



RIEN

NEWSLETTER

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SAVE THE DATE

UPCOMING RIEN EVENTS



BOARD INTRO

Welcome to this winter edition of our RiEN Newsletter.

Winter invites us to slow down, turn inward and reconnect with both ancient wisdom and contemporary insights within reflexology care. It is the season to switch on the light within – the inner light that nourishes resilience, balance and wellbeing.

In this edition: discover the story of the solar plexus from Orlando, where the solar plexus is explored as a gateway to our inner light and as a key support for the immune system. You will also find an in-depth article on the winter blues, written by Helga, in which she reflects on the emotional and energetic impact of the darker months and how reflexology can offer support.

Further: warm yourself with a recipe for the cold months and explore how to embrace winter through ancient wisdom and modern practice, shared by Tamara.

We also bring news from France on the AFNOR standards, with contributions from Christelle Canals and Elise. We highlight an important development in healthcare: the adoption of policies supporting traditional, complementary and integrative care, as featured in the VNIG article (August 2025).

Take a quiet moment for yourself, allow your inner light to shine, and enjoy this winter reflection.

We wish you joyfull christmas holidays and a bright, healthy en inspiring start of 2026.

On behalf of the board,
Ingrid

Enjoy reading



DID YOU KNOW



Orlando Volpe

just for your curiosity

Curiosities about plexus solar

The solar plexus is undoubtedly one of the most widely used reflex points in reflexology. When asked why it is used in treatments, the answer is often "to relax."

In reality, the solar plexus is much more complex than you might think. In anatomy, it is called the celiac ganglion (part of the sympathetic autonomic nervous system).

Where does it originate?

It originates high in the spine, more specifically, between the T5 and T9 vertebrae.

Where is the reflex point located?

Anatomically: On the soles of both feet, in the area between the third metatarsal and the first proximal phalanx of the third toe.

Another method for finding the reflex point: Identify the T5-T9 segment on the spinal reflex (medial on the foot) and move horizontally from there to just below the third toe. The point will match the anatomical reference point exactly.

Although there are many different reflexology maps, the solar plexus point is fairly similar across all maps worldwide. What varies is the way it is treated.

The most common method is to apply rotational pressure to the reflex point, but it can be treated in several different ways.

One of these involves extending the third finger to provide deeper and more effective pressure for the client. Naturally, when doing this, you will need to bend the other fingers forward; otherwise, the tension created by bending the third finger would strain the underlying tendon, preventing deep pressure and causing pain.

DID YOU KNOW

just for your curiosity

From experience, I know that every reflexologist or school uses its own method for identifying reflex points and applying treatment, so I won't delve into this aspect beyond the notes provided. What I do think is important is to focus on the effect of solar plexus treatment and why it's so important.

The sympathetic autonomic nervous system is the antagonist of the parasympathetic nervous system, which, due to the vagus nerve, is very popular among us reflexologists. However, working solely on the vagus nerve, as important as it may be, will never be fully effective without also addressing the solar plexus.

The reason for this lies in the fact that the solar plexus (seen from a neurological perspective) plays a key role in "accelerated" stimulation. Its activity releases various excitatory hormones, including adrenaline and noradrenaline, and its overexpression can therefore also create an increase in these excitatory hormones. This situation is counteracted at the neurological level by the parasympathetic autonomic nervous system, and in this case by the vagus nerve. This all occurs spontaneously, as our body has a self-balancing system. Only in cases where there is a strong overexpression of the sympathetic nervous system, such as in cases of chronic stress, anxiety attacks, or panic attacks, may rebalancing take longer.

And so, among the natural remedies available to us in terms of body techniques, there's reflexology.

If it's true that reflexology stimulation aims to stimulate the rebalancing of our body's functions, then it's always useful, even in cases of overexpression of the sympathetic nervous system, to treat the solar plexus reflex, as it stimulates this component of the nervous system to "calm down" and "balance itself." Following this, one can also work on the vagus nerve reflex, but it's always good to treat both, even in cases of anxiety, panic attacks, and severe stress.



DID YOU KNOW

just for your curiosity

Furthermore, the solar plexus acts at the reflexological level to rebalance the functions of the stomach, pancreas, spleen, liver, gallbladder, small intestine, and ascending colon.

