



# RIEN NEWSLETTER

## NANCY KLEIN

*Heartfelt words written by  
Anneke van t Wout,*

## RECIPE

*Lene shares her special gingerhot  
to keep the doctor away*

## REFLEX STUDY

*Hormonal balance and  
heart health*

## FFR / SPR

*Integrative medicine. An  
interdisciplinary meeting*

## INVITATION

*AGM - The Netherlands  
9th of may 2025*

## INVITATION

*Conference - The netherlands  
10 - 11 may 2025*



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# BOARD INTRO

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Spring is here, and with it comes a burst of energy!

As the days get brighter, many of us in Holland are feeling that refreshing spring energy. We hope you're also enjoying the season's vibe! In this Newsletter's edition, we're excited to share Lene's ginger shot recipe—just the thing to boost your energy! We'd love to see your photos of making, drinking, or simply loving it, so feel free to share on the RiEN app. That gives us the opportunity to enjoy it together.

We also have a wonderful article from Karine about reflex studies and the benefits of reflexology for women's health.

A big thank you to Elise for her inspiring presentation at the recent interdisciplinary meeting on integrative medicine and sustainable health. She highlighted important points, such as educating the public on the difference between professional caretakers and amateurs, and the value of having a European structure for collaboration in the sector.

And just a friendly reminder—there's still time to sign up for the AGM in Eindhoven. We hope to see you there!

But first of all we honor our dear member Nancy Klein, whose contributions to our community and dedication to research will always be cherished. Again, thank you for all the light we gave her for her birthday.

Enjoy reading the Spring edition of our newsletter, and don't forget to try out the ginger shots!

Ingrid, on the behalf of the RiEN board

*Enjoy reading*  
this newsletter.

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# NANCY KLEIN

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*in*  
LOVING  
*Memory of*  
NANCY



It is with heavy hearts that we remember our dear member, Nancy Klein. Her contributions to our community, to research and her dedication to the field will always be cherished.

Below are heartfelt words written by Anneke van t Wout, in memory of Nancy.





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# NANCY KLEIN

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I met Nancy Klein at the VNRT; my interests were primarily in research, and Nancy felt the same way. She asked, 'Can we collaborate?' and I was open to that. Research requires perseverance and the necessary knowledge to guide people onto the right track. Nancy was on the verge of implementing evidence-based practice, but she struggled to get everyone on board, as it can be a difficult topic for many.

In the meantime, Kevin and Barbara Kunz had started working on this, and since I had previously brought them to the Netherlands, they had become friends! We tried to establish contact, and immediately Kevin and Nancy were on the same wavelength. Unfortunately, COVID intervened, and everything was postponed. Nancy explained EBP at almost every AGM, but she also saw that many people did not understand it.

Fortunately, we gained Eduardo Luis's support; we had seen plenty of stories about research, but Nancy primarily wanted to elevate the practice, and she could work with Kevin Kunz! We now know from Kevin what he has accomplished with the universities in the USA, and he will talk more about that at the congress in the Netherlands. Nancy would have loved to be there!

Nancy had so much to offer and wanted reflexology to reach new heights, just like Kevin Kunz. She also set up a school in Almere for a slightly advanced program beyond the basics. She had already collaborated with Spiros Dimitrakoulas several times and was also working more with Christian Slot.



Unfortunately, cancer struck Nancy for the second time; she was so sure she would overcome it again! Through Esther van der Haar, who visited her regularly, I stayed updated and had messaging contact with her. When she left the RiEN group, I sent her a message for what I now know was the last time, but I didn't receive a response until today when I got this message from her family!

It's such a pity that you can no longer talk with Kevin, but I am so glad that further suffering has been spared, dear Nancy. I looked again at the Yamas group we created after the last time in Athens. Rest in peace, dear Nancy; you are no longer with us, but you will always be in our hearts!"

— Anneke van t Wout



# RECIPE

## Ingredients:

- 200 gram organic ginger
- 200 gram organic lemon – 1 big or 2 small.
- 1 - 1,5 liter of water.



Gingershots



## How to do it:

- Clean the roots well, and slice the ginger and the lemon in small slices, add the water and boil for about 1 hour.
- Put through a strainer and cool a little before sweeten with 2-3 tablespoon of honey.
- You can add whatever you like ex. Turmeric (beware of colour!)
- In the summer I normaly add some mintleaves before boiling.

“

Take a “snaps” every day

to keep the doctor away.

