



REFLEXOLOGY ASSOCIATION OF IOWA



Greetings Iowa Reflexologists.

It is getting to be that busy time of the year. All of the good food, family and friends gather together. Making new memories this holiday season with the ones you are with. Forever cherish those in your life and pause and remember those that have went before you.

What is next for RAIA????

RAIA's Reflexologist for December



JANET LATCHAW

Reflexologist: Her retirement hobby!!

Lives in Eldridge, Iowa. Janet has been a school teacher and went to be a Reflexologist.

Janet is a dedicated reflexologist. She has been a delegate, and a RAIA member for many years.

We thank you Janet for your hard work, and all you have done for RAIA and Reflexology.

The RAIA Board is looking different these last few days.

We now have a new President and a new Vice President and Secretary. Gained 2 Directors at Large.

President: Renita Murrell

Vice President: Barbara Duncan

Secretary: Renita Murrell

Treasurer: Joye Meyer

Directors' at Large:

Patricia Barrance; Judy Peterson

Amy Petersen; Kathy Petsche

Paulette Canney

Jamie Thompson

Vice President — Barb Duncan-barbaraduncan20@yahoo.com

President – Renita Murrell-renitamurrell2@gmail.com

What do we have planned for all of our wonderful reflexologists?

WE ARE WORKING ON THE CHAT N' LEARN!

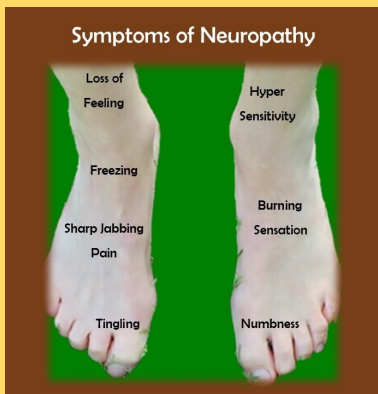
Our first topic will be:

Neuropathy

Wednesday Evening at 6:30 P.M.

December 27th

I will be sending out the Zoom Link the week of December 25th and we would love to have you all come and join in on the discussion.



The main presenters will be Renita Murrell and Amy S. Petersen. We would love to hear about any clients that you have worked on and the results.

What reflex points would you work on?

Be thinking!!

RAIA 2025 Conference?

Ideas are being suggested and looked into for our 2025 Spring Conference.

Question ? If we have to move the Conference to a 2024 Fall Conference, would this be acceptable to all of you?

We would love your input.

Book Review is Back!!

Parkinson's Disease by:

William J. Weiner, MD;
Lisa M. Shulman, MD; Anthony E. Lang, MD

I have a personal interest in Parkinson's. So I decided to buy this book, read it and get a better understanding of Parkinson's, not just for my family member but for my clients. This awful disease seems to be appearing more and more in our lives.

What is Parkinson's disease?

Parkinson's disease is a degenerative neurologic disease. Degenerative means "declining in quality", this disease increases in severity over time. Neurologic refers to the Nervous system. So it is considered that Parkinson's disease is a disease of the nervous system that gets worse over time.

Parkinson's disease is considered also a chronic progressive neurologic disease. Chronic means "of long duration", progressive means "proceeding in steps" or "advancing". Parkinson's does not go away, and it gradually gets worse.

What happens in Parkinson's Disease?

In Parkinson's disease, the neurons (nerve cells) of the brain area known as the substantia nigra (black matter) are primarily affected. When the neurons in the "Black matter" the brain's ability to generate body movements is disrupted and this disruption produces signs and symptoms characteristic of Parkinson's disease such as: tremors; rigidity, akinesia (lack of movement or loss of spontaneous movement) and bradykinesia (slowness of movements); and problems with walking and posture.

There are other Neurologic Diseases that resemble Parkinson's. How do your doctors tell the difference and not have a misdiagnosis? Some of these are Essential Tremor; Tics; Alzheimer's Disease; Wilson's Disease and a few more.

Essential Tremors are often mistaken for the starting of Parkinson's Disease. This frequently runs in families, and often starts with Grandparents. It is actually quite distinct from the tremor seen in Parkinson's because it is what movement disorder specialists call a Kinetic tremor. A tremor that appears when a person's hands are moving rather than when they are still. Example when they try to pick something up or put it down. Their hands will shake terribly almost uncontrollable.

Tics: Is also called Tourette's Syndrome. The movements are often repetitive, involuntary movement that starts quickly and last a short time. They can be short and simple or complex movements even sounds.

Wilson's Disease: Wilson's is an extremely rare disease that is caused by a copper metabolism that deposits excessive copper in the liver. Mostly starts at the age of 25. The symptoms include, tremors, slowness, and clumsiness of movements, gait difficulty and emotional problems. This disease must be diagnosed correctly because the outcome can become fatal if not correctly identified.

The treatment for Parkinson's are as follows: Levodopa; Dopamine; MAO Inhibitors; Antidepressants; Sedatives.

What would Reflex Points would you work for any of these Nervous system diseases? I would love to hear from you.