

SOLE SEARCHING



ALL INDIA ASSOCIATION OF ACUPRESSURE REFLEXOLOGY (R)

Message by the President AIAAR



Kusam Agarwal addressing the members

Dear colleagues and members of the association

As we all know we had organized a talk on 30th July 2009 at India habitat centre on effect of reflexology on epilepsy.

I feel really happy in sharing with you that it was attended by nearly 120 people, hall was full to its capacity.

Eleven doctors working on reflexology At AIIMS also attended the talk.

Dr. Krishna Dalal, Head of Bio-physics, AIIMS, shared results of her work on epilepsy patients .

Mr. Bahl also addressed and talked about reflexology.

Certificates were distributed to blind students and others who had successfully finished their basic and practical training courses.

One documentary produced by WHO on the subject 'Epilepsy' was also shown, and was very educative and informative showing the

myths and reality about the epilepsy.

what to do if someone has an epilepsy attack ? Also what should not be done by people taking care of epilepsy patient.

The talk was attended by many non members also, and they were all very interested to know about reflexology.

Question answer session was also held and lots of people got answers to their queries.

Response was enthusiastic and encouraging.

A request by all about having these talks on regular basis is under consideration and we will get back to you with a new subject in near future.

Until then Good Bye & enjoy reading.

Special points of interest:

- **Reflexology brings relief to cancer patient?**
- **Every person has cancer cells in his/her body.**
- **Freezed water bottles can produce cancer in our body.**
- **AIAAR tied up with Indian Cancer Society's 'Prashanti' Project.**

By the General Secretary

So the festival season comes to an end and all must had enjoyed the festivals to the fullest.

AIAAR is very much thankful to all the members attended the talk by Dr. Krishna Dalal.

In this issue we are covering the subject like 'CANCER' which is being researched in many

countries. What Reflexology can do on this is interesting to know.

It is being noticed that Reflexology can keep down the after effects of Chemo & Radiation.

I repeatedly requesting you all to send us your experiences and suggestions, but some are still sleeping. "**Jaago**

Reflexologists Jaago"

Annual Members can change their membership status to Life Members. To know more about this , please contact office or mail us at aiaar94@gmail.com.

Enjoy Reading and wishes you all "HAPPY & PROSPEROUS NEW YEAR 2010"

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Reflexology & Cancer

It's important that therapists are trained in cancer diagnosis and treatment.

Reflexology can bring relief to cancer patients by Sylvia Thompson (Web Source)

In the past 10 years or so, reflexology has become one of the most popular complementary therapies used by those suffering from cancer. In the Christie Cancer Care Hospital in Manchester, England, almost half of all patients - both on the wards and at outpatient clinics - opt for reflexology as part of their complementary care to orthodox treatment.

"We feel that the once common fear of spreading cancer through reflexology has diminished," says Carol Donnelly, a reflexologist who gives sessions of reflexology to people who attend the Arc Cancer Support Centre, Eccles St, Dublin and trains reflexologists on how to work with cancer sufferers."

"Clients comment on the effect reflexology has on their pain levels, treatment side effects, mood and energy levels, interactions with their family and even on their ability to perform or not perform different daily activities," explains Donnelly who, together with fellow reflexologist and tutor Terry Kenny, reviewed about 50 people who had received reflexology at Arc.

Feelings of relaxation, an enhanced sense of self and decreased tension were the main psychological benefits people said they got from reflexology. Physically, the benefits included improved appetite, improved sleep and increased energy. Some people also said they experienced some pain relief and less lymphoedema.

Almost 60 per cent of participants were initially diagnosed with breast cancer.

"Our study reflected results of several other studies carried out elsewhere in relation to quality of life issues," explains Donnelly, who will speak at the first international symposium on reflexology and cancer in Israel later this month. However, Donnelly is keen to emphasize that reflexologists need specialized training to give treatments to cancer patients.

"It's important that therapists are trained in cancer diagnosis and treatment," she says.

Peter Mackereth, clinical leader for support services (which includes complementary therapies) at Christie NHS Trust Hospital in Manchester, says a form of adapted reflexology is most suited to cancer patients. *"We give our patients 20-30 minutes of gentle reflexology. We use very gentle pressure. People like it because they can sit on a chair or couch and talk or not talk while having it,"* explains Mackereth, who is co-author of *Massage and Bodywork: Adapting Therapies for Cancer Care* (Elsevier). At Arc Cancer Support Centre, each patient is first assessed by an oncology nurse who establishes their individual needs and priorities. The medical teams are also, in the main, supportive of reflexology as a therapy which complements the orthodox approach to cancer.

