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# RIEN NEWSLETTER

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UPCOMING RIEN EVENTS



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# BOARD INTRO

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Dear Members and friends,

We hope you had a wonderful summer and are ready to embrace the autumn season – a time to harvest what you’ve sown, whether emotionally, mentally, or physically.

As we look ahead, we’re excited to share some great updates. Jean-Pierre and Orlando have written an inspiring article to help us grow our network. If you know schools or associations that might be interested in joining us, please pass it along!

We’re also thrilled to announce our first webinar, the result of a creative brainstorm to expand our activities. Fittingly, the topic is insomnia, and we hope Orlando sleeps well before presenting it on November 26th (20:00–22:00).

Don’t miss our new “Did You Know?” section either – we hope it sparks your interest!

Feeling low on energy? Try our simple recipe to recharge naturally.

A big thank-you to Jean-Pierre Triadon, Cristian Slot, Orlando Volpe, Ulrike Pfennig, Mariann Freed, Annie Trigg and Sue Alma Evans, for their thoughtful articles on how reflexology can support us through seasonal transitions.

We’d love to hear your ideas for future newsletters – and we hope to see you at the online AGM!

*Enjoy reading*

Warm regards,  
On behalf of the board,  
Ingrid



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# WHY JOINING

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If we compare reflexology to music, we could say that every reflexologist is a musician. Every musician first learns the notes, then the chords, harmonies, rhythm and intention. They explore different musical styles, influences and sensibilities, sharing their experiences with fellow musicians as they develop their art along their musical journey, enriching themselves with the fruits of their encounters.

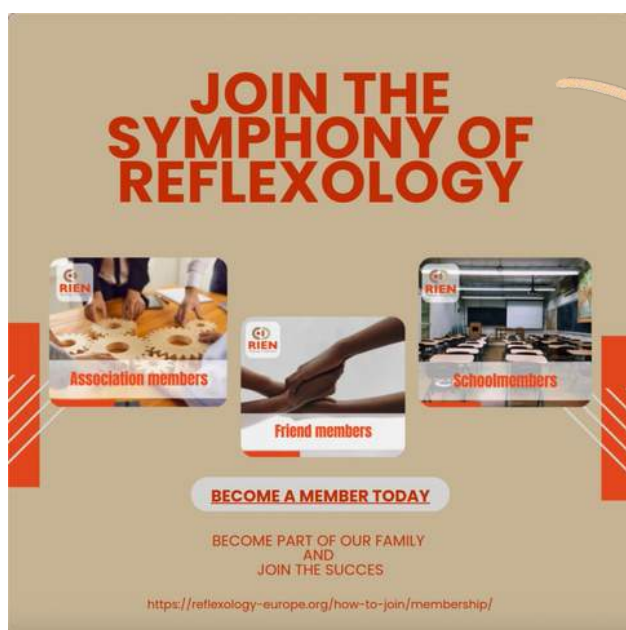
The same is true for us reflexologists. We first grasp the basics of our discipline, followed by the anatomical and physiological structures, harmonization, balance, rhythm and intention. We choose approaches that resonate with us and come together to share our experiences and sensibilities. Each of us has a unique way of practicing reflexology, yet we are all part of the same large family of reflexologists.

Joining RiEN means becoming part of this expansive family, where you can share your music and participate in the grand concert of reflexology. Everyone is welcome to play their own part in harmony with the entire orchestra: "The large family of professional reflexologists."

Just as musicians activate their creativity to compose new melodies, we too, can develop various techniques and approaches in reflexology. This is an added value because – in addition to our knowledge of anatomy, physiology, TCM and other subjects – reflexology stimulates our creativity and intuition. In practice, we inspire one another to improve and open our minds, free from the burden of competition and fueled by a love for sharing.

-Text by Jean-pierre Triadon Réflexologue and Orlando Volpe -

<https://reflexology-europe.org/how-to-join/membership/>



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# DID YOU KNOW

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Orlando Volpe

## just for your curiosity

### Curiosities about insomnia

Insomnia can cause long-term degeneration in communication between neurons. This is because deep sleep helps flush waste products from the brain, and insomnia prevents these substances from being eliminated.

Among these is a protein called beta-amyloid which, for example, is one of the main causes of Alzheimer's disease.

It is formed from the amyloid precursor protein (APP), and its accumulation in the brain leads to the formation of amyloid plaques, which contribute to neurodegeneration.

The accumulation of beta-amyloid, can affect the quality and quantity of sleep, and sleep deprivation, in turn, can increase beta-amyloid levels in the brain. This creates a vicious cycle, where poor sleep quality and beta-amyloid accumulation feed off each other, potentially contributing to degeneration of communication between neurons with a significant effect on those associated with short-term memory.

- The LED light from the electronic devices we use every day (cell phones, computers, video games, LED televisions) has a significant effect on the hypothalamus and the bioavailability of melatonin as well as on mood.
- REM (Rapid Eye Movement) sleep is a sleep phase characterized by intense brain activity and rapid eye movements. It is during this phase that the most vivid and realistic dreams occur. Furthermore, REM sleep plays an important role in regulating emotions, processing memories, and consolidating learning.

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# DID YOU KNOW

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## just for your curiosity

- REM sleep is linked to the regulation of receptors, particularly those for melatonin (MT1) and adenosine (A2a). The REM phase, characterized by rapid eye movements, is crucial for memory consolidation, emotional processing, and the removal of metabolic waste from the brain.

Insomnia is therefore a condition not to be underestimated, and maintaining proper sleep cycles contributes to our physical and mental health.

Reflexology can be a valued help to counteract Insomnia In a natural way as can help to create the right relax to rebalance the hormonal situation that effect this disorder.