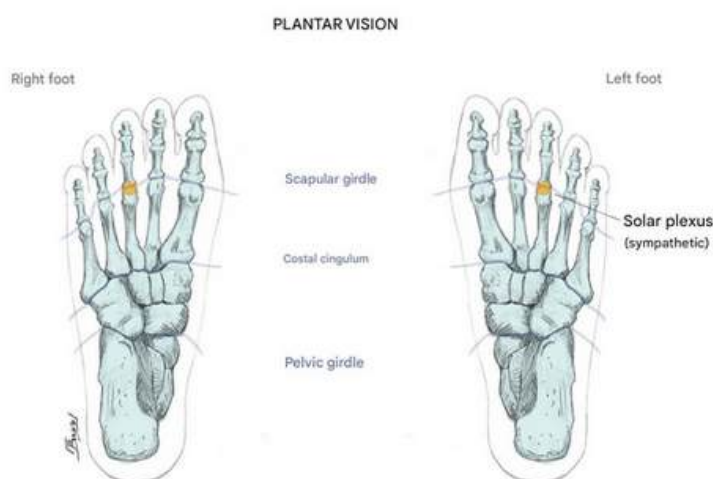
It's important to emphasize that solar plexus treatment can have two different effects, and these depend on the pace we set for our treatment. For example, if the goal is to counteract anxiety, severe stress, panic attacks, or nervous tension, then the treatment should be done very slowly, even 15 minutes per foot.

If, on the other hand, the patient experiences fatigue, weakness, early morning tiredness, or low blood pressure, then the treatment can be done a little more vigorously, as our goal in this case is to tone. In this case, it's advisable to combine it with treatment of the urinary tract and adrenal glands.

I know full well that many of those reading this article are professional reflexologists and know exactly how to treat the solar plexus. I simply wanted to provide a perspective from someone who has studied the nervous system. The premise is the acceptance that the foot has energetic reflexes that can positively stimulate the nervous system, just as it is capable of self-balancing. The solar plexus is a vast topic, but it's wonderful how reflexology can naturally support traditional treatments for various disharmonies.

Warm regards to all of you,

Orlando Volpe



Boskant 21, 5423TP HANDEL The Netherlands

Email: secretary.rien@gmail.com - Website: www.reflexology-europe.org

RECIPE

Warm, nourishing and full of immune-boosting ingredients. This stew is the perfect companion for the colder months. With lentils, sweet potato, kale, and warming spices, it supports wellness while bringing a festive touch to your table.

🍲 Preparation

1. Heat olive oil in a large pot. Sauté onion, garlic, ginger and cumin until fragrant.
2. Add turmeric, cinnamon, carrots and sweet potato. Cook for 3-4 minutes.
3. Stir in lentils, broth, orange zest and juice. Simmer 20 minutes until tender.
4. Add kale/spinach, cook 5 minutes more. Season to taste.
5. Serve warm, topped with pumpkin seeds and parsley.

🌟 Serving Tip

Pair with wholegrain bread or rye toast for a hearty winter meal.



FESTIVE SPICED LENTIL & VEGETABLE STEW

🥕 Ingredients (serves 4)

- 1 cup red lentils (rinsed)
- 1 sweet potato, diced
- 2 carrots, sliced
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 piece fresh ginger, grated
- 1 tsp turmeric powder
- ½ tsp cinnamon
- 1 tsp cumin seeds
- Zest + juice of 1 orange
- 4 cups vegetable broth
- 2 handfuls kale or spinach
- 2 tbsp olive oil
- Salt & pepper to taste

Garnish: pumpkin seeds, parsley



ENJOY WINTER

Winter Reflection: Ancient Wisdom, Modern Practice

As winter settles in, we are reminded that health is not only about resisting the cold, but also about finding balance within ourselves. Reflexology offers us gentle, practical tools to support immunity, digestion, sleep and musculoskeletal comfort during this season of reflection.

In this article, we draw inspiration from Hippocrates, the “Father of Medicine,” whose timeless insights continue to resonate today. He taught that “movement is medicine”, that “food be thy medicine and medicine be thy food” and that “the natural healing force within each of us is the greatest force in getting well.” These principles echo through our three following protocols:

- Winter Wellness & Immunity (Ingham Method) – awakening the body’s natural defenses.
- Seasonal Balance & Digestion (Hanne Marquardt) – harmonizing nourishment and rest.
- Joint Care & Flexibility (Orthopedic Reflexology) – restoring movement and resilience.

