

# Focus On Healing News Connection



MAY/JUNE ISSUE 2001

## *A MESSAGE FROM NJIDEKA*

Winter has ended and spring has arrived. As I witness the first sign of spring I am giving “**Thanks**” for the opportunity I have been given to renew my mind, body and spirit. Spring is the season of new growth, creativity and rejuvenation. In the fall, we plant seeds that come forth in the spring. A seed that has been planted lay dormant during the winter. The seed uses this time to rest, reflect and renew. Winter is the season of silence a time when mother earth prepares herself to bring forth new life.

As I move through the winter months, each day was spent listening to the stillness of nature all around me. In this period of stillness I was able to do some inner reflections, which allowed me to connect with my true self mentally, physically and spiritually.

When I saw the first flower of the spring season in all its beauty, I saw the beauty in me. When I thought about the seed that this flower evolved from, I realized I am evolving too. When I saw the bright colors and green leaves reflecting life in all its fullness, I knew that it was now time for me to blossom. The gift of life that the season of spring gives to each of us is a reminder of the power that’s in each of us to become the beautiful men and women we were created to be.

It’s the season of spring and I choose to celebrate it by giving thanks for the opportunity to be of service, as a healthcare professional, in helping you achieve the optimal health and wellness you desire.....

## *PAYING TRIBUTE TO A REFLEXOLOGY PIONEER...*

*MARGARET D’URSO (1938-2001)*

On January 18, 2001, Marge D’Urso, my Reflexology instructor, mentor, colleague, and friend passed away. She was a big source of inspiration to me. All of my accomplishments in the field of reflexology are because of her. For over 40 years in the metropolitan area Marge, as she was affectionately called, taught reflexology classes. She opened the first school of Reflexology in Washington, DC when the word reflexology was totally foreign. She will always be remembered for freely giving of her time, energy and support to the healing art that she so dearly loved. She had a special way of helping people in easing their pain, fulfilling their dreams, and giving them hope. The reflexology world has loss an inspirational leader and pioneer, who I will always remember as an understanding, nurturing and compassionate friend who loved and lived her life to its fullest.

## **FOH NEWS FLASH....**

Did you know that there is a law on the book in Maryland making it illegal to practice reflexology, unless you are a state certified massage therapist. Even though reflexology is established and accepted nationally and internationally based upon therapeutic principals, skills, training and traditions, a Reflexologists must be trained, tested and certified in massage therapy before they can work in the state of Maryland.

This requirement came about with the passage in 1999 of legislation intended to license massage therapist under healthcare, allowing them to practice in medical settings and making their services in some instances eligible for insurance reimbursement. The problem with this law is the

definition of massage therapy, “*the use of manual techniques on soft tissue of the human body, including....stroking....kneading....tapping, stretching, compression, vibration, and friction*” is so broad that it covers virtually every way of touching the human body other than a totally passive hold.

This broad definition, coupled with **mandatory certification**, was purportedly designed to ensure that the public would be protected from poorly trained massage practitioners and from the “so-called” massage parlors. But what this law has in fact accomplished is to grant massage therapist a **monopoly** on the use of touch.

The ramifications of this law have come as a surprise to many Reflexologists and their clients who have never considered reflexology the same as massage. At a time when, more than ever, people are recognizing and seeking out the benefits of alternative/complementary healthcare approaches, the state has arbitrarily denied its citizens reflexology services from people skilled and committed to this healing art.

Reflexology practitioners have not sat quietly by. Many have protested to the Board of Chiropractors (which is charged with implementing the law) and state Delegates and Senators. The state legislators have been sympathetic. A number of Prince George’s and Montgomery county legislators stated they were unaware of Reflexology and how it would be impacted. They expressed an interest in trying to help.

On October 24<sup>th</sup> the Maryland Coalition for the Healing Arts was formed. The group’s goal was to work with the state General Assembly to find a legislative solution, which will allow somatic body workers, those who work with human energy system, to resume practice. They also hope to raise awareness of the need for a comprehensive approach to ensure access to other alternative/complementary healthcare practices in the future.