**This and other topics together with a targeted reflexology treatment will be discussed during the first webinar organized by Rien in November 2025 which will focus on insomnia.**

Orlando Volpe



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# RECIPE

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## Ingredients:

- Granola and oats (or other similar 'cereal')
- Almonds
- Brazil nuts
- Walnuts
- Chia seeds
- Sunflower seeds
- Pumpkin seeds
- Linseed
- Dates
- Apricots
- Goji berries
- Desiccated coconut
- Spirulina powder
- Bananas
- Optional: peanut butter or chocolate spread

## ENERGY BAR



## Instructions:

1. Mix a hand full of the **dried** ingredients in a large container. (The rest of the ingredients you then can keep in your nutritious energy bar box (and add anything else you want to put in).
2. Add a sprinkle of spirulina powder (go easy as otherwise the bars are a not very appetising green!)
3. Mash a lot of ripened bananas, enough to bind the above dry ingredients together and mix through thoroughly. I sometimes add peanut butter or chocolate spread to the mashed bananas, a not quite so 'healthy' option!
4. Put the mix onto a flat baking tray and press down really firmly, put into the fridge for a couple of hours then cut into whatever size bars you like. Bag them up and put in the freezer and you can then take out and eat immediately as and when you fancy!

## why:

A simple recipe for energy bar that is quick, very easy, no cooking, keeps in the freezer and nutritious too.



Enjoy - Sue Alma Evans

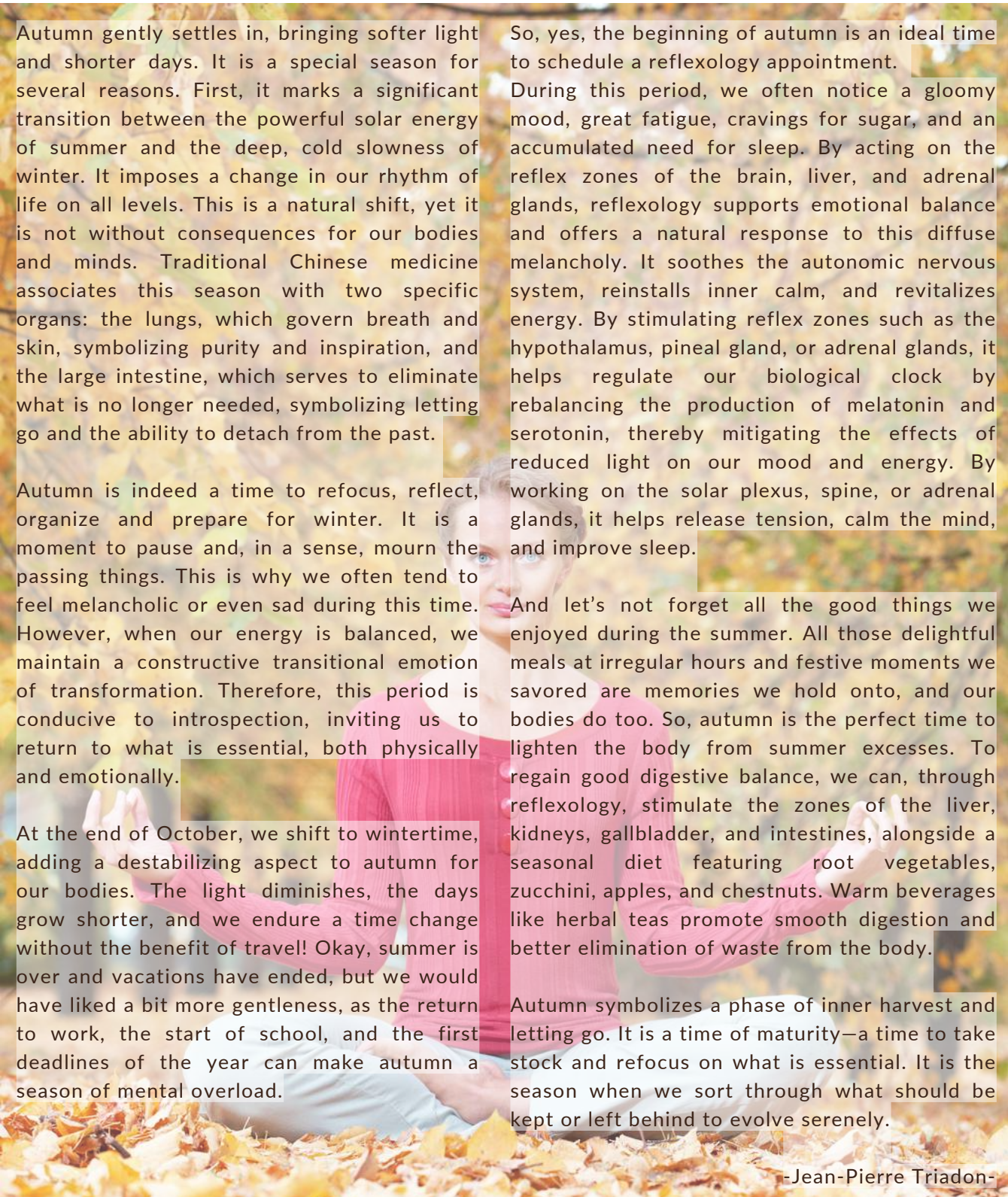
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# EMBRACE FALL

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Autumn gently settles in, bringing softer light and shorter days. It is a special season for several reasons. First, it marks a significant transition between the powerful solar energy of summer and the deep, cold slowness of winter. It imposes a change in our rhythm of life on all levels. This is a natural shift, yet it is not without consequences for our bodies and minds. Traditional Chinese medicine associates this season with two specific organs: the lungs, which govern breath and skin, symbolizing purity and inspiration, and the large intestine, which serves to eliminate what is no longer needed, symbolizing letting go and the ability to detach from the past.

Autumn is indeed a time to refocus, reflect, organize and prepare for winter. It is a moment to pause and, in a sense, mourn the passing things. This is why we often tend to feel melancholic or even sad during this time. However, when our energy is balanced, we maintain a constructive transitional emotion of transformation. Therefore, this period is conducive to introspection, inviting us to return to what is essential, both physically and emotionally.

At the end of October, we shift to wintertime, adding a destabilizing aspect to autumn for our bodies. The light diminishes, the days grow shorter, and we endure a time change without the benefit of travel! Okay, summer is over and vacations have ended, but we would have liked a bit more gentleness, as the return to work, the start of school, and the first deadlines of the year can make autumn a season of mental overload.

So, yes, the beginning of autumn is an ideal time to schedule a reflexology appointment.

