

# Refresh

THE REFLEXOLOGY MAGAZINE  
Volume 7, Issue 4

Registered Canadian Reflexology Therapists (RCRT™s)  
- Impacting communities



Grateful for the Gift of Healing:  
A Reflexology Journey of  
Growth and Connection | Pg. 4

Going Beyond:  
Reflexology  
Outdoors | Pg. 8

Looking back on 20 years  
as a RCRT™ | Pg. 12



# Table of Contents



4

Grateful for the Gift of Healing: A Reflexology Journey of Growth and Connection

6

2024 World Reflexology Week Recap

7

Olympia Benefits

8

Going Beyond: Reflexology Outdoors

11

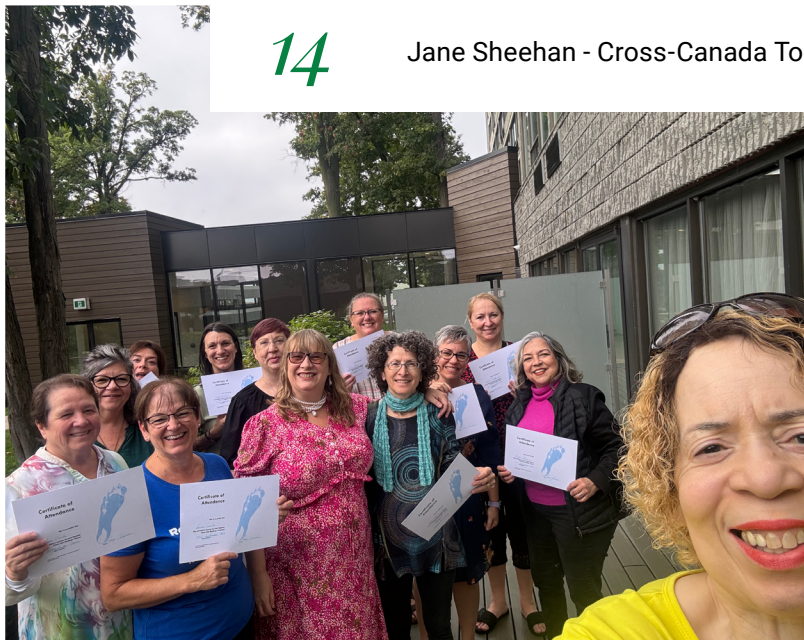
What is SIBO vs. SIFO? What's the difference?

12

Looking back on 20 years as a RCRT™. Do You Remember Twenty Years Ago?

14

Jane Sheehan - Cross-Canada Tour Recap



# LETTER FROM THE EDITOR

*Hello Readers,*

*It's that time of year again! We've made it through 2024. And what a year it has been! There have been some downs, but there have been many ups and in the last issue of Refresh magazine for 2024, we are including some of the highlights that Registered Canadian Reflexology Therapists (RCRT™s) have experienced from coast to coast over the past few months.*

*Hear from new RCRT™, Myra Jacinto, as she shares her powerful experience using Reflexology Lymph Drainage (RLD) on a client. Be encouraged to think outside of the box from Student Member and RCRT™ Exam Candidate, Ernie Bird. And reflect with retiring RCRT™, Pamela Letitia.*

*Celebrate two key achievements from this fall: supporting the Canadian Federation of Independent Business (CFIB) in reducing credit card transaction fees for small businesses, and adding Registered Canadian Reflexology Therapist as an eligible provider to Olympia Benefits Inc.*

*We would like to thank all of the many dedicated volunteers from across Canada who have participated in organizing events and attending various health shows that RAC has participated in this year. It is through your efforts, your courage, and your persistence that we continue to see growth in this profession. We especially want to thank our dedicated RAC Chapter Board Members who have been strong advocates in the community.*

*If we do not get the opportunity to connect before the end of the year, we want to wish all of you a wonderful holiday season and Happy New Year!*

*Happy Reading!*

**TEAM RAC**



**CANADIAN FEDERATION  
OF INDEPENDENT BUSINESS**

## Credit Card Campaign

### Credit Card Fees:

Starting **October 19, 2024**, small businesses could see up to 27% reductions in credit card fees. We will soon be launching a campaign to highlight the huge victory that CFIB has led the charge on, create awareness with the business community, and also continue to put pressure on the government and the credit card industry for additional fee reductions.

