



Sue Ricks Newsletter

Gentle Inspirations

In this, our first edition, we start as we mean to go on with interviews, stories and great tips for a better life.



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Introduction

Welcome to our lovely new Gentle Inspirations Newsletter.

Our hope is that you'll find lots of nice life affirming and useful information in our new style newsletter.

In this edition you will find some really lovely information from Ko Tan who spoke at the UK Reflexology Conference about foot, hand and ear reflexology.

How to register for the International Foot Reading Conference.

Some travel and holiday thoughts.

Nature at its best. Images to lift your spirit!

Recipe corner...yummm!

An update from Sue plus our latest courses with dates etc.

We hope you really enjoy our new venture. We would love to hear your feedback so please let us know via email or Facebook. We appreciate you getting in touch.

Enjoy

Sue x x



Update from Sue

It's been ages since we did a newsletter and so much has happened and now I'm back from a lovely two week holiday in France, it's time to launch this new newsletter.

Well we've had the UK Reflexology Conference and what a treat that was for any of us who could make that. The weather threw us all a curved ball and heaped snow on the parade and so some couldn't even get there however huge numbers lived in places where we were accessible. What an incredible time that was had by all.

We had 16 speakers and live tutorials at the end which were packed and hugely enjoyed too.

The vendors say they loved it and we enjoyed shopping with them.

I felt really late in posting the photos from this event however each and every person who came made it what it was and the vibe keeps going with us all seeing the photos. If you've not seen them yet please go to our Facebook group [UK Reflexology Conferences 2018 Photographs](#) and request to join, we will accept as soon as possible.

We as a team are so pleased that it all went well and I thank the team from the bottom of my heart. You all did an amazing job.

Helen continues to be incredible support to all our students, clients and contacts, Dave and Paul continue to run awesome events with Dave doing all our web and creative input www.lightupcreative.co.uk

Alice has been settling in nicely and becoming invaluable in supporting the Academy students and members. (more of the later)

We are so pleased that the conference has launched other events too. It's fabulous that NI are now hosting a conference too in September 2019 <https://www.facebook.com/ReflexologyNI/>

And we have a World First of a one day Conference with Five International Foot readers in September 20th this year...see later for more information about this fabulous opportunity.

I've also been busy with some charity work in Ireland which is a private venture that's been a really beautiful thing and changing children's lives big time. It's felt an honour to be part of that and see their trainers now carrying it forward for the benefit of these vulnerable children and their parents. These last few years of working together has felt such a privilege. Thank you to the huge number of people who instigated it, made it happen, trained and used the service created. It's a lovely thing to watch creating its own life and momentum.

Personally, it's been a challenging time for our family as our Dad has Alzheimers and Vascular Dementia and it became time to adjust him to safer living. This has meant that we've done the tough stuff and helped him settle in a new home. We've been having full time carers for some time at home but time moved on for him and it was necessary to up his care to a facility geared up to take great care of him. Luckily, we found one and they've help dad adjust to his new home and carried on the work of the carers he had at home. They were fabulous and one spin off intense learning curve was that I created a way of using reflexology to assist Dad and support his carers and ourselves. You'll see this new course option in our course dates