### **THREE CHEERS FOR MARYLAND LEGISLATURES**

In January the Coalition approached Maryland Legislators to seek an amendment to the Massage Law. Senator Paul Pinsky, of Prince George’s

County, who sits on the Health subcommittee with jurisdiction over the massage law, agreed to introduce, Senate Bill 194, which would clarify that *massage does not include the laying on of hands consisting of pressure or movement on a fully clothed individual to specifically affect the electromagnetic, energy or energy field of the human body*. On February 21, 2001 a hearing was held. on Senate Bill 194. It passed on 4/12 with a 138-0 vote

In the House, Delegate Barbara Frush of PG/Mont. County and Bob Baldwin of Anne Arundel, who serves on the House Committee with jurisdiction, also wanted to help, but felt that a simple exemption bill would not pass their committee and so could not become law. They drafted and introduced House Bill 1002, which would establish a separate registration system for energy practitioners, with requirements that can be met by traditional training and practice criteria of energy modalities, to be overseen by committee of energy practitioners. On February 27, 2001 a hearing was held on House Bill 1002. No action was taken

On **April 3, 2001**, an amended House Bill 289, introduced by House Delegate, James Hubbard of Prince George’s County, was passed with a 136-0 vote in the House and 47-0 vote in the Senate, **exempting Reflexology** from the massage law. Reflexologists can now practice reflexology legally in the state of Maryland.

## **HEALTH UPDATE**

### **Vitamins and Minerals are vital to good Health**

There are six important nutrients that our body needs in order to get the benefits from we eat, have energy, properly function organs and cell growth. They are carbohydrates, proteins (made up of amino acids), fats, minerals, vitamins and water.

When we do not get the necessary vitamins and minerals that our bodies need we endanger our whole system.

Vitamins are the natural foods that we eat. However oftentimes because of food processing, preparation, ect, the food is depleted of its nutrients. The result, our bodies do not get what they need, causing deficiencies. When we do not get what our bodies need from food, it becomes necessary to take a supplement to correct the imbalance that occurs

because of the deficiency. **A deficiency in even one vitamin can upset the body.**

It is important to know that vitamins and minerals work hand in hand. Vitamins cannot be absorbed without the help of minerals; and vitamins cannot metabolize without ingesting food.

**You should never take a vitamin that your body does not need**, because too much of a vitamin can also cause an imbalance. If you are unsure about what supplements to take it is best to consult a Naturopathic or holistic healthcare practitioner, because some vitamins can be toxic if doses become too high.

Here are some important vitamins and minerals our body needs to function at its optimum:

**Vitamin A** (retinal, carotene): helps eyesight and eye disorders, fights against respiratory infections, builds immune system, helps in healthier skin, shorten duration of disease, aids in treatment of emphysema and hyperthyroidism

**Vitamin B1** (thiamin): promotes growth, helps with digestion, refine mental attitude, helps with nervous system, muscles, and heart, helps with motion sickness aid in treatment of herpes zoster.

**Vitamin B 2** or **Vitamin G** (riboflavin): and in growth and reproduction, improves skin, nails and hair, eliminates sore mouth, aids against eye fatigue, and promotes better vision, helps to metabolize carbohydrates fats and proteins.

**Vitamin B 3** (niacin, Pp.-niacin amide): essential for, creation of sex hormones (estrogen, progesterone, testosterone) necessary for nervous system and brain function helps with digestive system, helps with gastrointestinal imbalances, helps promote healthy looking skin, helps ease and prevent migraine headaches, reduces blood pressure, increases circulation, relieves symptoms of vertigo in Meniere's syndrome, helps with diarrhea, reduces cholesterol and triglycerides, helps fight against bad breath, increases energy.

**Vitamin C** (ascorbic acid): helps with bleeding gums, heals wounds and burns, speeds up recovery after surgery, lowers cholesterol, builds the immune system, protects against viral and bacteria infections, extends life, natural laxative, fights against cancer-causing agents, fights against blood clots, helps with absorption of iron, helps with allergies.

**Vitamin D** (califerol, viosterol, ergo sterol): works

with calcium and phosphorus to promote strong teeth and bones, with Vitamin A and C, helps to prevent colds, helps in treating conjunctivitis.

**Vitamin E** (tocopherol) promotes youthful look, gives body oxygen, increases endurance, works with Vitamin A to help protect lungs against pollution, prevent and dissolves blood clots, helps with fatigue, heals burns, lowers blood pressure, helps to prevent miscarriages, helps with leg cramps, helps fight against heart disease, prevents thick scarring.

**Vitamin F** (unsaturated fatty acids): aids in preventing cholesterol deposits in the arteries, encourages healthy skin and hair, helps against the effects of X-rays, helps in growth and well being, fights against heart disease, helps to lose weight by burning saturated fats.

**Vitamin H** (biotin) helps prevent graying, helps with baldness and alopecia ease muscle pain, and helps with skin problems.

**Vitamin K** (menadione): helps prevent internal bleeding and hemorrhaging, reduces excess menstrual flow, and helps with proper blood clotting.

**Vitamin M or B** (folic acid): improves lactation, protects against food poisoning and intestinal parasites, helps eliminate pain, helps prevent birth defects, increases appetite, important for production of nucleic acids. (RNA and DNA), prevents canker sores, helps with anemia, essential for division of body cells.

