

Pathologies of the Foot and Hand workshops

17 & 18 Oct 2018 in Adelaide SA – pre-RAoA Conference
by Lisa M. Chan, LAc, PhD, Reflexologist



Lisa Chan is one of the RAoA SA Conference Keynote speakers.
Lisa will be conducting 2 x not-to-be-missed 1 day workshops
1 day Hand and 1 day Foot – option to attend one workshop or both
Wednesday 17th October and Thursday 18th October

Can you name 38 pathologies of the hand and foot?

Shingles Skin Cancers The Diabetic Foot Infections Parasites Sexually transmitted disease present in the feet Deep Vein Thrombosis (DVT) Morton's Toe Neuropathy Over Pronation Achilles Tendonitis Arch Pain and Arch Strain Arthritis Athlete's Foot Bunions Calluses Charcot-Marie-Tooth (CMT) Claw Toes Corns Eczema MalletToes Metatarsalgia HammerToes Heel Pain Heel Spurs Morton's Neuroma Overlapping Toes Psoriasis Post-Tib Tendonitis Plantar Fasciitis Polydactyly Pregnancy and Your Feet Sesamoiditis Shin Splints Toenail Fungus Ingrown Toenails. Heel Fissures Diabetes 2, carpal tunnel

“So what was happening to you right before this started?”

Sometimes this question is met with a blank stare, and sometimes, doors creak open. It may not be today, or tomorrow, but the seeds are planted. What was happening before this UTI, this weight gain, this back pain, these headaches, this depression? How did I feel? What was happening in my life? Was I eating a ton of sugar? Did I forget to wear my shower shoes at the gym?

Are you aware of the difference between **Arterial insufficiency and Venous insufficiency** for example? Here we work on the feet and lower legs where examples of arterial insufficiency also called arteriosclerosis or narrowing of the arteries show up. How does the reflexologist know what they are dealing with? **If the arteries of the lower abdomen or legs are involved, you might have repeated episodes of leg cramping when you walk.** Arterial insufficiency also can affect the arteries in the abdomen, causing pain after you eat meals. (Goldman L.E.Medicine.medscape.com internet) **Varicose veins are usually better with elevation, better with cold and walking and better with compression socks. Arteriosclerosis in the legs is exactly the opposite.**

Did you know that foot problems can be the first place to look for signs of some systemic diseases of the heart and kidneys? It is often the right thing to refer your clients to their MD for a check-up and a blood panel.

It is not a failure of reflexology, but more, you being a caring, supportive and educated practitioner. I am not asking you to diagnose, only to be aware, only to deepen your practice, your curiosity and your awareness.

This and more will be covered in **Pathologies of the Feet and Hand**, taught by Lisa M. Chan, LAc, PhD, Reflexologist, in Adelaide. This will be combined with hands-on work on how to increase your effectiveness for some of these pathologies. Lisa decided to teach this course while studying internal medicine in acupuncture school. For more information see article in this issue of FootPrints. For bookings please contact the presenter direct - Lisa Chan healingnrg@hotmail.com
Early Bird fee \$200 AUD per workshop until 31/8/2018. \$225 AUD 1st September onward per workshop. All payments to be made direct to L Chan via Paypal - Healingnrg3@hotmail.com

For additional information and RAoA conference information contact Conference Convenor Marie Steinke marie.steinke@internode.on.net