Together, they form a holistic winter toolkit, bridging ancient wisdom with modern reflexology practice. May these reflections inspire you to nurture both body and spirit and to carry Hippocrates’ message of balance into your own winter journey.

Tamara Cobos Rodriguez



Tamara Cobos Rodriguez





REFLEXOLOGY FOR WINTER WELLNESS

Strengthening Immunity and Energy

Winter often challenges our immune system and energy levels. Reflexology, with its gentle yet powerful techniques, offers natural support to help us stay resilient during the colder months.

Supporting the Body in Winter

- Immune boost: Reflexology stimulates reflex points linked to the lymphatic system, lungs and sinuses, helping the body's natural defenses against colds and flu.
- Respiratory relief: Working reflexes for the chest and diaphragm may ease congestion and support easier breathing.
- Circulation and warmth: Reflexology encourages better blood flow, reducing the chill often felt in hands and feet.
- Emotional balance: Winter can bring fatigue or low mood. Reflexology promotes relaxation, reduces stress and supports emotional resilience.

Self-Care Tip

A short daily routine, massaging the hand reflexes for the lungs and sinuses, can be a simple way to support wellness at home.

A Note from Hippocrates

Hippocrates reminded us that "the natural healing force within each of us is the greatest force in getting well." Reflexology resonates with this principle: by stimulating reflex zones, we awaken the body's own capacity to defend itself against seasonal ailments.

Reflexology Protocol

Based on the Ingham Method® of Reflexology
The Ingham Method emphasizes systematic "thumbwalking" across reflex zones to promote relaxation and balance.

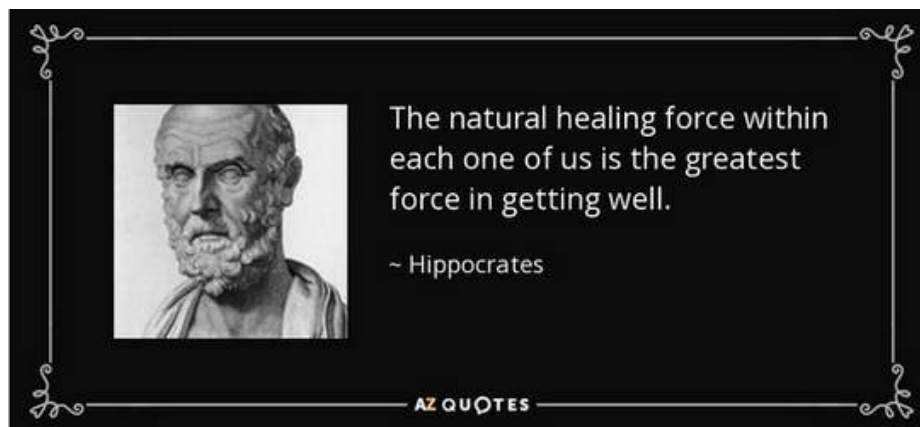
Key Reflex Zones:

- Lungs & Bronchi (ball of foot, below toes)
- Sinuses (tips of toes)
- Lymphatic system (instep and chest reflex zones)
- Adrenal glands (inner arch, midfoot)

Suggested Protocol:

1. Begin with relaxation thumbwalking across the entire foot.
2. Work sinus reflexes (toe tips) with small circular pressure.
3. Stimulate lung reflexes with firm thumbwalking across the ball of the foot.
4. Press adrenal reflex for 30–60 seconds each foot.
5. Finish with lymphatic reflex zones to support drainage.

Duration: 20–25 minutes per session, 2–3 times weekly during winter months.





WINTER

Winter invites us to slow down, reflect and nurture ourselves. Reflexology aligns beautifully with this seasonal rhythm, offering both physical and emotional benefits

Benefits During Winter

- Digestive comfort: Holiday meals can be heavy. Reflexology on stomach and intestinal reflexes supports smoother digestion.
- Joint and muscle care: Cold weather often aggravates stiffness. Reflexology eases tension in reflexes linked to joints, hips, and spine.
- Sleep support: Longer nights call for restorative rest. Reflexology on pituitary and pineal reflexes may encourage deeper sleep.
- Holistic reflection: Reflexology sessions provide a quiet space to reconnect with oneself, fostering mindfulness and renewal.

Self-Care Tip

Combine reflexology with warm herbal teas (ginger, chamomile or cinnamon) to enhance relaxation and circulation.

A Note from Hippocrates

Hippocrates taught that “food be thy medicine and medicine be thy food.” Reflexology supports this wisdom by harmonizing digestion and rest, helping the body to process seasonal meals and restore balance during winter’s reflective pause.

