the end of her life.

What will be shared in this presentation is how during the journey reflexology helped her in various though not always obvious ways and how it taught me to honor and trust completely what we as reflexologists do although we will not always understand the processes involved.



Shmuel Zaidel

Israel

Shmuel Zaidel developed the Coordinative Reflexology attitude, which represents his independent thought and the instruments he uses as a therapist and teacher. These instruments, acquired through self-teaching, express the various colorful fields he has been engaged in during the course of his life, some of which nourish him to this day.

Teacher of gymnastics, Shmuel has been involved in sports development for the blind in Israel for over 25 years. A dancer, for many years, in Prof. Noa Eshkol's Chamber Dance Company, he is a senior partner on Prof. Eshkol's staff for Application of Movement Notation. For several years he has been a collector, analyzer and documenter of Ethnic groups' dances in Israel and wrote the book "Variations on six", which compares traditional dances: Yemenite, Curd, Arab and the Hora dance. A specialist in animal movement analysis with the Institute of Zoology, Tel Aviv University Shmuel wrote the book "In the Steps of the Horses", which deals with horses' movement analysis.
Shmuel Zaidel is the owner and manager of "The Institute of Human Ecology", the School for Coordinative Reflexology.

At present his activities focus on the research of the "Influence of Coordinative Reflexology on Homogenous Groups of Disease Carriers or Symptoms", such as: Geriatric, Cerebral Paralysis, muscles degeneration, drug addiction, women going through IVF, child birth, soldiers suffering from post traumatic stress disorder, hyper-active children, autistic children, multiple sclerosis, paralysis, paraplegics and quadriplegics. One of the focus targets of this work is to improve reflexology techniques, to give therapy importance to as many symptoms as possible, contributing to combine conventional and natural medicines together.



ICR 2011 Presentation

Movement & Manipulative Treatment Method of Reflexology

Human beings are intended to move and to rest; the element of movement is existential and rehabilitative. The Manipulative Treatment Method differs in that it is carried out through movement of the patient's foot by the therapist or by the patient himself. This presentation includes two types of treatments:

Manipulation Treatment of the soft tissues: Using one hand, the therapist moves the patient's foot in various directions and by various degrees of intensity on his other hand, which remains static throughout the treatment. This therapy is effective for conditions in which the legs do not serve the body adequately.

Manipulative Treatment of the Feet Skeleton: The therapist moves the foot with one hand and places the finger/s of the other hand on specific spots between the bones. The fingers are static and it is the foot's bone movement that generates the stimuli. This treatment is effective to affect the deeper tissues of the body.



Christine Issel



U.S.A:

Christine Issel's involvement with reflexology began when reflexology helped her with a health problem and now spans more than forty years. With her extensive background in the field, she consults and lectures on all aspects reflexology from curriculum development to techniques, research and history. She is author of 'Reflexology Art, Science & History'; 'Eunice Ingham - A Biography', and 'Reflexognosy- A Shift in Paradigm' with Sandi Rogers of Australia.

Christine is a writer of numerous magazine articles published in the U.S.A. and abroad. She is writer and editor of national newsletters and newsletters published in numerous foreign countries, and an international lecturer in cities on five continents.

She is founder or co-founder of numerous reflexology associations on the local, state and national level as well as associations on the international level including the International Council of Reflexologists (ICR). As the founding president of ICR, the first organization to bring reflexologists from around the world together, she has organized conferences in the United States and, on behalf of ICR, around the world. She is co-founder of the American Reflexology Certification Board (ARCB), the national independent testing agency in the U.S.A. Christine is also a legislative consultant having written the North Dakota Reflexology law in 1993 and currently works with reflexologists in a number of states.



ICR 2011 Presentation

HEALING FROM MOTHER EARTH:
The 'Fonte de Milagre' and Its Contribution to Bioenergetic Medicine

Throughout history there have always been sites to which mankind has been drawn for healing - whether that be through water, altitude, or a combination of a complex of earth energies.

The focus in this presentation will include a brief look geopathic conditions effecting bioenergetic stress and healing available from mother earth in specific reference to the 'Fonte de Milagre, *(Source of Miracle)* - a 'temple' enclosing a water well believed to date back to the roman era. Research into it's history has revealed accounts of cures, fertility and longevity, attributed to the site which continues as a powerful site of therapeutic action located just outside of Castro Verde.
The conference and attendees will have the opportunity to visit the site on Monday's tour.