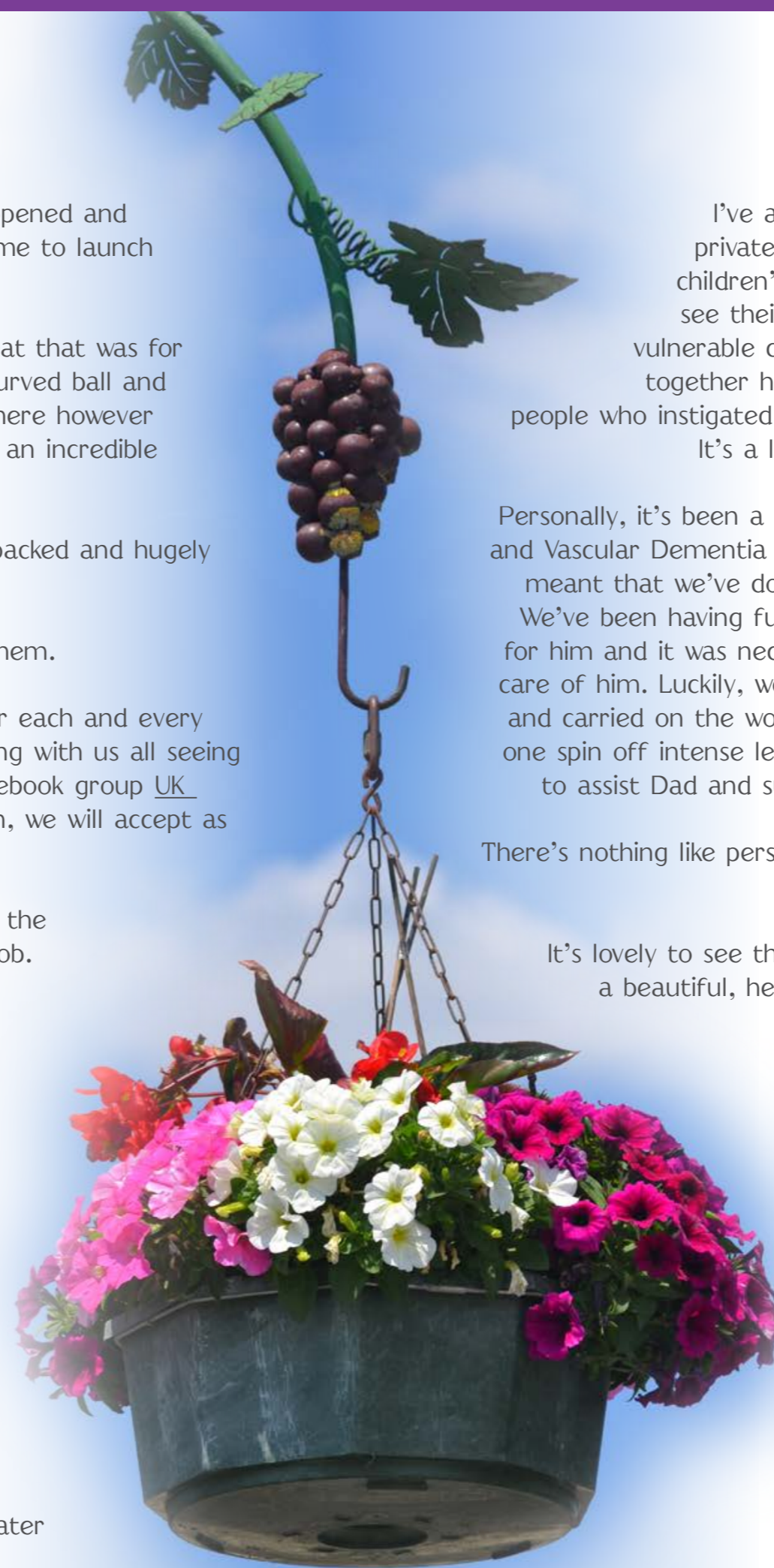
There's nothing like personal experience for stretching comfort zones and creating opportunities to learn!

It's lovely to see the Academy taking off. We've worked so hard to make this a beautiful, helpful and deeply informative place for people interested in reflexology and other associated subject matters to go.

My friend described it as the "Netflix of reflexology"!

We've had such lovely feedback about it.

If you've not seen the Academy yet you can use this code to get half price off your first month subscription. Go to <https://suericks.com/Academy/Login/> and use code: 50OFFAUG



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"I love that the content is in small bite sized chunks - perfect for watching over a cup of coffee" - Lisa D

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My Experience with Feet, Hands, Ear and Face Reflexology

By Ko Tan

Priority and Progressive Integrative Reflexology

This is a quick introduction of how foot, hand, ear and face reflexology have influenced my life, the people around me, and worked in my private practice. The Priority and Progressive principles of Integrated Reflexology are powerful and effective.

Many years ago like most of you, I started my journey in reflexology working on the feet. Since you are familiar with the fantastic result that can be obtained with just foot reflexology I'll not go into the many benefits it provides. Suffice it to say that foot reflexology did have a big impact in my own health and the people I worked on.

Next, I encountered working on the hands and ears. I was even more amazed by the effect these two systems had on a person's health. Learning and applying the priority and progressive approaches taught by Bill Flocco gave me new insights into how to work creating faster results.

Hand Reflexology

Hand reflexology as a stand-alone reflexology therapy and has many similar benefits as foot reflexology. One benefit of hand reflexology is that our hands are easily accessible to us anywhere and anytime. With the principles of priority and progressive reflexology working on the hands seems to enhance results for helping with challenges dealing with the sinuses and for headaches.