"The oncologists are very positive about our work because they see how it helps people deal with the stress and emotions that go along with cancer," says Donnelly.

Good listening skills and knowing when to give shorter and longer sessions are crucial when treating cancer patients. *"A five- or 10-minute session can be just as valuable as a 40-minute treatment. It really depends on how the client is when they arrive,"* she says. Michelle Spratt (42) has had a series of reflexology sessions at the Arc centre. *"I had surgery to remove a melanoma in July which didn't spread into my body. Yet, it was only after the treatment that I began to really face up to having cancer,"* she explains.

Spratt availed of the counseling services offered at Arc and then moved on to reflexology. *"On a physical level, I felt my whole body relaxed through my feet. It also helped me let go of emotions I needed to let go of and mentally now I'm not as worried about things like work or money,"* she explains.



Deep Vein Thrombosis

AIAAR Joins hand with PRASHANTI

All India Association of Acupressure Reflexology recently joins hand with Prashanti (under aegis of Indian Cancer Society).

Prashanti is a diagnostic, healing and rehab centre for the patients of breast cancer.

They provide mammography and bone densitometry tests at very nominal rates in compare to open

market.

They also provide prosthesis and bras, lymphatic arm sleeves, wigs.

This centre is one of its kind where the patient gets all the accessories under one roof.

AIAAR team will give treatments to the patients who are under chemotherapy and radiography which

can help them cope up with this disease effectively.

Any body wishes to volunteer his/her services are welcome. Address is:

**11/70, Vikram Vihar,
Lajpat Nagar-IV, ND-24.**

Anyone interested in cancer awareness talks at their society can also approach Prashanti or Us.

What more does an old man want? by Manjula Hanagodu

In 1997, Mr. S, aged 69, came to me ,as he was suffering from sciatic pain in his left leg.

All the reflex points of lumbar spine (47+48), hip/sciatic/lower back (, knee/hip/leg (50), pelvic area, chronic and helper sciatic were very tender.

Methodical working on these reflex points gave him a lot of relief. After

about 15-16 sessions of FR he was completely cured.

Last July—in 2008, he once again developed the same pain because of which he was not able to go for his morning walk. Since I was out of town he suffered with the pain for a full month. After my return, he came for FR sessions only twice which cured him fully to resume his morning walk. What more does

an old man want?

This shows that Foot Reflexology can be done effectively to any age group without any side effects.

Such a holistic therapy!

*“Reflexology
can do
wonders in
cases of
Sciatica even
in the age of
69 ”*

Sciatica Pain by Madhu Seth

Mr. A came to me with acute sciatic pain. He could hardly drive the car. He almost stopped going to his office as he could not walk. He had acute pain in the hip area, legs and lower back. He was advised surgery for his problem. As his quality of life had deteriorated so much he decided to go for it. It was then asked to try reflexology.

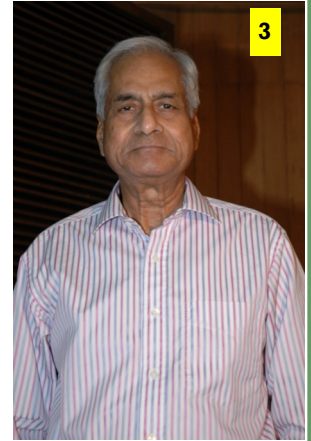
I gave him treatment thrice a week in the beginning, then as his condition improved I made it twice a week and later once a week. In three months time he was fit and back to normal life!