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Best wishes Lene

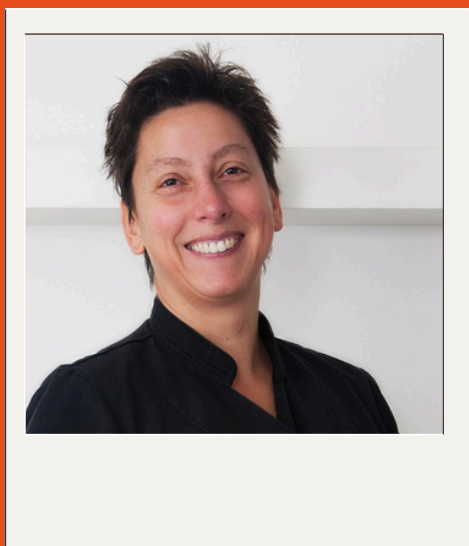
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# REFLEX STUDY

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## Author Karine de Laat

Karine de Laat (1968) completed her masterstudy sociology at Wageningen University in the Netherlands. She worked as senior communications consultant for the Dutch government for several years, when she decided to switch careers and become a full-time reflexologist. Her mission is to access and share information from reflexology research to the public. She publishes for the Dutch Organisation of Reflexologists (VNRT) and Magazine for Naturopathic and Integrative Healthcare (VNIG).



[www.therapie-renkum.nl](http://www.therapie-renkum.nl)

## Hormonal balance and heart health

Hormonal imbalances like premenstrual syndrome, dysmenorrhea and pregnancy disorders increase the risk of menopausal complaints and cardiovascular disease. Reflexology has much to offer in this regard. Numerous studies indicate that reflexology harmonizes the neuroendocrine system and reduces symptoms of hormonal imbalance.

Although many women suffer from mild to severe menopausal symptoms, it is not often addressed in the GP's office. In the Netherlands as much as 34% of the absenteeism of women aged 40 to 60 working in health care is caused by menopause symptoms. Women's reluctance to discuss their symptoms can be understood through a cultural context. Menopause is associated with aging and being written off.

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# REFLEX STUDY

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Helen Gurley Brown, chief editor of Cosmopolitan once said, 'If you are not a sex symbol, you're in trouble'. Women do not tend to complain but look for satisfying solutions on their own. General Practitioners often lack knowledge to recognize the impact of menopausal complaints in daily life. In the Netherlands a consortium of three cardiologists Janneke Wittekoek, Angela Maas and Janneke Witteveen try to break the silence with publications and presentations.

## **Vascular aging**

Hormonal changes in menopause accelerate vascular aging, which causes endothelial dysfunction of the small capillaries<sup>1</sup>. Since physiology and anatomy of men and women have many differences, it is good to know how menopause influences the process of vascular aging. First, the diameter of coronary arteries in women is narrower than in men. Second, women suffer more from soft plaque deposition and, to a lesser extent, calcification. This causes symptoms like shortness of breath, sudden loss of energy,

as well as at rest as in exertion. Vascular spasms cause vague symptoms as chest pain, a pulling sensation to the jaws, shortness of breath or a nagging feeling between the shoulder blades. Third, in many cases overexpression of the adrenergic system leads to tachycardia on light exertion. And last, women are more susceptible to emotional stress.

'We now know that the heart plays a crucial role in stress reactions such as palpitations or chest pain,' said cardiologist Janneke Wittekoek in her book "The Heart/Head Connection."

Microvascular disease and endothelial dysfunction in the small vessels of the heart accumulates slowly and is only partly caused by the same risk factors as calcification in the large veins. A history of migraines, rheumatic disorders, chronic bowel disease and thyroid problems seems increase the risk of heart disease during menopause.



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# REFLEX STUDY

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Menopause is characterized by vasomotor complaints such as hot flashes, (night) sweats, problems with sleep, but also feelings of depression caused by declining estrogen levels. GP's tend to prescribe SSRIs, SNRIs or psychological counseling, which leaves the cause, declining estrogen levels, untreated.

## Hormonal balance

Reflexology is known for its balancing effect. It is found to be effective for symptoms like hot flashes, (night) sweats, sleep and depression in menopause<sup>3</sup>, but also in premenstrual complaints, dysmenorrhea and pregnancy disorders. Reflexology calms the adrenergic and sympathetic systems. Cortisol levels indicating chronic stress, show a significant decrease after three treatments per week over a period of eight weeks<sup>54</sup>.

Breathing exercises for hot flashes (paced breathing) in combination with reflexology is found to be more effective than breathing exercises alone.