In one case for many years a friend of mine suffered from sinus infection regularly. During one of these miserable episodes I was able to give her a hand reflexology session. I worked on her hands for almost 25 minutes. At the end of the session, she reported that her sinuses were not painful any more. That afternoon she had a prearranged appointment with her doctor. Amazingly, the doctor was wondering how she got rid of her infection, as he could not detect any infection present. Her body had downgraded her typical infection to a runny nose. I was delighted when she told me the news the next day!

Another friend suffered from a pinched nerve in her left arm for almost three years after a automobile accident. With the Priority concept in mind, I worked on her arm reflex on her hand for about 25 minutes before working on her feet and ears. Miraculously, the pain that she had experienced daily for three years was gone! The friend could not pay me for the session, but she offered to clean my house once a month in exchange of getting her reflexology session once a month. I think that is a good deal for both of us!

Ear Reflexology

As soon as I learned about the ear reflexology, I fell in love with it. I was intrigued by the combinations of ear points founded in different cultures throughout the world. Ear reflexology is a very unique system and provides almost instant results. Interestingly, ear reflexology gives the fastest relief for most skeletal/muscular system challenges. For me it is the most relaxing therapy.

I travel quite often and must sleep on different hotel beds. No matter how good the hotel beds are, they will never replace my own bed at home. Waking up with a crick in the neck is not unusual. Ear reflexology has been an effective tool to combat this situation. Working on my ears I can get back into my daily routine without experiencing any pain in my neck.

Due to the stress reduction response from the ear reflexology, it is the most calming therapy that I have known. It works effectively and fast. It is a common struggle for a lot of people not to be able to have a good night's sleep. I have performed many ear reflexology sessions on some sleep-deprived clients with ear reflexology. Ninety percent of these clients report better sleep after the session of ear reflexology, especially when supported by foot and hand reflexology. However, for lasting relief most clients ultimately have to change their lifestyles to balance out the root causes of the problem. While they are making healthy changes in their lives, their ability to rest or sleep better has been restored gradually with regular ear reflexology sessions.

Face Reflexology

And then, came face reflexology (mind you, it is not a new concept) and for me the excitement of creating a new face therapy using jade stones. Discovering and streamlining the vast information of face therapies around the world has been a challenge. With the second edition of About Face published at the end of last year, the information is more complete and closer to what I originally envisioned.

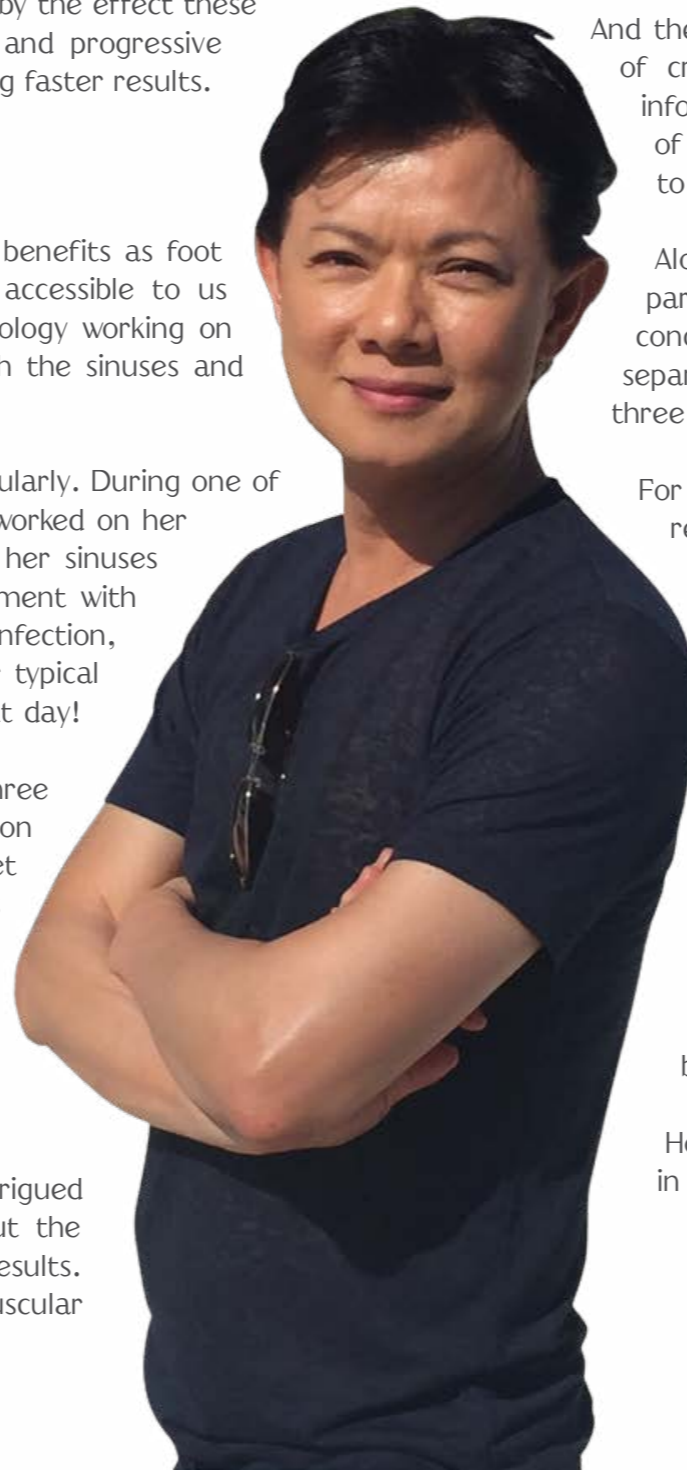
Along with lymphatic drainage face therapy and jade stone face therapy, face reflexology is part of what is introduced in About Face. Since then workshops of face reflexology have been conducted in various parts of USA with stunning results reported back to me. There are three separate stand-alone face therapies presented in a workshop. However the principles of these three therapies can be combined to create powerful results.