Reflexology Protocol

Based on Hanne Marquardt’s Reflexotherapy of the Feet

Marquardt’s approach emphasizes the “image of the whole person in the feet,” integrating physical and emotional aspects

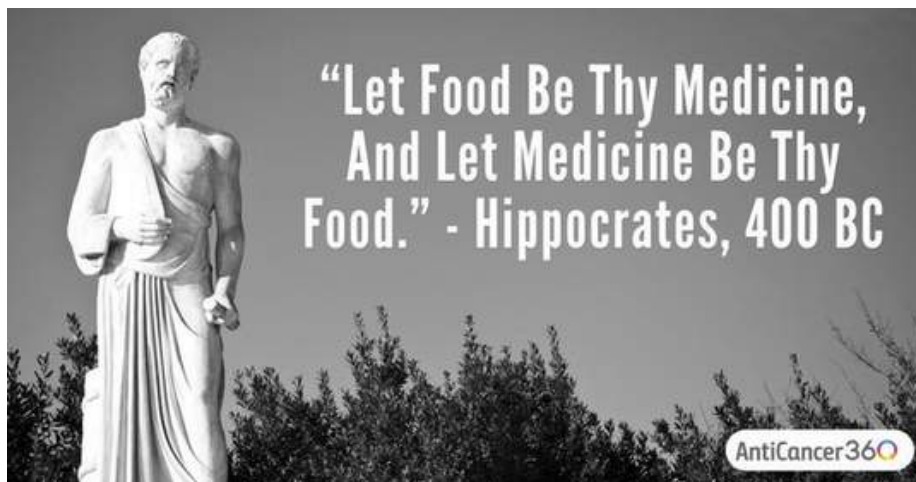
Key Reflex Zones :

- Stomach & Intestines (arch and heel)
- Spine reflex (inner edge of foot)
- Pituitary & Pineal glands (big toe center)
- Kidneys & Bladder (mid-arch)

Suggested Protocol :

1. Warm up with gentle massage of the whole foot.
2. Apply pressure along the spine reflex to ease tension.
3. Work stomach and intestinal reflexes with slow, deep thumbwalking.
4. Stimulate pituitary/pineal reflexes with gentle circular pressure on the big toe.
5. End with kidney/bladder reflexes to support elimination.

Duration: 25–30 minutes per session, weekly or biweekly for maintenance.





WINTER

Orthopedic Reflexology for Winter Stiffness and Joint Care

Orthopedic Reflexology focuses on musculoskeletal health, using precise pressure techniques to influence reflexes connected to bones, joints and muscles. This approach is especially valuable during winter, when cold weather often increases stiffness and discomfort.

Benefits During Winter

- Relieves stiffness in hips, knees, and spine.
- Supports flexibility and mobility.
- Encourages circulation to muscles and joints.
- Complements physiotherapy or gentle winter exercise.

Reflexology Protocol

Based on Orthopedic Reflexology (my own interpretation of Spiros Dimitrakoulas' teaching a few years ago in Greece)

Key Reflex Zones:

- Hip and knee reflexes (outer edge of foot, near heel and ankle)
- Spinal reflexes (inner edge of foot, heel to big toe)
- Shoulder reflexes (outer edge below little toe)
- Muscular reflex zones (arches and metatarsal areas)

Suggested Protocol :

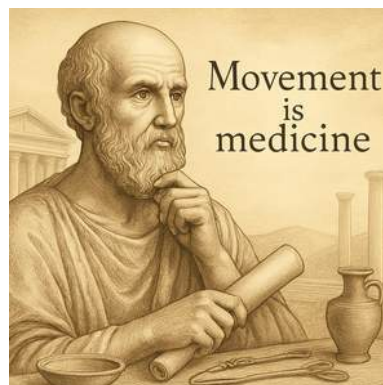
1. Begin with warming massage across the arches to stimulate circulation.
2. Apply firm pressure along the spinal reflex to release tension.
3. Work hip and knee reflexes with deep, sustained pressure.
4. Stimulate shoulder reflexes with circular movements.
5. Finish with gentle stretching of the toes and ankle mobilization.

Duration: 20 minutes per session, 1-2 times weekly during colder months.