I gave him complete reflexology treatment concentrating more on the reflexes of the lower spine (47,48), sciatic point on the

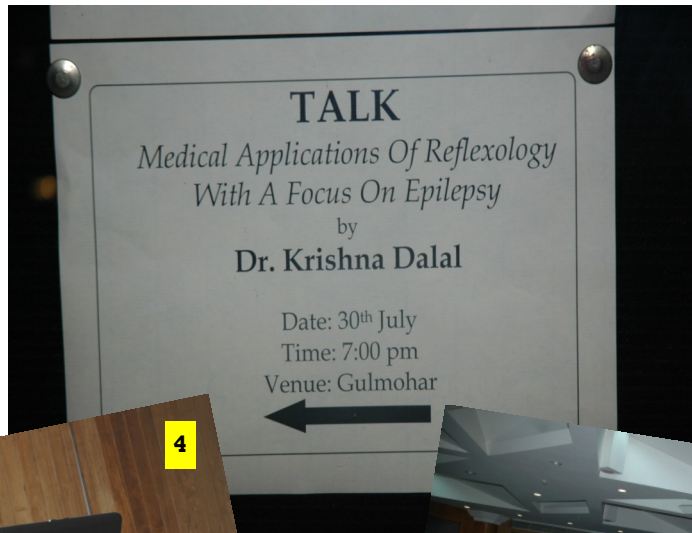
heel area (49) and sides of the feet, helper area for sciatic (57), pelvic area (55), reflexes of the nervous system and endocrine system. Reflexes of diaphragm (1) and solar plexus (2) to release stress. Last but not the least ,the reflexes of kidneys (33) should be worked upon to deal with the toxins released as a result of the treatment.



AIAAR TALK AT HABITAT CENTRE PIX



- 1. AIAAR founder Sh. I.P. Bahl.
- 2. Kusam Agarwal & Kuldeep Monga checking the system.
- 3. Founder Member Sh. Dharam Prakash.
- 4. Dr. Krishna Dalal addressing the members.



- 5. Members listening attentively.
- 6. Student getting her completion certificate.
- 7. Blind student getting his certificate from Sh.I.P. Bahl.



John Hopkins update on Cancer (web source)

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ("TRY", BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.

2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.

3 When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-

growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

CANCER CELLS FEED ON:

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made

with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic build-up.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Florescence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

When a blockage is removed from one area, this in turn promotes the free flow of energy to a related area, and so on. It can show benefits to the physical body or, as in this case, to the emotional body so that the *heart* can stimulate the *brain* into alternative ways of thinking or behaving.

Hidden Benefits of Reflexology

(source- web)

When a client of mine asked if she could bring her sister, who had learning disabilities, for a reflexology treatment with me, I was only too glad to concur. When the appointment day arrived, the young lady's mother accompanied her and explained to me that her daughter had been born with learning disabilities (she was now in her thirties) and that the only diagnosis that doctors had given her was that *something probably went wrong during birth*.

My client was very cheerful, did not appear nervous, but was unable to reply to my enquiries about her health and lifestyle - her mother did this for me, telling me she was in good general health mainly (apart from rosacea) and that one thing she constantly talked about was getting married! She loved to look at magazines where there were pictures of brides' dresses and related details and often imagined herself to be dressed in one. However, emotionally she was very detached from people, even her mother and two sisters.

During the treatment, she was unable to communicate any tender spots on her feet, which were very smooth &

unlined, although I encountered several *gritty* points especially on the head zone and the pituitary and pineal points. She did, however, say that she was enjoying it and loved the feeling of her feet being *rubbed*. I gave her a specially thorough post-treatment foot massage because of this. As they were about to leave, the young lady gave me a really big hug and thanked me for the time I had spent with her. I am quite used to this, but was a little surprised to see the look of astonishment on her mother's face.

The next day, her mother phoned me to say that she had never, ever, seen her daughter give anyone a hug - not even to her, and that was why she had been so amazed at her response to the treatment. She also told me that, during the evening, when her daughter had been sitting up in her bedroom dressed only in her underwear, as she was accustomed to do every night, the mother had called up to her that she was going down to the shop to make a few purchases. Instead of the *OK* that she expected, the girl called down to her to wait a moment while she got dressed, and she would accompany

her on the walk to the shop. This was so unusual that the mother could hardly believe her ears. The daughter came down dressed, and walked to the shop and back with her, lacing her arm in her mother's on the way back. This may sound like a very small breakthrough to many people, but the mother was moved to tears when she was telling me this.

Reflexology treats all the organs of the body through the feet, but not only this - it clears blocked energy pathways throughout the body enabling organs and glands to function properly and in a holistic way. When a blockage is removed from one area, this in turn promotes the free flow of energy to a related area, and so on. It can show benefits to the physical body or, as in this case, to the emotional body so that the *heart* can stimulate the *brain* into alternative ways of thinking or behaving. The fact that a client cannot tell us what is felt during a treatment, is therefore no indication as to the level of benefit that the treatment can bestow upon the mind, body and spirit.