Here's the dedicated webpage for more information:

**CFIB Takes on the Credit Card Industry.**





# GRATEFUL FOR THE GIFT OF HEALING: A REFLEXOLOGY JOURNEY OF GROWTH AND CONNECTION

BY: MYRA JACINTO, RCRT™



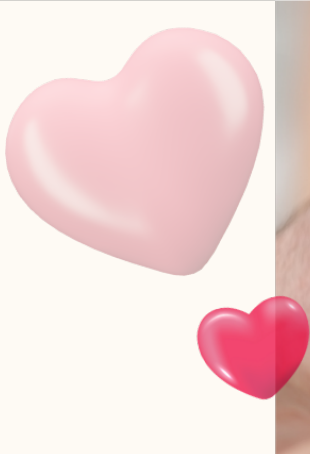
When I first decided to pursue reflexology professionally, I never imagined the depth of emotional connection that would come with it. There are days when, after finishing a session, I drive home with tears of joy in my eyes, feeling an overwhelming sense of gratitude.

These moments of connection and healing have only fueled my desire to learn more. I wanted to be the best I could be for my clients. So, I took courses, one after another, seeking to deepen my understanding of reflexology and its many nuances. A few months ago, I completed the Reflexology Lymph Drainage (RLD) course, with Sally Kay, which would soon play a key role in an experience that would deeply touch me.

One afternoon, a client booked an appointment online. As per my usual routine, I sent her a link to my intake form, but she was unable to fill it out ahead of time. She filled it out in the clinic instead, and that's when I learned

that she had been diagnosed with an autoimmune disease that had caused swelling on the left side of her brain. My heart sank, and at that moment, I realized how important it was for me to be extra cautious and sensitive during the session. I was still fairly new to the profession, and the thought of possibly doing harm instead of good was a terrifying one.

I explained to her that I didn't want to press on any areas that might cause her harm, and shared how Reflexology Lymph Drainage works. She was intrigued and wanted to try it. We began the session cautiously, and I couldn't help but notice that as I worked on her right foot, she seemed uncomfortable,



her eyes twitching involuntarily. When I asked her about it, she explained that it was something that happened when she was stressed.

But as the session went on, something remarkable happened. When I almost finished working on her right foot, I noticed that her twitching had stopped. I pointed it out to her, and she was elated, saying that it had never happened before. I felt such a sense of joy for her...a small but powerful sign that reflexology could indeed bring relief.

When I moved to her left foot, however, even light pressure was too much. I paused, adjusting my approach, and switched to RLD. As I worked, I gradually returned to gentle thumb-walking, and to both our surprise, the pain started to subside.

But then, something unexpected happened. Her hands began to sweat profusely. It was as if they couldn't stop, and I had to provide her with extra towels just for her hands. She was astonished, saying that she had never experienced anything like it before. I explained that this could be a cleansing effect, a natural response from her body as it processed the treatment.

Here's the thing...her friend was there, witnessing everything that happened, and I'm so grateful for that. Honestly, had her friend not been there, I might have questioned myself and wondered if it was all just a fluke. The very wet towels were my only evidence, and of course, they're now dry and tucked away as a humorous reminder. But in that moment, we both knew something special had just occurred.

By the end of the session, she was smiling, telling me how amazed she was with the experience. She felt a sense of relief she hadn't felt in a long time. That moment, that one session, reaffirmed everything I've learned and everything I believe about the power of reflexology.

It was a reminder that healing is not just physical; it's emotional, spiritual, and energetic. Reflexology is a gift that allows me to tap into this holistic healing process, and I'm beyond grateful for the opportunity to share it with others.

None of this would have been possible without the incredible teachers and mentors who have guided me along the way, and the ongoing support from the Reflexology Association of Canada (RAC). They have helped me become the practitioner I am today, and I am eternally grateful for their commitment to my growth.

This journey is one of continuous learning, and I can't wait to see where it takes me next. Every client, every session, and every moment of connection adds to my experience, filling me with a deep sense of purpose and a never-ending desire to grow. Reflexology is not just a career for me...it's a calling, a gift, and a privilege. And for that, I am truly thankful.

***I will forever be grateful to the Reflexology Association of Canada, Calynda Triffo, Karin Finkel, Sally Kay, Sharon Brown and Ziggie Bergman.***



# Here's how RAC Members celebrated



## WORLD REFLEXOLOGY WEEK 23rd-29th September 2024



RAC Members: Eva Szasz RCRT™, LCRT & Maged Attalla, RCRT™ offered FREE mini reflexology sessions at the Revelation Holistic Center in Dorval, QC on Thursday, Sept 26th, 2024.