During this period, we often notice a gloomy mood, great fatigue, cravings for sugar, and an accumulated need for sleep. By acting on the reflex zones of the brain, liver, and adrenal glands, reflexology supports emotional balance and offers a natural response to this diffuse melancholy. It soothes the autonomic nervous system, reinstalls inner calm, and revitalizes energy. By stimulating reflex zones such as the hypothalamus, pineal gland, or adrenal glands, it helps regulate our biological clock by rebalancing the production of melatonin and serotonin, thereby mitigating the effects of reduced light on our mood and energy. By working on the solar plexus, spine, or adrenal glands, it helps release tension, calm the mind, and improve sleep.

And let's not forget all the good things we enjoyed during the summer. All those delightful meals at irregular hours and festive moments we savored are memories we hold onto, and our bodies do too. So, autumn is the perfect time to lighten the body from summer excesses. To regain good digestive balance, we can, through reflexology, stimulate the zones of the liver, kidneys, gallbladder, and intestines, alongside a seasonal diet featuring root vegetables, zucchini, apples, and chestnuts. Warm beverages like herbal teas promote smooth digestion and better elimination of waste from the body.

Autumn symbolizes a phase of inner harvest and letting go. It is a time of maturity—a time to take stock and refocus on what is essential. It is the season when we sort through what should be kept or left behind to evolve serenely.

-Jean-Pierre Triadon-

# TRANSITION

## Autumn Transitions using Duopody Reflexology treatment protocols supported by The PodyCharts (Annie Trigg and Sue Alma Evans)

Autumn is such a beauty full time of the year, yet it can bring a sense of sadness, even despondency and depression knowing that darker and colder days and nights are on their way ... with higher heating and costs of living too.

As Reflexology Practitioners we can help of course ... not with paying the bills, but by treating and helping clients to more easily navigate this tricky time of year both physically and psychologically.

**Darker Nights:** Work the Pineal gland to help adapt circadian rhythms and promote good sleep. (illustrated on pages 61>65, Chapter 11 The Endocrine System in The PodyCharts) Show clients on their hands for self care at home.

**Feeling down:** Whilst working the endocrine system, focus to the Limbic system and lots of work on the hypothalamus will ensure a good connection between nervous and endocrine systems. Seasonal affective disorder (SAD) seems to really 'kick in' when the clocks change and in the more Northern Countries we are suddenly plunged a further hour into darkness, literally overnight. What about recommending a 'sun' lamp that helps the brain think the body and soul is experiencing lighter and brighter days?! A problem is that many people want to hibernate, but of course social interaction remains important for many, many reasons. Encourage your clients to continue regular meet ups with family & friends.

**Getting colder:** Fascia and muscles need some extra attention at this time of year, particularly the extremities. Focused work to the muscular system to warm, stretch and release those cold muscles will encourage blood flow and warmth (illustrated on pages 13>17, Chapter 3 The Muscular System in The PodyCharts).

Working the circulatory system (illustrated on pages 44>48, Chapter 8 The Cardiovascular System in The PodyCharts) with Duopody will help vasodilation to keep tissues & organs, particularly the Liver, warm and well oxygenated. Encourage clients to add layers of clothes and to move their bodies in whatever way most suitable to them, but important to stay active.

**Food changes:** Autumn and into winter means we need more sustenance in order to stay warm, unfortunately it is often 'comfort food' that is turned to, so encourage clients to look at highly nutritional & nourishing foods to see them through these darker days. Treating the Vagus Nerve

(illustrated on pages 20>24, Chapter 4 The Nervous System in The PodyCharts) with the Gut Brain to Brain axis can promote stabilising of multiple systems, but particularly the nervous and digestive systems. As above, social interaction is important, and personally this time of year is when friends and family invite each other to our homes to share food and perhaps a tippie or two!





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# TRANSITION

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**Feeling unwell:** And what about all the colds, snuffles, sore throats, tickly coughs and flu that come out in force at this time of year – no wonder most of us don't look forward to the onset of winter! But we can help by supporting and treating the immune system of course. For the immune system, Duopody treats in tandem with the lymphatic system vessels, lymph nodes and ducts, as well as the adenoids, tonsils, thymus, spleen and of course the liver and digestive system, finishing with focus on the skeletal bone marrow, found mainly in the skull, spine, ribs, sternum, pelvis and hips. *(illustrated on pages 55>60, Chapter 10 The Immune System in The PodyCharts).*

Clients can really help in supporting themselves by tapping firmly on the area of their thymus at the sternum on their chest. They can also use the sides of their clenched fists to tap on the spleen meridian on both sides – just under armpits, where the metal part of a bra would be! These self care actions will stimulate their own immune systems to be brighter and more active!



Please encourage yourself and clients to view this change of season as a beautiful transition into a quieter more reflective time of the year, when we naturally rest more and embrace a slower rate of life!!

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# AUTUMN'S DOJO

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The shift from late summer to autumn is not just a change in weather – it is a deep, energetic transformation that can affect both body and mind. In Chinese medicine, this phase is linked to the Earth element and the so-called dojo period – a pause between the seasons in which the body prepares itself for the next cycle. It is a time when the body and mind can be reoriented. Often, dojo is called "neutral" – not because energy is absent, but because it holds a balancing and transitional quality.

The Earth element, to which dojo is connected, serves in the Five Element theory as the center – the stable point that connects, receives, and distributes energy between the other elements. In the original Five Element model, Earth was therefore placed at the center, with the four other elements encircling it. Thus, dojo is an actively centering phase, in which both the body and any treatment can adjust, digest, and find a new rhythm. This is where we gather, nourish, and integrate the experiences that have shaped us through the summer. We digest life.



Energetically, this period focuses on the Stomach and Spleen (ST and SP).

Once this transition is digested, the Metal element takes over. Where Earth gathers and nourishes, Metal cuts through. It is the element of sorting, purification, and form. Autumn is the season when the leaves fall, the sap withdraws, and only the essentials are retained.

It is here that we let go of what no longer serves us.

The Lung and Large Intestine, the organs of Metal, together form an axis between inner and outer.

- The Lung takes in new energy – Qi and inspiration
- The Large Intestine expels the old – waste, grief, and attachments

Autumn marks nature's exhalation. Days grow shorter, temperatures drop, and external activity retreats.