For example, one student from Wisconsin has been using the jade stone with the face reflexology concept to help her clients with face paralysis. She updates the results of her work regularly with documents as well as photos to show the progressing changes on her clients. As the saying goes, photos are worth a thousand words. The outcome is evident and fulfilling to both the client and the therapist.

When people asked, doesn't face therapy only create a "skin-deep" beauty result? I repose a question to them by asking: What is the largest organ on the human body? If they answer the skin, than my next question is: Doesn't reflexology assist in balancing the organic systems of the body? If that is so, how can the largest organ be ignored?

Yes, with the three face therapies, we can improve the skin ability to withstand what is coming from outside and what is coming from inside to invade the body. Faces are being rejuvenated to the point a person can look many years younger. I have seen the fine lines on the face and neck erased; and I have witnessed the beautiful natural pink color come back to the face.

Hopefully this short information gives you a glimpse of what the workshops in UK will be like. I look forward to meeting you and working with you soon!



3 Easy-to-Make Recipes for Natural Fabric Softener

– Recommended by Debbie Hitt



There's nothing quite like freshly laundered clothes — especially when your clothes are downy soft to the touch. These days, there are plenty of grocery store options for softening fabric, but many of them use synthetic or non-biodegradable chemicals. The good news? It's easy to make all-natural fabric softener in the comfort of your home.

Below, we've collected three of our favourite recipes for natural fabric softeners. These recipes use all-natural, easily found ingredients like baking soda, vinegar, salt, and essential oils to leave laundry luxuriously soft and smelling fresh.

Vinegar Fabric Softener

Our first natural fabric softener recipe is the simplest of all, requiring just two ingredients. This natural fabric softener can be sprayed into the dryer in place of dryer sheets. The vinegar in this recipe softens fabric, and even acts as an antibacterial and antimicrobial agent.

To make this recipe, you will need:

- Vinegar
- Essential oils

Recipe directions:

1. Use a funnel to pour vinegar directly into a spray bottle.
2. For every cup of vinegar you use, add 10 to 15 drops of essential oils.
3. Seal spray bottle and shake to mix.
4. Lightly spritz laundry before starting the dryer.

Salt & Baking Soda Fabric Softener

Our second natural fabric softener uses Epsom salts and baking soda to create a dry fabric softener that can be added into your washing machine. If you can't find Epsom salts, coarse sea salt can be used in a pinch.