A Note from Hippocrates

Hippocrates, often called the "Father of Medicine," taught that "movement is medicine" and that balance between body and environment is essential for health. In his writings, he emphasized that cold and damp seasons could aggravate joints and muscles and recommended warmth, massage and exercise to maintain flexibility.

Orthopedic Reflexology echoes this wisdom: by stimulating reflexes linked to the musculoskeletal system, we help the body adapt to winter's challenges, restoring balance and mobility in line with Hippocrates' timeless principles.



Boskant 21, 5423TP HANDEL The Netherlands



NEWS FROM THE REFLEXOLOGY FIELD IN FRANCE

In July 2025, France officially published the first national standard dedicated to reflexology service provision: **the AFNOR S99-807 standard**.

This major achievement—led by the Collegiate Alliance of French Reflexology Federations and Professional Syndicates—represents one of the most significant structural advances the profession has seen since its establishment in Europe.

It responds to a clear need: establishing a **high-quality, transparent, and safe framework** for users, while preserving the diversity of existing reflexology approaches.

Why a Standard? Why AFNOR?

For many years, French institutions noticed the rapid growth of well-being practices without always understanding their specificities, scope of practice or ethical requirements. Reflexology was no exception.

In response, French professional organisations chose to **act rather than be acted upon**. They approached AFNOR—the French national organisation for standardisation—to initiate an official, collectively built framework recognised by the State, while ensuring that **no reflexology techniques would be standardised or homogenised**.

AFNOR is the legitimate institutional actor for such a project: its role is to produce recognised frameworks built by consensus, serving as references for professionals, users, public institutions and training organisations.

The AFNOR standard guarantees a transparent, collaborative and rigorous process, involving federations, syndicates, trainers, experts and practitioners.

It establishes requirements, but **does not regulate** : it defines the quality of a profession, not a legal framework.

What the Standard Covers – and What It Does Not Cover

It is essential to emphasise that the standard **does not standardise reflexology techniques**.

It does not define a single method, does not favour any school, does not impose protocols, and does not challenge any reflexology tradition.

What it does regulate is **the profession itself** :

- professional posture
- ethical and deontological obligations
- quality of the therapeutic relationship
- training requirements
- evaluation criteria
- hygiene rules
- transparency with clients
- professional responsibility

All elements that ensure **safety, benevolence, and quality of service**.

In other words, the standard protects clients as well as the profession itself, anchoring it within a recognised and rigorous framework.

The Main Dimensions Developed in the Standard

The S99-807 standard provides an in-depth description of the professional foundations of reflexology :

- definition of the profession
- required competencies
- scope of practice
- description of reflexology services
- requirements for initial and continuing education
- ethics and deontology
- quality of service
- regulatory monitoring

It defines the reflexologist as a wellness and stress-management professional, working through stimulation of reflex zones, with a focus on supportive care, attentive listening and preserving the individual's health resources.

It also clarifies what the reflexologist does not do : medical diagnosis, therapeutic advice, or modification/interruption of treatments.

The main objective is to **secure and clarify the role of reflexologists** within the landscape of well-being, prevention and supportive care, while facilitating interprofessional dialogue and potential integration into structures such as hospitals, retirement homes, companies, medico-social facilities or schools.

A Structured and Demanding Training Framework

The standard also defines expectations for initial training:

a minimum of 250 hours, 70% of which must be in-person, structured around three competency blocks:

1. analysing client needs and establishing a reflexology assessment
2. implementing reflexology protocols
3. managing and developing a reflexology practice

It emphasises pedagogy, teaching methods, supervised practice, professional posture, supervision, practical situations and structured evaluations.

It also highlights the importance of continuing education, supervision and peer exchanges—confirming reflexology as a profession that evolves through practice and ongoing knowledge development.

NEWS FROM THE REFLEXOLOGY FIELD IN FRANCE

A Common Foundation for a Diverse Profession

One of the strengths of the standard is its ability to unite the profession around a shared framework **without erasing methodological diversity.**

It does not redefine reflexology; instead, it confirms its richness while guaranteeing a common foundation of skills, ethics and quality.

In a context where external actors may attempt to define well-being professions without understanding them, the standard demonstrates the serious and structured work carried out for more than twenty years by the profession itself.

A French Achievement Serving European Dialogue

For RiEN, this French initiative is a strong signal: it offers a possible model for structuring the profession in a way that respects traditional approaches while remaining adaptable to European diversity.

It demonstrates that it is possible to define requirements for a profession without restricting its approaches, and that the profession can be proactive when acting collectively.