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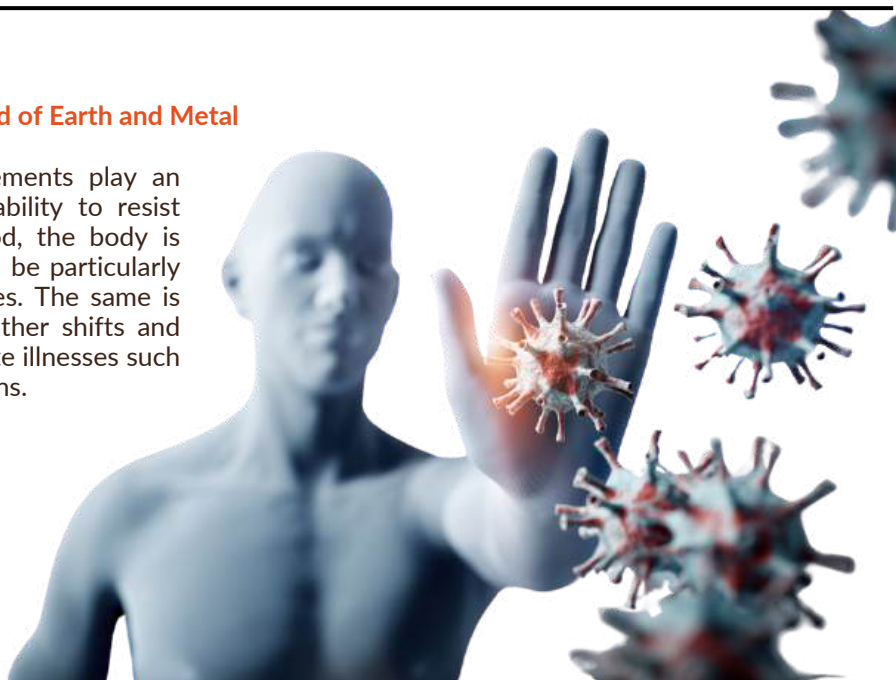
# AUTUMN'S DOJO

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## The Immune System – the Shield of Earth and Metal

Both the Earth and Metal elements play an important role in the body's ability to resist disease. During the dojo period, the body is undergoing a transition and can be particularly vulnerable to external influences. The same is true in autumn, when the weather shifts and we often see an increase in acute illnesses such as colds and respiratory infections.

Within the Earth element lies the strength to build and maintain the body's basic energy reserves. When the Stomach and Spleen function optimally, there is sufficient production of Qi and Blood – the foundation of a well-functioning immune system.



If this function is weakened, the body becomes more susceptible to external pathogens.

Here, Eastern and Western perspectives meet. In Western physiology, the spleen's role is tied to blood filtration and immune response – particularly as part of the lymphatic system. It monitors the blood and helps detect and respond to infections. In Chinese medicine, the Spleen (SP) is responsible for transforming nourishment into life energy (Qi), and when out of balance, the Spleen Qi may lead to damp accumulation, weakened immunity, and fatigue.

There is also a functional similarity with the lymphatic system – especially concerning fluid retention and infection.

When Metal takes over, the body's surface defenses are activated. The Lung governs Wei Qi – the protective energy that circulates close to the skin's surface and acts as a shield against wind and cold. Meanwhile, the Large Intestine plays a vital role in eliminating waste both physically and emotionally.

Autumn is therefore a time when supporting the immune system makes particular sense.

In summary, the focus is on balancing four organs: Stomach and Spleen – Lung and Large Intestine. The elements Earth and Metal. And thereafter, treatment of the immune system.

Written by Christian Slot, Institute for Muscular Reflexology



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# RE-BALANCERS

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Orlando Volpe

## Reflexology Treatment for seasonal changes

With each change of season, easily observable changes occur on the planet, affecting the climate, how the flora around us changes, and the hours of daylight and nighttime available. Obviously, it depends a lot on where you live, whether near or far from the equatorial zone, but changes are everywhere, more or less marked.

However, seasonal changes have an effect not only on the observable world but also on the internal world of living beings such as animals and humans. Focusing on human beings, we can affirm that seasonal changes have a significant impact on our organism and on many of its functions, including:

- our circadian cycles (for example, sleep/wake cycles)
- the hormonal system (for example, thyroid hormones and sexual hormones)
- the immune system (for example, the innate and specific immune response, related to temperatures and antigens that proliferate less in a certain climate)
- the digestive system (cold or hot foods have different digestion and assimilation)
- the body's hydration (different temperatures require more or less water from our organism or in any case have an impact on thirst)
- Blood pressure (heat or cold can interfere with this)
- the skeletal system (for example, the bioavailability of vitamin D, the greater or lesser intake of certain proteins to maintain its strong and robust structure)
- Oxygenation (different temperatures can impact breathing)
- the nervous system (the greater or lesser bioavailability of certain neurotransmitters related to sunlight, and therefore the impact it has on mood, such as serotonin and dopamine)

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# RE-BALANCERS

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Seasonal changes essentially affect our entire organism. Those mentioned are just a few that came to mind, but we can already see for ourselves that they impact our body's major systems. All of this happens silently...not immediately observable, because our body has an adaptation system that prevents us from perceiving these changes all at once, but gradually.

For example, between summer and autumn there is the beginning of a slowdown in our internal biorhythms which will then reach its peak during the winter (let's say that it is a form of hibernation similar to that of some animals, except that we remain active and do not go to sleep for months). On the contrary, between winter and spring, with a maximum peak during summer, our biorhythms increase.

If we wanted to address the seasonal changes with reflexology, can we do specific treatments?

Since reflexology, by its very nature, is a technique that stimulates our body to maintain homeostasis, the answer is yes, of course. Each of us reflexologists, therefore, based on our own knowledge and intuition, can identify a treatment that can support people during the changing seasons.

What I propose in this article is a type of treatment that can be performed during any change of season, naturally, is based on my personal experience and not because it is the best overall. In fact, I don't invite you to believe me, but to try it out, to see for yourself whether it is beneficial or not.