RAC Manitoba Chapter members Sherri and Trena shared the benefits of reflexology for palliative individuals at the 2024 Annual Provincial Palliative Care Conference hosted by Palliative Manitoba.



RAC Manitoba Chapter Members work on members of the public at St. Vital Mall in Winnipeg, Manitoba from September 21 - 22, 2024.



RAC Saskatchewan Chapter President, Alana Hyland, RCRT™ and RAC Saskatchewan Chapter Vice-President, Carla Helgeton presented an "Introduction to Reflexology" seminar at the 2nd Annual Saskatchewan Foot Care Nurses Education Day on Saturday, September 7, 2024.



After months of advocating on your behalf the **Reflexology Association of Canada (RAC)** is pleased to announce that Olympia Benefits Inc. now accepts **ONLY** reflexology receipts offered by a Registered Canadian Reflexology Therapist (RCRT™).



## ELIGIBLE AND INELIGIBLE EXPENSES

### Qualified Medical Practitioners

One who is authorized and/or licensed to practice in accordance to the laws of the province and certified according to their governing body.  
 For a detailed list of qualified medical practitioners please see <http://www.cra-arc.gc.ca/tx/ndvds/pcs/ncm-tx/rtrn/cmplng/ddctns/Ins300-350/330-331/ampp-eng.html>  
 Note: Not all services provided by a qualified medical practitioner are eligible.

- Acupuncturist (R.Ac.)
- Athletic Therapists
- Anaesthesiologist
- Audiologist
- Chiropracist
- Chiropractor (DC)
- Dentist (DH, RDH, DT, RDT, DMD)
- Denturist (DH, RDH, DT, RDT, DMD)
- Dermatologist
- Homeopath (Accreditation Commission for Homeopathic Education in North America and Council for Homeopathic Certification (ACHENA)
- Gynaecologist (Ob.Gyn)
- Midwife
- Naturopathic Doctor (ND)
- Neurologist
- Nurse (RN, NP, LPN)
- Obstetrician
- Occupational Therapist
- Oculist
- Ophthalmologist
- Optician
- Optometrist (OD)
- Orthodontist (DH, RDH, DT, RDT, DMD)
- Orthopaedist
- Osteopath (DO)
- Paediatrician
- Pharmacist
- Physician (MD)
- Physiotherapist (B.PhysT, B.ScPhysio, B.Physio, CPTA)
- Podiatrist (DPM)
- Psychiatrist (C.Psych)
- Psychologist (PsyD)
- **Registered Canadian Reflexology Therapist (RCRT)**
- Registered Dietitian (RD)
- Counselling Practitioners (RSW, RCC, MFT)
- Speech Therapist (SLP)
- Surgeon
- Therapeutic Massage Therapist (NHPC, RMT)
- X-Ray Technician

[Click here to view the full PDF on Olympia's website.](#)

This adds to the growing list of insurance companies accepting RCRT™s receipts.

List of insurance companies accepting RCRT™ receipts.

Just a reminder that health insurance coverage is plan dependent.  
It is important to ask clients to check their specific insurance plan(s) to determine coverage.

This is a good step forward to further the recognition of Registered Canadian Reflexology Therapists (RCRT™s) as the gold standard for the professional practice of reflexology in Canada.

RAC is committed to continuing this work to ensure that this important and vital health modality is included in all basic health insurance plans for Canadians.



**Thank you again for your continued support.**  
 Together we are stronger!

**Sponsored Content**

**Olympia Benefits Inc** is a health and wellness spending account plan that you only pay for what you use. If you're interested in getting Olympia for yourself, please feel free to contact:

**Daniel W. Gillis, CFP**  
 Sales Manager, Benefits and Insurance Olympia Benefits Inc.  
 Olympia Benefits Incorporated  
 Direct: 1.403.261.8460 TF: 1.888.668.8384  
 Fax: 1.403.261.7512

**Opening a Olympia HSA Plan**  
 When you are ready to proceed, use the link:  
<http://www.olympiabenefits.com/partner?4279> or scan the QR code



# GOING BEYOND REFLEXOLOGY OUTDOORS

BY ERNIE BRID

RAC Reflexology Student and RCRT™ Exam Candidate



Moving forward, the positive response River Retreat got back from their guests at the open house about offering reflexology has caused them to want me available as their on-site therapist!