The AFNOR standard may serve as a basis for strengthening European alliances, promoting mutual recognition of skills, and supporting a stronger dialogue with international institutions about safety, quality and respect for diversity.

Towards a Profession of Increasing Recognition

By creating this standard, we demonstrate our capacity to organise ourselves, work together and elevate the profession to the level of rigour expected by institutions.

Current Challenges: Structuring to Exist

or the profession, there is a dual challenge:

On the one hand, French and European institutions are paying increasing attention to well-being professions, often with a desire to regulate them—sometimes without truly understanding field realities. The AFNOR standard shows that the profession is not waiting to be regulated: **it is structured and proactive.**

On the other hand, an essential collective challenge exists: **uniting to gain influence.**

This is the purpose of creating the directory of reflexologists compliant with the standard, allowing the public and institutions to quickly identify professionals who are:

- members of a contributing organisation,
- or purchasers of the standard,

and committed to a practice aligned with recognised professional expectations.

An Essential Point to Explain: Individual Purchase of the Standard

For many professionals, purchasing the standard represents a cost and may seem abstract.

The difficulty often lies in the fact that its benefits appear “collective,” while the purchase is “individual.”

However, in an emerging profession like ours, the **collective creates individual value.**

The more practitioners support the standard:

- the more indispensable it becomes,
- the more it strengthens the profession’s credibility,
- the more it serves as a basis for discussions with ministries and international bodies,
- the more it protects individual practitioners from misappropriation, misuse or denigration,
- and the more it contributes to recognition, partnerships, potential reimbursements, and integration into care pathways.

Without collective engagement, no recognition is possible.

With a strong common foundation, every practitioner becomes more legitimate, more visible, better protected and better respected.

This is the key message:

Contributing to a collective construction today means securing tomorrow’s individual benefits.

Christelle Canals from the SPR
and Elise Manzoni from the FFR



Christelle and
Elise

WHO ADOPTS POLICY ON TRADITIONAL, COMPLEMENTARY, AND INTEGRATIVE CARE

Dutch Journal for Natural and Integrative Healthcare (VNIG) Aug. 25, 2025

During the 78th World Health Assembly at the end of May, the member states of the World Health Organization (WHO) unanimously adopted the Traditional Medicine Strategy 2025–2034. This strategy marks a historic step: traditional, complementary, and integrative medicine (TCIM) is recognized as an essential part of future-proof healthcare.

For all European TCIM practitioners, this is a powerful international endorsement: integrating their expertise into standard care is not only desirable, but necessary.

The WHO explicitly calls on countries to integrate TCIM systems into their regular healthcare systems in a responsible and scientifically sound manner.

Assistance for practical implementation is currently being developed. For example, the study by Steel and colleagues (2024) describes the development of the Contemporary Implementation of Traditional Knowledge and Evidence framework, designed to apply traditional knowledge in a rigorous and respectful manner in modern healthcare, policy, research, and education.

Source citation:

World Health Organization. (2025, June 2). WHA78: Traditional medicine takes center stage.
Steel, A., et al. (2024). Designing the Contemporary Implementation of Traditional knowledge and Evidence (CITE) framework to guide



WINTER BLUES - WHAT NOW ?

I am aware that I am writing this article for professionals and that some explanations would be superfluous for you. Nevertheless, I find it difficult to assume your knowledge and skills, and I don't know where I should leave out explanations. I myself like to be reminded of basic knowledge and hope that you feel the same way :)

The University Outpatient Clinic for integrative healthcare and naturopathy writes

'There are various factors that - individually or in combination - can trigger the winter blues.....'

'The main reason is lack of light. In the autumn and winter months, we get less daylight than in spring and summer, which can affect certain neurotransmitters (serotonin) and thus lead to mood swings. Daylight also has an influence on our biological clock. As the days get shorter in autumn, the sleep-wake cycle deviates more strongly from the day-night cycle. This can lead to sleep disorders.

Less daylight and a disrupted day-night rhythm contribute to the winter blues.

When the days become shorter and the nights longer, the external day-night rhythm and the internal biological clock no longer match.

Winter blues also have a biochemical cause: when light intensity decreases, the "sleep hormone" melatonin is released. To produce this, the body uses the amino acid tryptophan, which is also needed for the production of serotonin and is then less available for this purpose. This causes serotonin levels to drop - and serotonin is responsible for mental balance and positive mood in the brain. A deficiency can lead to despondency and irritability.