Among the various systems of our body, there are three that can be considered the **three re-balancers**. They are:

- The nervous system
- The endocrine system
- The digestive system (which includes an important part of the immune system)

# RE-BALANCERS

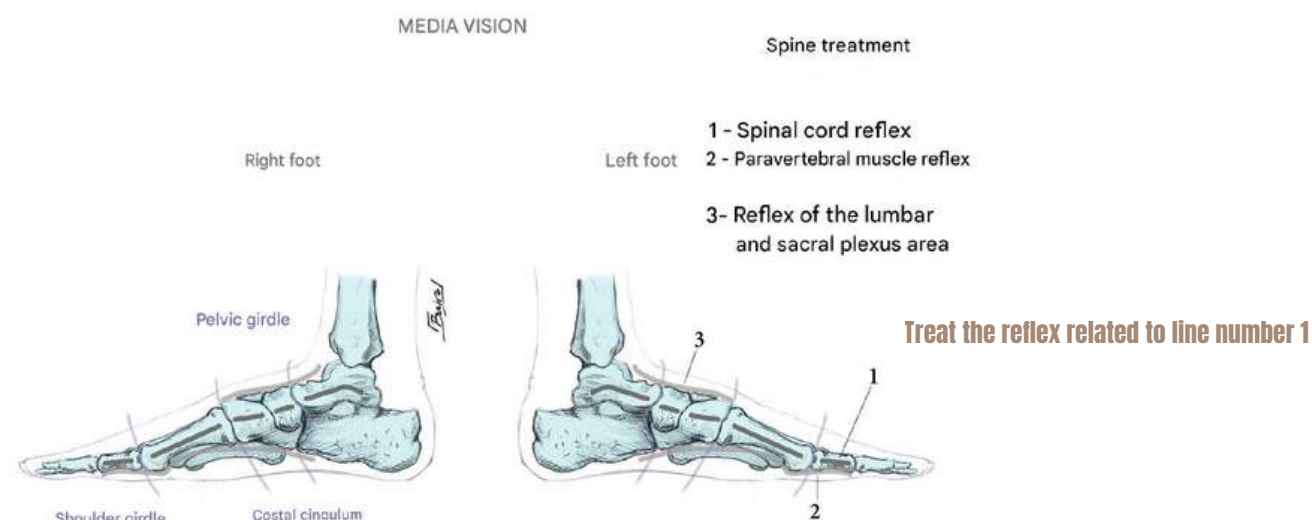
By acting on these three rebalancers it is as if we stimulate our internal organism to seek homeostasis in any condition. Furthermore, these three systems, in addition to acting on a physiological level, also act on a mental/psychological level through their effect on neurotransmitters, hormones, and organs (when observed from an energetic perspective, for example, according to Traditional Chinese Medicine). There is therefore a combination of physiological and psychosomatic knowledge. I could spend an entire day explaining these concepts, but that's not possible in a short article. That is why, I invite you to try it out and form your own opinion.

The foot reflex drawings I've included in this article are from my books on reflexology, which I've translated into English. Since there are many reflexology maps, you can use the same three systems proposed, by using your preferred map.

## First rebalancer: The nervous system

The nervous system is vast and complex, and for me it has been and remains a subject of ongoing study. This is why in my book on the nervous system in reflexology, I've included many new points derived from my insights and studies.

In this treatment, only the spinal cord reflex is used, as it is considered the link between the central, peripheral, and autonomic nervous systems.



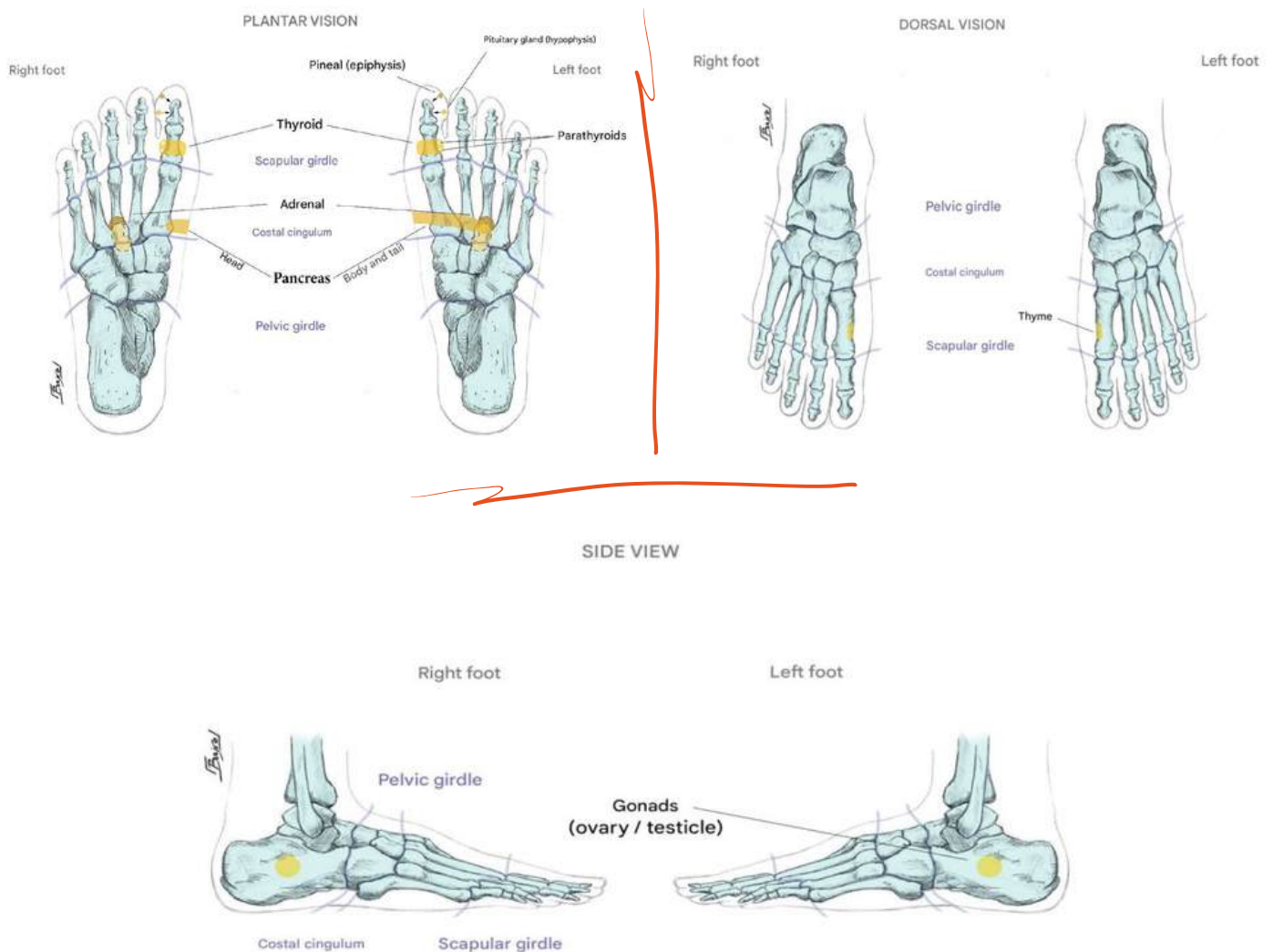
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# RE-BALANCERS