**Vitamin P** (bioflavoniods): increases capillary strength, regulates absorption, prevents bruising, helps to maintain Vitamin C in the body, works with Vitamin C, helps to build resistance to infection, helps with hot flashes when combined with Vitamin D.

### **VITAMINS and MINERALS are** **CONCENTRATE FOOD**

**Calcium:** helps maintain healthy teeth and strong bones regulate heartbeat, help with insomnia, metabolize iron, and help the nervous system.

**Chorine:** regulates the body's acid-alkaline balance, helps liver function, helps to eliminate waste, helps with digestion, helps keep you limber.

**Fluorine:** reduce tooth decay, strengthen bones.

**Iodine:** burns excess fat, promotes proper growth, boosts energy, improves mental alertness and clarity, and promotes healthy, skin, hair, teeth and nails.

**Iron:** aids in growth, promotes resistance to disease, prevents fatigue, cures and prevents iron deficiency anemia, promotes good skin tone.

**Magnesium:** helps fight depression, necessary for calcium and Vitamin C metabolism, helps prevent heart attacks, promotes healthy teeth, help prevents calcium deposits, kidney and gallstones, relieves indigestion, combine with calcium works as a tranquilizer.

**Manganese:** helps eliminate fatigue, assist in muscle reflexes, helps to prevent osteoporosis, improves memory, reduces irritability, necessary for proper digestion, important in producing thyroxin (the principle hormone in the thyroid gland), needed for normal bone structure.

**Phosphorus:** necessary for normal bone and teeth structure, regulates the heart, helps in growth and body repair, gives energy by helping to metabolize fats and starches, lessens arthritis pain, promotes healthy gums.

**Potassium:** promotes clarity, sends oxygen to the brain, helps to reduce blood pressure, aids in treatment for allergies, works with sodium to regulate water balance.

**Zinc:** helps maintains cells, essential for protein synthesis, helps in treatment of schizophrenia, helps to normalize the prostate, important in the development of reproductive organs, speeds up healing of internal and external wounds, helps to treat infertility, promotes mental alertness and growth, decreases cholesterol deposits, helps to treat mental disorders, eliminates white spots on fingernails.

## CALENDAR OF EVENTS.....

### MAY

**4-6 HEALTH EXPO** Baltimore Convention Center

**5-12 Reflexology Tribute to Mothers** (One week of in-home/office service available) **Call (301) 779-8005 press 3** to purchase gift Certificate/ make appt.

**7 & 14 FOH Reflexology for Couples Class**  
6:30 PM-8: 30 PM Arlington, Va.  
(703) 228-5924

**10 FOH Reflexology For Couples Class**  
6:30 PM-8: 30 PM First Class, Inc. WDC  
(202) 797-5102

**21 FOH Reflexology For Couples Class**  
6:30 PM-8: 30 PM PGCC College  
(301) 322-0040

### JUNE

**2 FOH Introduction to Reflexology 101**  
10:00 AM-6: 00 PM Howard University Hospital (301) 779-8005 press 3 (first of 3 classes toward 37 CEU for health professionals and caregivers)

**9 FOH Introduction to Ear Candling with Reflexology**  
11:00 AM- 2:00 PM Howard University Hospital (301) 779-8005 press 3

**30 Introduction to Basic Reflexology Class**  
10:00 AM-12: 00 PM PGCC College  
(301) 322-0040

**30 Introduction to Reflexology for Youth Class** (youth ages 10 to 16)  
1:00 PM- 4:00 PM Howard University Hospital (301) 779-8005 press 3

## FOH HEALTH PRODUCTS.....

### BOOKS

*Reflexology Today: A Family Affair* by Njideka N. Olatunde

### TAPES/ CDs

*Jeff Majors Sacred Music Collection; New and Improved*

### AROMATHERAPY BODYSENSE PRODUCTS

NeckEase Wrap; FootEase Warmers; EyeSinus Pillow; Knee Wrap; Wrist Wrap

### ONLINE WELLNESS CONSULTATION

[www.focusonhealing.com](http://www.focusonhealing.com)

## FOH THANK YOU TRIBUTE.....

Njideka and Reflexology was featured in the March issue of **Heart and Soul** by Marilyn Milloy ([www.heartandsoul.com](http://www.heartandsoul.com)) and the April issue of **Sister 2 Sister** by Lurma Rackley (301) 306-0100 and in the book **Like A Natural Woman** by Ziba Kashef, Senior Health Editor of Essence Magazine. The book is available at **Dar Es Salaam Books** (301) 209-0010 and **Sisterspace Bookstore** (202) 332-3433.