The further away you live from the equator, the higher the likelihood of winter blues, because the difference between day and night is greater in winter. This is why the rates are particularly high in Scandinavia, for example.'

<https://www.uniambulanz-witten.de>



Helga Dittman

WINTER BLUES - WHAT NOW ?

Now that we know where the winter blues come from, we can add reflexology to the general recommendations such as light, fresh air, exercise and vitamin D supplementation, both to help ourselves and to treat our clients. In addition, we can give them a small self-help programme to take home with them.

Below, I describe the 'core zones', which we can supplement with any organ zones depending on the situation.

The core zones relate to certain hormone glands and the nervous system. The epiphysis is involved in controlling the day-night rhythm,

The pituitary gland is involved in the formation of serotonin and controls all other hormone glands, the adrenal glands produce adrenaline and noradrenaline, which are transmitters for the transmission of nerve impulses.

Both the central and vegetative nerve pathways run through the spinal canal. The interaction of these hormones and nerves supports both the body's energy production and a positive mood.

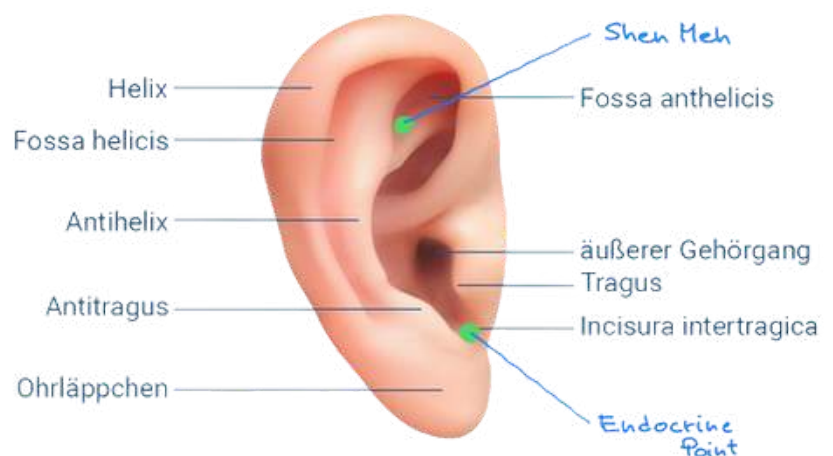
In some reflexology diagrams, the epiphysis and pituitary gland are located in the middle of the big toe (plantar), while in others they are located on the medial edge. As I cannot say for certain which diagram is more accurate, I treat both areas, as shown in the diagram.

It is best to start your treatment on the ears. If you are familiar with ear reflexology, you can work through the routine and then hold the individual points.

We treat the Shen Men because it has a mood-lifting effect and the Endocrine Point because it has a stimulating and balancing effect on all hormone glands.

However, you can also go directly to the Shen Men and the endocrine point. Approach the ears slowly and carefully. You can also place your hands on the shoulders of your client first. A sudden touch on the ears can be frightening for some people and cause them to tense up, which is not our intention.

- Shen Men
 - place the tips of your index fingers into the edge of the fossa anthelix (triangular groove) of both ears at the same time (you can additionally hold with the tips of your thumbs from the back of the outer ear at the same spot). Hold with light pressure until you feel a pulsation. Then slowly remove and go to
- Endocrine Point
 - place the lateral side of both of the tips of your index fingers into the incisura intertragica and again hold with light pressure until you feel a pulsation. Usually that takes between one and two minutes. If you don't feel pulsation, slowly remove after about three minutes.



Medi-Karriere

Boskant 21, 5423TP HANDEL The Netherlands

WINTER BLUES - WHAT NOW ?

Then move on to the feet.

Use the relaxation and warm-up techniques as you normally would.