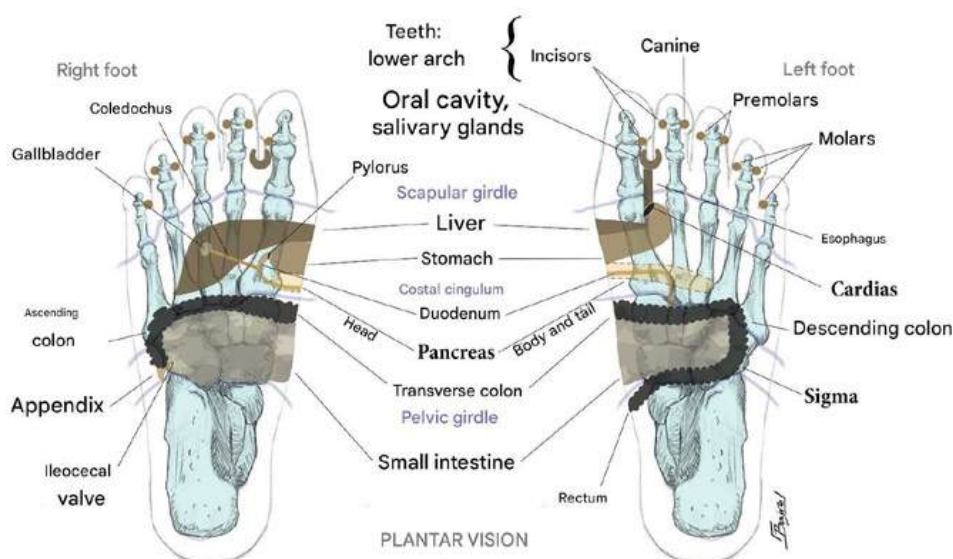
## Second rebalancer: The hormonal system

The hormonal system works in symbiosis with the nervous system and ensures its effect on the various organs



# RE-BALANCERS

## Third rebalancer: The digestive system



I have reported the reflex points exactly as they appear in anatomy, for this reason the reflex of a portion of the liver is also reported on the left foot above the stomach.

### How to perform the treatment:

If we consider a 45 minute treatment, the three rebalancers should be treated for 5 minutes each and the whole thing should be repeated three times.

### Frequently Asked Questions

#### **What is the goal of treatment and why should it be useful during seasonal changes?**

The goal of the treatment is to naturally help our body maintain its natural homeostasis or, if compromised, achieve it as support to traditional medical treatments. Naturally, this is our intention as reflexologists and how we understand reflexology: a technique that affects our vitality. Our aim is not to cure but to stimulate the self-healing power inherent in our organism.

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# RE-BALANCERS

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## **What is the goal of treatment and why should it be useful during seasonal changes?**

The goal of the treatment is to naturally help our body maintain its natural homeostasis or, if compromised, achieve it as support to traditional medical treatments. Naturally, this is our intention as reflexologists and how we understand reflexology: a technique that affects our vitality. Our aim is not to cure but to stimulate the self-healing power inherent in our organism.

## **How many treatments are needed to be able to verify the effects with the client?**

Every situation is subjective, so what I say now is based only on my experience and on the ability of our organism to respond to stimuli and maintain their positive effects for the seasonal period, at least this is our intention.

The answer is at least 8 treatments (one per week) or even better the same number of treatments but two per week.

## **When should the treatments be done?**

The ideal is to start a month before the change of season

## **What are the variables that can affect the effectiveness of treatments?**

Every person is different, and therefore the response time to the stimulation offered by reflexology treatment may vary. Factors that can contribute to a different response include:

- The client's general health and life style
- Presence of medical conditions
- Drugs assumption
- Diet
- Food supplements
- Sports activity
- Oxygenation



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# RE-BALANCERS

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**Can this type of treatment be useful in all seasons throughout the year?**

Yes, that's exactly right.

**For those who suffer from pollen allergies, can it be recommended as a treatment before the change of seasons, for example from winter to spring?**

It can be very useful, in that case it will be necessary to insist much more on the endocrine system and as regards the digestive system, insist more on the small intestine and colon adding the reflection of the lungs and adenoids.

**Can other reflex points be added to the treatment?**

Yes, of course, this depends on your client's individual condition. However, I've seen that choosing a targeted treatment and repeating it several times has a greater stimulating effect than slogging through numerous reflex points and perhaps treating them only once and for a short time during the same treatment

**Why wasn't the urinary system included, which in reflexology is usually always included at the beginning or end of a treatment?**

Simply because the three rebalancers act indirectly on the functionality of all the body's systems, as happens in physiology and then we must not lose sight of the objective of the treatment which is not focused on a specific disharmony but on the homeostasis and on the change of circadian cycles due to the change of season

**What time of day would be best to do this treatment?**

This aspect is often overlooked, but where the client is available, the time of day for treatment can be important. During seasonal changes, the ideal time would be in the morning, as most of the circadian cycles of hormones and neurotransmitters peak is in the morning. For example, consider those who are treating thyroid problems or depression, they take their medication in the morning.

If, however, the client has insomnia issues, the treatment could also be performed in the late afternoon.

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# RE-BALANCERS

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Well, dear friends, it was nice to share this seasonal treatment with you, which can also be considered an ideal treatment for those who are feeling well and simply want to stay in a good shape.

A big hug to all  
of you!

Orlando Volpe



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# CHANGES

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## Seasonal Changes – What Autumn Can Bring.

Now it's coming to an end – the warm season, the long days and the short nights. The parties in the garden and on the beach. The sun, which not only gives us warmth but also provides us with valuable vitamin D and increases our zest for life, is now becoming scarce. The days are getting shorter, the darkness is increasing. That's the rhythm of time.