To make this recipe, you will need:

- Epsom salts
- Baking soda
- Essential oils

Recipe directions:

1. Mix Epsom salts and baking soda together in a sealable container. Use a cup of baking soda for every full cup of Epsom salts.
2. For every cup of Epsom salts, add 10 to 15 drops of essential oils
3. Seal container and shake to mix.
4. Add two to three tablespoons of this mixture directly into the washer for each load of laundry.

Vinegar & Baking Soda Fabric Softener

Our final natural fabric softener recipe combines the power of vinegar and baking soda. If you prefer a liquid softener for your washer, this is a good alternative to the Epsom salt and baking soda recipe.

To make this recipe, you will need:

- Warm water
- Baking soda
- Vinegar
- Essential oils

Recipe directions:

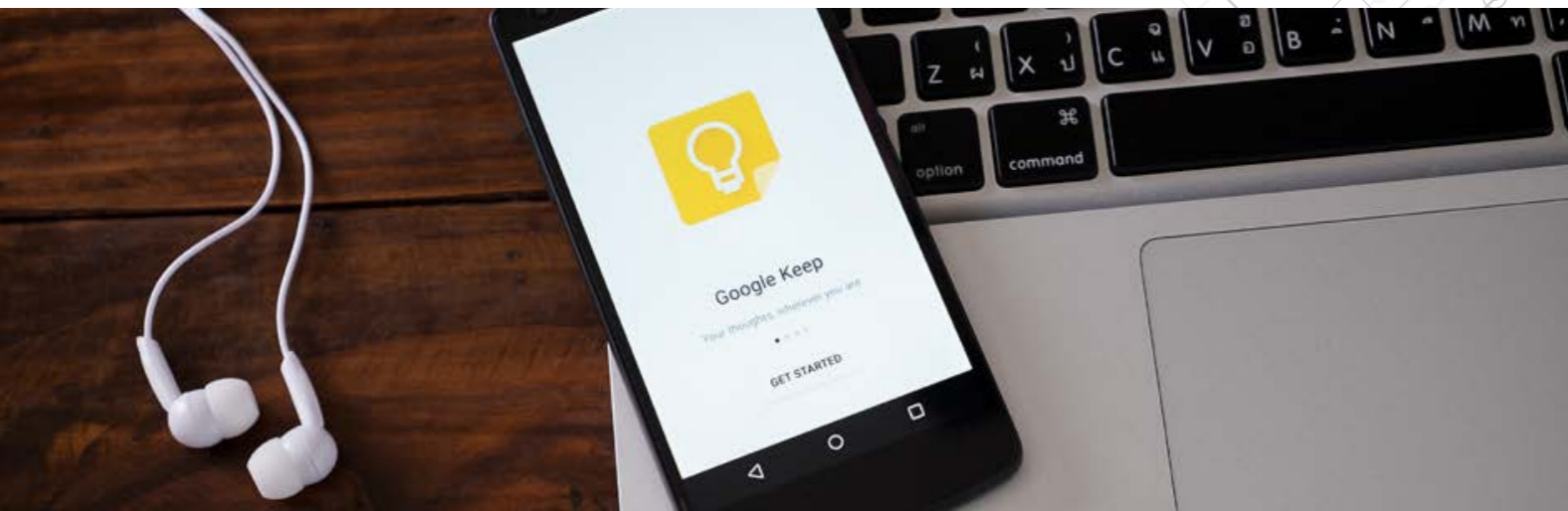
1. In a bowl, mix warm water and baking soda. For every cup of water, stir in 1/2 a cup of baking soda.
2. Once water and baking soda are mixed together, slowly stir in vinegar. Use 1/2 cup of vinegar for each cup of water (there should be two parts water to one part each of baking soda and vinegar).
3. For each cup of water in the mixture, stir in 5 to 10 drops of essential oils.
4. Pour a 1/4 cup of this mixture directly into the washer on each load of laundry.

Use any of these three natural fabric softeners your next laundry day to give keep laundry soft and fresh the natural way.

Maid Right [green cleaning services](#) will keep your home naturally clean and fresh. Call (855) 624-3744 today for a free cleaning estimate and consultation.



RECOMMENDED WEBSITES OR APPS



Keeping things, you've written is so important and I know that so many times in the past I've lost documents that I've created. It's driven me nuts but now I know what to do to keep them all safe. It's called **Google Keep**.

You can have it as an app on your phone or tablet and everything you write into it is automatically backed up onto your (private google account).

