

THE GOALS of RARI...

To monitor laws and regulations involving Reflexology in the State of Rhode Island; thereby protecting the rights of members to practice as a self-governed profession.

To establish standards and ethics for the practitioner.

To promote continuing education so members may serve the best interest of their clients and the profession.

To promote reflexology to the public and other health care professions as a complementary health practice.

To encourage communication and cooperation among its members and other Reflexology Associations in the United States and around the world.



Board of Directors

President: Dawn Franceschini

Vice-President: Geri Marandola

Treasurer: Dana Moriarty

Secretary: Nancy Bartlett
Contact: happy_feet@cox.net
Tel: 401-714-5722

Director: Dee D'Atri

Delegates to:
**Reflexology Assn of America
(RAA)**
Barbara Hodson
Dee D'Atri



***To find a
professional
Reflexologist in
R.I., Nearby
CT or MA***

www.ReflexologyRI.com

What is Reflexology?

Reflexology, an integrative health practice, maps a reflection of the body predominately on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally.

It is a form of natural healing which gently and effectively maintains health while building up the body's resistance to disease.

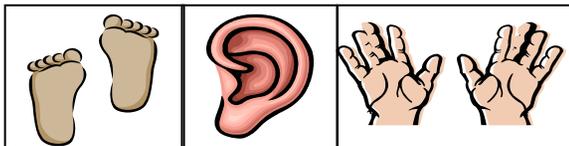
History...

Modern Reflexology is based on the work of three Medical Doctors in the early 1900's. Two Americans, Drs. William Fitzgerald and Joseph Shelby Riley, who called it "Zone Therapy", used it primarily as pain relief, working on hands and feet.

Eunice D. Ingham, a physiotherapist, who worked for Dr. Riley, developed their knowledge into a broader therapy, calling it reflexology and took it to the public in the late 1930's.

Devoting her life to researching, practicing and then educating people about reflexology, she lectured throughout the U.S. and started a school.

Dr. Nogier, of France, discovered the outer ear map in 1957 (Auricular therapy).



Benefits...

Supporting both conventional and holistic approaches, reflexology is primarily a relaxation technique, negating the effects of stress while it helps the body relax.

Reflexology therapeutically reduces stress and tension throughout the body's systems to improve blood and lymph circulation, increase blood supply to the cells and release toxins from the body's tissues.

Reflexology is believed to encourage the release of endorphins, the body's natural feel-good hormones, well documented in their ability to relieve stress.

Reflexology is NOT a substitute for medical health care by a licensed medical health professional. If you are experiencing health problems, you should see your doctor.

A Session...

A complete reflexology session will last approximately one hour. It is a clothed session with only the removal of shoes and socks as a requirement for foot reflexology.

Pressure, stretch and movement are used to work through the feet/hands/ears methodically. It will be a gentle, but firm pressure, within your comfort zone

Research...

Research studies have been conducted around the world, including the U.S., which validate the effectiveness of reflexology on a wide variety of conditions, including a recent 5 year study at Michigan State University focusing on quality of life for end stage cancer patients undergoing chemotherapy.

<https://research.msu.edu/tag/reflexology/>

Chronic conditions seem to respond especially well to Reflexology.

Reflexology is one of several therapies offered as part of integrative care in a number of U.S. hospitals. Research has shown that patients receiving these therapies have less pain, take less medication and go home earlier.

Practitioners...

Reflexology does not currently require state licensing. R.I. does have an Unlicensed Health Practitioners Act in place.

Independent, nonprofit testing bureaus, such as the American Reflexology Certification Board (ARCB) have set criteria for state and national certification, requiring 300 hours of a certified school, documented case studies, as well as a national certification test.

All professional members of the Reflexology Association of R.I. are certified practitioners.

Website: www.ReflexologyRI.com
to find a certified practitioner near you.