When the fog covers the land in November, a time of listlessness begins for many people.

Why is that? Very often it's because people have lost their connection to nature and thus to themselves. Our earth has a recurring rhythm, and we – as part of this earth – are connected to it. Just as Mother Earth opens in spring, pushing everything outward, seeking to reveal itself in ever greater splendor and beauty, so nature withdraws in autumn, letting go of what it no longer needs, leaving the outside world to rest within and gather new strength.

And what do we do? Do we withdraw? Do we do less? Most people don't – in fact, the opposite – dealing with themselves is frightening for many. Then, when the holidays arrive in November, when we remember our ancestors and are confronted with our own mortality, the mood quickly shifts into the autumn and winter blues.

What can we do for our clients as reflexologists? Perhaps set an example ourselves and approach everything a little more calmly and relaxed 😊.

The question is also: What does the client want? If they simply want more energy through relaxation and a sense of well-being, then I am happy to offer them facial reflexology harmonization. For this, I not only use my hands but also gemstone styluses and warm oils. By activating the facial zones, their sensory organs and facial skin receive more blood flow, giving everything a fresh and radiant appearance. This lifts the mood, and the person feels happier and lighter.

But there are also clients who want to get to the bottom of the cause of their depression. Then I offer an energy-body harmonization. In this treatment, the energy centers in the feet are activated and connected via energy pathways. The solar plexus is included in this work. This gives us the opportunity to release energetic blockages in the emotional and mental bodies.

A holistic foot reflexology harmonization offers the opportunity not only to locate the under-served reflex zones, but also to closely observe the feet and pass on what they reveal to my client as valuable input. This way, they not only learn to understand themselves better, but also to rediscover their inner self and their inner being.

What I am deeply convinced of, however, is that it is not the technique that determines success, but the touch – and that is why every reflexologist can be a valuable help to others.

-Ulrike Pfennig-





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# ADAPTING

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## **Reflexology: Navigating the Heat and Global Warming During Seasonal Transitions**

As summer gives way to autumn, our bodies and minds go through subtle but important changes. This transformational period, rich with both nostalgia and anticipation, can bring joy as well as challenge: longer nights, cooler air, and a shift in daily routines can unsettle our natural equilibrium. Reflexology offers a gentle and effective way to support the physical and emotional wellbeing, unlocking our potentials to harmonise body, mind, and spirit as we transition from the bright energies of summer to the restorative, inward-looking calm of autumn.

### **The Nature of Seasonal Transitions**

Before delving into the benefits of reflexology, it is helpful to recognise how seasons affect us. Summer, with its abundance of sunlight, warmth, and social activity, invigorates the body and lifts the spirits. In contrast, autumn invites introspection and a slower pace, marked by cooler temperatures, diminishing daylight, and a tendency to turn inward. This shift can challenge our circadian rhythms, immune responses, and energy levels. We may notice changes in our sleep patterns, mood, digestion, and even skin health. This is a time of readjustment that calls for mindful self-care.

### **Heat, Global Warming, and the Stress Response**

The human body's stress response, as described in Hans Selye's General Adaptation Syndrome, is increasingly activated by climate stressors. Excessive heat taxes our thermoregulation system, straining the nervous system and impacting our ability to rest and recover. Sudden weather changes - now more frequent due to global warming - can trigger sensory overload, headaches, and mood fluctuations. The psychological burden of climate unpredictability, compounded by everyday worries, heightens levels of cortisol and leaves us more vulnerable to exhaustion and illness.

## **Global Warming and the Nervous System: Mechanisms of Stress**

### **Thermoregulation and Neural Function**

The human body is meticulously designed to maintain core temperature within a narrow range. The hypothalamus monitors body temperature and directs sweat glands, blood vessels, and muscles to dissipate or conserve heat. When environmental temperatures soar, this system is taxed beyond normal capacity.

Extreme heat can disrupt synaptic communication, leading to confusion and dizziness. Chronic exposure impairs the nervous system's ability to regulate sleep, mood, and cognitive function. Over time, neural cells exposed to repeated thermal stress may experience inflammation and oxidative stress, contributing to neurodegeneration.

### **Sudden Weather Changes and Sensory Overload**

Abrupt shifts in temperature, humidity, or atmospheric pressure challenge the nervous system's sensory apparatus. Migraines and headaches are often triggered by sudden weather changes, as are flare-ups of neurological disorders such as multiple sclerosis or epilepsy. The autonomic nervous system may become dysregulated, resulting in palpitations, gastrointestinal distress, or dizziness.

### **Psychological Stress and Neuroendocrine Effects**

Beyond physical discomfort, global warming induces a form of psychological stress. Chronic worry about health, safety, and livelihood due to extreme weather can activate the hypothalamic-pituitary-adrenal (HPA) axis, flooding the body with cortisol. Persistently high cortisol levels damage neural circuits involved in memory, decision-making, and emotional regulation. It also has a detrimental effect on our immune system.

Hans Selye's exhaustion stage is particularly relevant here: repeated psychological stress not only impairs mental health but can hasten neurological aging and disease.

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# ADAPTING

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## **Reflexology's Unique Role in Climate-Related Seasonal Stress**

Reflexology, with its gentle stimulation of reflex points on the feet, hands, or ears, offers multi-layered support through the challenges of seasonal and climate-induced stress. By harmonising key systems and promoting resilience, it helps us adapt to both the shift in seasons and the heightened effects of environmental change.

## **Supporting Immune Function**

Autumn is often associated with an increase in colds, flu, and other seasonal illnesses. As our bodies adapt to cooler temperatures and greater indoor exposure, the immune system may be challenged. Reflexology can enhance lymphatic drainage, stimulate circulation, and activate reflex points linked to immune organs such as the spleen, thymus, and lymph nodes, helping the body eliminate toxins, reduce inflammation, and strengthen our resistance to infection.

## **Balancing Mood and Reducing Stress**

Longer nights and diminished sunlight can impact the production of serotonin and melatonin, the hormones responsible for regulating mood and sleep. The result may be feelings of lethargy, irritability, or low mood. Reflexology is renowned for its balancing effect on the nervous system. By working on reflex points associated with the brain – specifically the pineal gland and the hypothalamus-pituitary connection with the adrenal glands (HPA axis) and solar plexus, we can help alleviate anxiety, promote relaxation, and restore emotional balance, peace and clarity.