On August 31, 2024, I, as a student doing reflexology therapy, was invited to an open house at River Retreat Kananaskis in Alberta, Canada. It is a unique and beautiful bed and breakfast that features private rooms in the main house, rustic cabins along the river, and even RV camping in their on-site trailer. The open house featured some local businesses that guests could use at the while staying at the B & B. The owners, Todd and Jax Broadbent, wanted to start offering some health and wellness services for their clients. I set up outside in a beautiful quiet area and offered a quick demo to anyone that was interested. I was very successful in promoting reflexology, and even gaining potential clients once I was certified. I did nine (9) demos that day and took pictures of the ones who allowed it.



Photos by: Lise Anne Pinder, 2024







Massage Addict

# NOW HIRING

## Certified reflexology therapists

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- Predictable income
- Full administrative support
- Fully equipped, clean environment (proper PPE provided)
- Scheduling that works for you



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TODAY!**

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# What is SIBO vs. SIFO? WHAT'S THE DIFFERENCE?

BY ELIZABETH SANCHEZ, RCRT™

Remember, not everyone is the same, we are unique. The same symptoms, but with different causes that you don't know yet, everything plays a role according to your health.

## SIBO is an acronym that stands for Small Intestinal Bacterial Overgrowth.

Caused by an excess amount of bacteria in the small intestine, it can develop due to a number of reasons. Though foods aren't the original cause of SIBO, certain foods do encourage the overgrowth of the wrong bacteria in the small intestine.

Symptoms include chronic diarrhea, bad and poor absorption. Patients with SIBO might also suffer from unintentional weight loss, nutritional deficiencies as an anemic, Osteoporosis, abdominal pain, loss of appetite, nausea, and bloating.

## SIFO is an acronym that stands for Small Intestinal Fungal Overgrowth.

Caused by an excess amount of fungal in your small intestine, it can often develop in individual with a weakened immune system

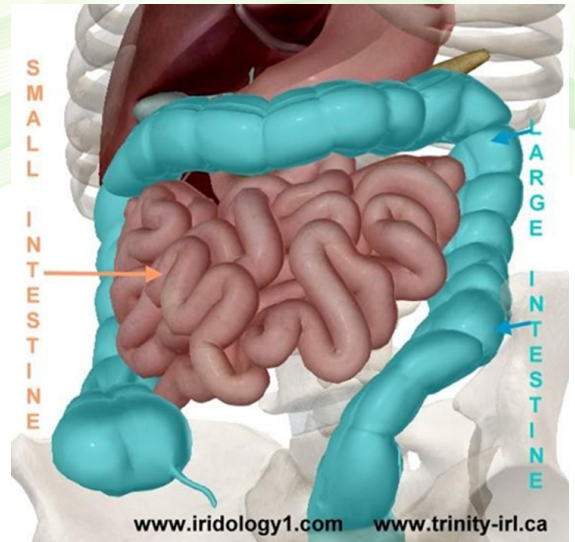
Symptoms include stomach problems almost identical to those found with SIBO.

Since both occur with digestion, SIFO is difficult to diagnose as it is an unseen area (the intestines) that requires many tests to attain correct results.

Millions of people never question the intestines, however, our bodies have ways of telling us and showing us external physical signs of your internal condition, such as those found in your skin condition, breath, aches, etc.

One may be able to control or mitigate some symptoms through lifestyle and dietary changes. One way is through looking at what you eat, and a good way to start is by eliminating high FODMAP foods.

Remember to ask your physician for more information and guidance on your personal needs.



**FODMAP** is an acronym for a bunch of four different categories include carbohydrates. They are all poorly absorbed by, and rapidly fermented in the gut. When FODMAPs

|           |  |
|-----------|--|
| <b>F</b>  | Fermentable – easy   |
| <b>O</b>  | <b>Oligosaccharides (fructans and galactans):</b> There are two kinds of oligosaccharides: fructans (which are found in onions, garlic artichokes, and many wheat products), and galactans (found in lentils, beans, broccoli, Brussels sprouts, and most products containing soy).                |
| <b>D</b>  | <b>Disaccharides (lactose)</b> The most well-known disaccharide is lactose, which occurs naturally in milk and most other dairy products like yogurt, soft cheese, and ice cream. Typically, a naturally occurring digestive enzyme called lactase helps the body digest lactose.                  |
| <b>MA</b> | <b>Monosaccharides (fructose)</b> One of the most common monosaccharides is fructose, which is found in many fruits. Because fructose is better absorbed when it's combined with glucose (another type of sugar), fruits that have equal amounts of fructose and glucose are more easily tolerated |
| <b>P</b>  | <b>Polyols (sugar alcohols)</b> Sugar alcohols that are found in certain sweeteners made from xylitol or sorbitol, polyols are also found in some stone fruits (like cherries) and some vegetables like mushrooms.   |

# LOOKING BACK ON 20 YEARS AS A RCRT™ DO YOU REMEMBER TWENTY YEARS AGO?



BY PAMELA LEITTIA, RETIRING RCRT™

Twenty years ago, Mark Zuckerberg launched Facebook, Stephen Harper was Prime Minister, and Shrek 2 was the #1 Movie.