Since I found out about it, it's been a life saver! Now whenever I get an idea I simply start writing in my KEEP app and I can continue to work on it at any time.

You can pick it up again from anywhere that you have access to your google account. You can share it with friends or others you work with.

Google keep describes it as: -

"Google Keep makes it easy to capture a thought or list for yourself and share it with friends and family. Capture what's on your mind"

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APPLE DOWNLOAD



Foot Reading Conference 2018



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TRAVEL RECOMMENDATIONS

Niagara Falls

If you've never been to Niagara Falls its maybe time to add it to your dream chart or board!

When we went the first time it was just incredible. Our pre arranged taxi guy picked us up in Toronto took us to our hotel on the Canadian side of the Falls. It was quite late at night and was November so it was really dark. He showed us our hotel and then said that he had something to show us and drove on down the hill. The spectacular view stunned us. There in front of us was a beautiful rainbow of light across the falls. It was magical.

<https://www.niagaraparks.com/events/event/falls-illumination/>

The following day we walked down to the fall through the various selections of amusement arcades and things to do in the area. We chose to go up on the big wheel (Canadian side) to get the best view. As we went up I was dumbstruck as I'd not realised that there are two entirely separate falls! The Canadian horseshoe falls that I was familiar with from photographs etc but there is also the massive and very impressive American falls.

We decided there and then that we would have to come back to do the American side. We couldn't that day as I was teaching in Buffalo and had to get in the taxi and go but decision was made!

Our return visit was to the American side and where we took a small private tour bus. If you go I'd recommend it. The guy took us to the only anti clockwise whirl pool in the northern hemisphere. Scary and magnificent at the same time as it opens up and then vanishes again!

We then went to the Cave of the Winds and if you want to experience the power, energy and vortex's of Niagara Falls you need to do this trip. Our guy had accelerated entry so we didn't have to queue long either. You get donned up in your capes and walk in the spray of the falls...it feels amazing. It's a spiritual experience...well it was for me!

Lastly take the Maid of the Mist boat cruise that goes from both the American and Canadian side. We were given a tip to stand at the bow on the right hand side and that meant most people went to the left to see the American falls as you floated by, however once you get to the horseshoe falls you are perfectly placed to get drenched (in the safety of your capes) and are on the right side to be so close to the American falls on the way back. It was a good tip!

So, to summarise. You can see the whole spectacle from the Canadian side, you get to immerse yourself in the American side. At places it feels like you can almost touch it ...luckily you can't but you are so close as it falls over.

There's also an observation platform built out on the US side too which is brilliant. We've been several times and can highly recommend it in with winter and summer.



Sue Ricks Courses

Reflexology for Babies and Children Practitioner and
Instructor Training – OXFORD

10-13
September

18-19

September

Energy Healing (Including Chakra Balancing and Past
experience healing via the feet)

Reflexology for Babies and Children Practitioner and
Instructor Training - Linthicum Heights, Maryland USA

4 - 7
October

5 - 8

November

Gentle Touch Reflexology 4 day workshop with Sue Ricks

Reflexology to support those with Dementia or Alzheimers

13
Nov

4 - 7

Feb 2019

Reflexology for Babies and Children Practitioner and
Instructor Training – SOUTH EAST LONDON

Elderflower Cordial

Ingredients

20 elderflower heads
4lb organic caster sugar
2 $\frac{3}{4}$ pt boiling water
6 organic lemons
1 $\frac{3}{4}$ oz citric acid (from chemists)

Method

Pick the flower heads whole and check for any insect life. Add the sugar to a bowl large enough to take all the ingredients; pour on the boiling water and stir until dissolved.

Grate the lemon zest, slice the remaining lemons and add them to the bowl along with the citric acid. Put the elderflower heads in the mixture and leave for at least 24 hours, stirring occasionally.

Sterilise some suitable containers (use old apple juice bottles) before straining the cordial through muslin. Put the muslin in a sieve over a large bowl and strain the cordial through it before decanting it with a jug and a funnel into the bottles.

You can freeze the cordial as ice cubes or in plastic containers in the freezer. It is the most refreshing of all summer drinks with still or sparkling water, a slice of lemon and plenty of ice.

This makes a very syrupy, strong cordial, so you need to dilute it more than most commercial types. It will keep for 3 months in a cool place.



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www.lightupcreative.com
+44 (0) 1509 815 072
dave@lightupcreative.com