## **Improving Sleep Quality**

Working on the pineal gland and hypothalamus will also help reset the circadian rhythm in this time of adjustment to earlier darkness and change in routines that might disrupt sleep patterns. This can lead to deeper, more restorative sleep, making the transition to adapt to the seasonal shift smoother.

## **Enhancing Digestion**

With autumn comes a change in diet - richer, heartier foods replace the light, fresh salads of the summer, abundant in vitamins. The digestive system may require extra support during this time.

Techniques targeting this system – specifically the pancreas- liver- duodenum reflexes - can ease the adjustment of the system to this heavier load of sugar and fat, that might otherwise cause indigestion. The duodenum is especially affected by emotions like anxiety. Improved digestion leads to better nutrient absorption, energy levels, balanced emotions and overall vitality.

## **Alleviating Muscular and Joint Discomfort**

The approach of colder weather often brings an increase in muscle tension, joint stiffness, and inflammatory conditions such as rheumatism and arthritis. We need to improve circulation to reduce inflammation, increase oxygen uptake and encourage waist products away from muscle tissues in order to enable detoxication and assist the transit of endorphins, our natural painkillers. By focusing also on specific reflex points to the joints of hip-knee-ankle, - and their counterparts shoulder-elbow-wrist - ligaments and tendons attached to them, we can aid relieving aches and discomfort, intensified by the ever-increasing dampness in the air.

## **Boosting Energy and Motivation**

Autumn's slower rhythm can sometimes result in fatigue or a lack of motivation. Our holistic approach addresses any disturbance to the energy flow by activating the body's self-healing mechanisms and promote a renewed sense of vitality. Targeting the reflex zones related to the adrenal glands (motivation), heart (self-love) and lungs (grief) will free emotional traumas from these areas, reestablishing synergy of the physical, emotional and mental spheres of the Human Being.

## **Integrating Reflexology into Everyday Life**

Reflexology can be incorporated into a broader self-care strategy and not just for the seasonal transition:

In between regular professional sessions we can encourage our clients and their families to practice at home. Empower the family unit to sustain energy equilibrium within the unit by teaching them simple reflexology techniques they can practice on each other and on themselves. This will not only help on an individual level but that of the energy balance of the whole family.

# ADAPTING

mindful Living: Combining reflexology with healthy habits - balanced nutrition, hydration, regular physical activity, and mindfulness practices - maximises its benefits.

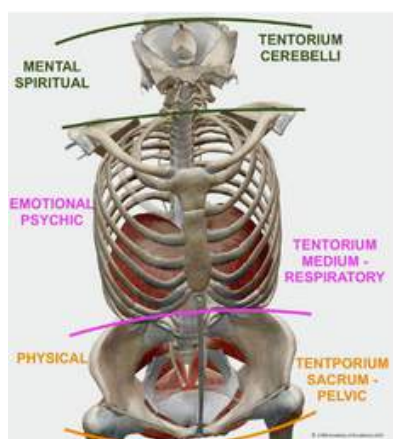
Personalised Approach: Every client's needs are unique. By continually sharing insights and learn from one another by attending conferences and forming communities, we are fostering a vibrant exchange of knowledge and experience. This ongoing collaboration equips us to meet the evolving demands of our profession and adapt effectively to the ever-changing world around us.

## Embracing Change with Grace

The transition from summer to autumn should be a natural part of life's rhythm, inviting us to slow down, reflect, and nurture ourselves. How much society lets us embrace this slower pace of life, however, is debatable. Reflexology therefore has a significant role in bringing the balance of body-mind-spirit back throughout the seasonal shift in this fast pace of life that is demanded of us. I do believe that reflexology is the bridge between the ancient wisdom and the needs of modern living, helping us to move gracefully from sunlit abundance to autumnal calm, fostering resilience, wellbeing, and inner harmony.



MARIANN FREED BA  
Teacher-Practitioner  
CRANIO-SACRAL REFLEXOLOGY FAURE-ALDERSON®  
[www.craniofreed.com](http://www.craniofreed.com)  
[www.cranioareflex.com](http://www.cranioareflex.com)



*Representation of the Three Levels of the Human Being on the body and foot*



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# SAVE THE DATE

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WEBINAR

## Insomnia and Reflexology

by Orlando Volpe

Date: November 26, 2025

ANNUAL GENERAL MEETING

## AGM

by F.I.R.P. in Italy

Date: April 23th and 24th , 2026

ANNUAL GENERAL MEETING AND BI-ANUAL RIEN CONFERENCE

## AGM and Conference

by suomen refleksologit in Finland

Date: May 21th - 23th , 2027





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# CALL FOR...

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As we prepare for our upcoming newsletters, we invite you to contribute your articles and recipes that align with our themes. Your insights and creativity can help enrich our community's knowledge and wellness practices.

Your articles can inspire and empower our community as we navigate these seasonal changes together. Please mail your contributions to [secretary.rien@gmail.com](mailto:secretary.rien@gmail.com) to ensure they are included in the respective newsletters.

## **December: "Winter Reflection" (sent in before November 1th)**

**Articles** on how reflexology can assist with common winter ailments like colds and flu and promote overall wellness during the colder months.

**Festive Healthy Recipes:** Provide recipes for healthy holiday treats and meals that focus on nutrition without sacrificing flavor.

## **March: "Spring Renewal" (sent in before February 1st)**

**Articles:** Explore how reflexology can support emotional and physical renewal during spring, helping to alleviate seasonal allergies and boost overall vitality.

**Revitalizing Spring Recipes:** Share recipes featuring fresh greens, herbs, and other seasonal ingredients, focusing on detoxification and rejuvenation to celebrate the arrival of spring.

## **June: "Nurturing Wellness" (sent in before may 1th)**

**Articles:** Reflexology for Chronic Pain Management: Highlight how reflexology can be used as a tool for managing chronic pain conditions, such as arthritis or fibromyalgia, and the specific reflex points to focus on.

**Wholesome Recipes:** Share recipes that promote overall wellness, focusing on nutrient-dense ingredients that support digestion and vitality, like smoothies, salads and light summer meals.





# Thank You

for supporting us

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Supporting each other is the best way to keep the world of reflexology vibrant and full of options.

Thank you for being a part of our RiEN family!