Twenty years ago, I became a Registered Canadian Reflexology Therapist (RCRT™). And yes, that is both a long time ago and only yesterday.

This coming year will be the first time in over 20 years that I will not be a practicing Reflexology Therapist. I was asked what holding that designation has meant to me, which prompted not surprisingly some reflection.

A year prior to 2004, I was convinced to try out this modality called 'Reflexology' that I was completely unfamiliar with. I not only responded positively but I was amazed! I was curious and I was hooked! Not long after that first encounter, as soon as it was offered at our local College, I was there! I learned, studied, and completed the examination process and earned the designation RCRT™. I was both excited and nervous to step into the role. In retrospect, it was a direction that affected more than just my professional life.





Much has changed since my first days when I opened a practice. It was not only my introduction to a world of complementary health care and healing, but it opened my mind to other possibilities. I worked with many different people who entrusted their time to my care. It seems impossible, but I feel like I can still remember most of those I have been lucky to work with. And I say lucky because I learned from each client. I grew from the stories they shared. I grew from their trust.

It also cemented for me the importance of this work, and the need to uphold high standards of professionalism.

I have attended many workshops over the years facilitated by dedicated, brilliant therapists and teachers. They became not only my Reflexology Mentors but my life mentors as well. It sparked a need for knowledge. It also gave me a vehicle to feel I was helping our world become a kinder healthier.

Our Association has also grown a great deal in the last 20 years. It has come a long way since my beginning and kept up with our changing world by maintaining core strong values and ethics.

Thanks to a lot of hard work, we've reached a more broadly recognized level of professionalism, which will undoubtedly continue to grow and increase our availability to a wider audience.

Reflexology truly became more than a modality; it became part of my life, and it inspired my own personal journey.

It's not really a Goodbye; rather, I will never cease to be amazed, curious, and grateful for what Reflexology has brought into my life.

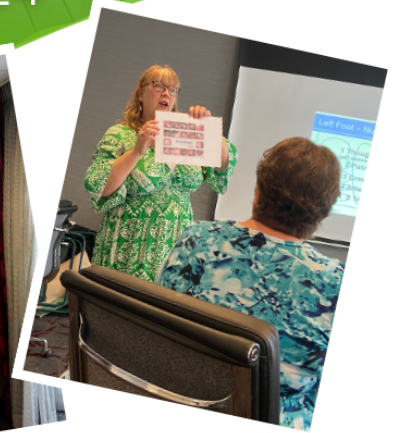
I will continue to endeavor to develop growth and understanding as well as promote health and wellness in new and different ways.



# JANE SHEEHAN

## CROSS-CANADA TOUR RECAP

September 21, 2024 – October 5, 2024



## *Thank you Canada!*

BY JANE SHEEHAN

I'd like to say a huge thank you to the Reflexology Association of Canada (RAC) for hosting me this year. I was given a huge welcome in Toronto, Saskatoon, and Calgary and we had a blast during the workshops and outside of the workshops too. I've been to hand made chocolate shop (thanks Juliana from Saskatchewan), dinners galore (thanks Louise, Alana, Cindy and Aline for organising those, and stayed in peoples' homes (thanks Janice and Alana). All in all, it has been a fabulous time. I've been teaching foot reading at all the venues and introduced Emmett Technique 4 Humans and Emmett Footcare workshops to Saskatoon. I loved it so much, I'm coming back next year where I hope we will continue the fun, the networking and the learning.

A huge thank you to those working behind the scenes to make this happen.

**You are the unsung heroes that make all this possible.**

Hope to see you next year!





**Thank you to Jane Sheehan**  
for inspiring us!



RAC AB Chapter – Foot Reading Workshop



RAC ON Chapter – Foot Reading Workshop



RAC SK Chapter – Foot Reading Workshop



RAC SK Chapter – EMMETT Technique Workshop



#### Our Email

[info@reflexologycanada.org](mailto:info@reflexologycanada.org)



#### Our Office

165B Garry Street  
Winnipeg, MB R3C 1G7



#### Our Phone

(204) 477-4909  
Toll-Free: 1-877-RAC-FEET

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