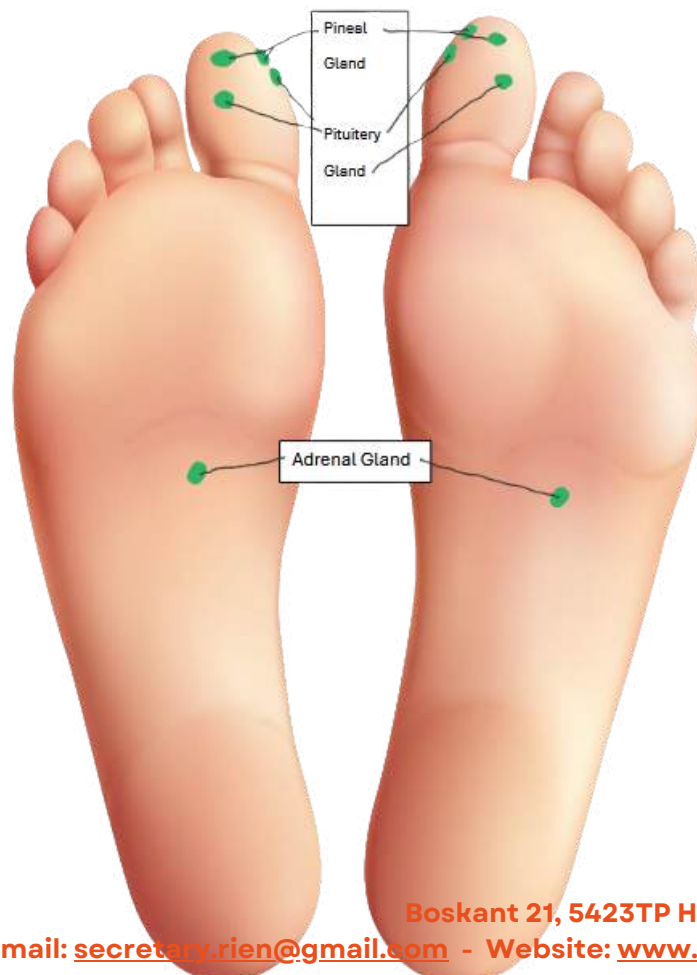
Before you move on to the specific points, you can treat the big toe once or several times, inch by inch, from all sides. I prefer to use the thumb roll technique for this. This way, you will have reached all areas of the brain.

I then recommend treating the individual points for the epiphysis and pituitary gland with small, circular movements using your thumb or fingertips. The pressure is light but still noticeable and remains in place. Do the same with the zone for the adrenal gland.

I also recommend treating the reflex zone of the spine and spinal canal with a circular, flowing movement using light but noticeable pressure. I move up to the tip of the big toe or start there to reintegrate the brain. Work through this zone several times from the heel to the big toe and back again, or vice versa. Finally, you can stretch each individual toe, as this also allows us to reach the cranial nerves.

Of course, you can integrate any other reflex zones into this sequence as you wish.

In my experience, the gentle circular movements, especially on the spinal cord reflex zone, have a mobilising, awakening effect on the mind and zest for life. It's like gently pressing the accelerator pedal on a car engine that won't start, knowing that if it gets too much petrol or diesel, it will give up.



WINTER BLUES - WHAT NOW ?



With our winter blues protocol, we keep in mind that it is not about achieving an effect at the push of a button, as if we were taking a pill, but that we always support the body's own powers and regulatory systems, which can mean that an effect is only noticeable after a few hours or days and that a positive change is often not attributed by our clients to the reflexology treatment, as they do not consciously perceive it, such as the sudden disappearance of pain. It can be helpful to encourage clients to observe closely what happens to their body and mood over the next few hours and days. This makes them more sensitive to the changes in their body and mind.

It is not uncommon for a noticeable effect to only become apparent after the second or third reflexology treatment. It is best to apply this protocol 6-8 times at intervals of 2-4 days and show your clients some areas on the feet or hands that they can treat themselves daily, e.g. the reflex zone for the spine and spinal cord and/or the big toe, which should be stimulated over a large area.

You can also apply the protocol for the feet to the hands. I like to give my clients the work on their hands as homework.

I wish you every success in transforming your winter blues into a winter high. 😊

Helga Dittmann
www.reflexology.de

SAVE THE DATE



WEBINAR

“No pain, no gain”

by Didier Vin

Date: March,9 2026

ANNUAL GENERAL MEETING

AGM

by F.I.R.P. in Italy

Date: April 30th and 1st May , 2026

ANNUAL GENERAL MEETING AND BI-ANUAL RIEN CONFERENCE

AGM and Conference

by suomen refleksologit in Finland

Date: May 21th - 23th , 2027



CALL FOR...

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 to ensure they are included in the respective newsletters.

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.





RIEN

Reflexology in Europe Nexus

WISHES ALL
REFLEXOLOGISTS
A

*
☆ Happy ☆
New Year
2026
☆

REFLEXOLOGY-EUROPE.ORG

Thank You

for supporting us

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!