This article is taken from web partner natural bloom.

John Hopkins update.....contd..

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular

level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.

2. No water bottles in freezer.

3. No plastic wrap in microwave.

Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with

water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food

Also, he pointed out that plastic wrap is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

Reflexology can bring.... contd..

Reflexologists and patients alike must be aware when reflexology should not be given.

"Reflexology should be avoided when deep vein thrombosis exists. It also shouldn't be given when a patient has undiagnosed pain or inflammation, has a fever or is generally feeling unwell," says Donnelly. Patients with low blood

platelet counts should also be treated with extra care. Ultimately, according to Peter Mackereth, it's the practitioner not the therapy that's contra-indicated when it comes to reflexology and cancer.

"There is no evidence that gentle reflexology can do harm to cancer patients," he says, adding that if a reflexologist is not trained

to treat cancer patients then it's not appropriate to have reflexology with that practitioner.

Source—Natural reflexes: with a trained therapist, reflexology can bring great relief to cancer patients

"Reflexology should be avoided when deep vein thrombosis exists. It also shouldn't be given when a patient has undiagnosed pain or inflammation, has a fever or is generally feeling unwell"

Case of Shrinking Legs by Kuldeep Mongaa

Mr. R., age-32 came to me with the help of two people with a sad and depressed face.

A reputed hospital had recommended him surgery in just 10 days.

His legs were shrinking means it has no muscles and a low blood supply to the legs.

X-ray shows a compres-

sion in the lumbar region.

I started his treatment after seeing all his reports and encouraging him to try reflexology as he has 10 days to go for surgery.

Apart from doing whole feet, I emphasized my treatment to the whole spine area (45 to 48), Sciatic (49), Knee/Hip/Leg (50), Hip/Sciatic/Lower

Back (51), Helper area for Sciatic (57).

We both surprised to see the results. By the end of 1st session he started walking on his own. I had given him the treatment for another 2 months. Till date no relapse is there.

It is the courage and belief of a patient who trusted this wonderful art called 'FOOT REFLEXOLOGY'.



Spinal Cord & Nerve Roots

Right Step Towards Right Direction

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WE'RE ON THE WEB

WWW.REFLEXOLOGY.CO.IN

WE'RE ON TWITTER

<http://twitter.com/aiaar94>

All India Association of Acupressure Reflexology
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XXI of 1860. No. S/25886 of 1994 .

Understand Your Blood Tests

MAGNESIUM

This important element is found in the arteries, heart, bone, muscles, nerves, teeth.



Clinical Adult
Range: 1.7-2.4

Optimal Adult
Range: 2.2-2.6

Red Flag Range
<1.2 mg/dL

Common Causes of Magnesium

Increase: Kidney problems

Common Symptoms of Magnesium Deficiency: Anxiety, aching muscles, disorientation, low body temperature, easily angered, hyperactivity, insomnia,

nia, muscle tremors, nervousness, rapid pulse, sensitivity to noise and loud sounds, epilepsy

CHLORIDE

Is an electrolyte controlled by the kidneys and can sometimes be affected by diet. An electrolyte is involved in maintaining acid-base balance and helps to regulate blood volume and artery pressure. Elevated levels are related to acidosis as well as too much water crossing the cell membrane.

Clinical Adult Range: 96-110 mmol/L

Optimal Adult Range: 100-106 mmol/L



We already had covered Sodium, Urea, Potassium & Glucose in our previous issues.

Red Flag Range <90 or >115 mmol/L

Common Causes of Chloride Increase: Renal (kidney) problems, metabolic acidosis

Common Causes of Chloride Decrease: Kidney problems, metabolic alkalosis, hypochlorhydria (too little acid in the stomach)

Less Common Causes of Chloride Increase: Hyperventilation, anemia, prostate problems, salicylate poisoning, excess intake of salt, dehydration

Less Common Causes of Chloride Decrease: Diabetes, pneumonia, intestinal obstruction, pyloric spasm. Adrenal hypo-function.

NOTE : To convert mmol/l to mg/dl— 18 x mmol/l

To convert mg/dl to mmol/l— mg/dl / 18