Paced breathing is a technique that involves breathing slowly and deeply during a hot flash. The exhalation takes as long as the inhalation. 5 Paced breathing can be practiced daily for fifteen to thirty minutes. The positive effect of reflexology on blood pressure and heartrate<sup>6</sup>, sleep and mental well-being was demonstrated in a recent meta-analysis.<sup>87 98</sup>

## Cardiovascular risk

A woman with a history of hormonal imbalance is more likely to suffer from menopausal complaints and cardiovascular disease later in life<sup>9</sup>. Gestational diabetes increases the risk of type-2 diabetes and cardiovascular disease. People who suffer from premenstrual syndrome and hormone-related migraines, mood disorders, postpartum depression and anxiety symptoms can expect recurrence of symptoms during menopause.

Reflexology is popular by pregnant women, as it is relaxing, safe <sup>1110</sup> and reduces fatigue <sup>1211</sup>.

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# REFLEX STUDY

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Reflexology reduces symptoms of PMS<sup>12</sup> and menstrual pain, including lumbar back pain and pelvic pain<sup>13 14</sup>. Reflexology helps lowering blood pressure during pregnancy<sup>15</sup>; high blood pressure is a risk factor for developing pre-eclampsia syndrome in the second half of pregnancy caused by poorly developed placenta and vascular damage.

An overactive nervous system caused by chronic stress can lead to increased sensitivity of hormonal balance, changes in the brain and more inflammation. Furthermore, once out of balance the body seems to respond more sensitively to stress stimuli. Reflexology restores the balance on a mental level as well as physical level.

## Conclusion

Reflexology is a safe and relaxing therapy. It has positive effects on mood symptoms, sleep, blood pressure and heart rate. It relaxes body and mind.

Women who show signs of hormonal or neurological imbalance are more susceptible to developing cardiovascular diseases during and after menopause, such as microvascular disease and cardiac arrhythmia. Application of reflexology in young women with PMS or pregnant women may have a preventive effect and contribute to women's heart health later in life.

This article was written for the Dutch Association of Reflexology Therapists (VNRT) in 2023 and updated for RiEN in August 2024.

RiEN strives for recognition of reflexology as a complementary, patient-centered and cost-reducing therapy by European national healthcare systems

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# REFLEX STUDY

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# REFLEX STUDY

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# FFR / SPR



## INTEGRATIVE MEDICINE: COMPREHENSIVE REPORT ON THE EVENT AT THE PALAIS OF LUXEMBOURG

A first interdisciplinary meeting on 25 November 2025



On November 25, the prestigious Palais du Luxembourg in Paris hosted an interdisciplinary meeting on integrative medicine and sustainable health. This event, organized by the Syndicare confederation in partnership with the National Chamber of Sustainable Health Professions and the Personalized Complementary Therapies Evaluation Group (GETCOP), brought together over 150 participants, including healthcare professionals, complementary therapy practitioners, and policymakers.



## Opening by Laurence Muller- Bronn: Towards Institutional Recognition

Mrs Laurence Muller-Bronn, Senator for Bas-Rhin, opened the day by highlighting France's delay compared to other European countries in integrating complementary medicine into the healthcare system. She stressed the urgency of legislating to secure these practices and provide patients with a regulated framework. "These practices are favored by our citizens. We must offer them a clear and secure framework that meets their expectations."

— Laurence Muller-Bronn

### Key Issues Raised by Laurence Muller-Bronn

- Comparison with Germany and Switzerland, complementary widely integrated.
- Dialogue with the Ministry of Health to establish a clear legal framework.
- The symbolic importance of holding this event in the Senate to enhance institutional visibility.

## Expert Interventions: Insights and Proposals

### François Paille (GETCOP): For Scientifically Evaluated Integrative Medicine

François Paille, professor of therapeutics and addiction studies, presented integrative medicine as an alliance between conventional treatments and complementary therapies.



### Key Points of His Intervention:

- Definition: Integrative medicine combines biomedical approaches with complementary therapies.
- Limitations of Conventional Medicine: Complementary therapies address emotional and social needs often overlooked.



- Scientific Evaluation: The need for rigorous studies to validate the effectiveness of practices.

### Concrete Proposals:

- Support public research on complementary therapies.
- Integrate these practices into care pathways.
- Develop university training programs.

"It is not about opposing conventional and complementary medicine, but about combining them for the benefit of the patient."

— François Paille



## Elise Manzoni (French Federation of Reflexologists): Professionalizing Reflexology

Elise Manzoni emphasized the importance of structuring the reflexologist profession through certified training and recognized standards.

### Key Points of Her Intervention:

- Definition of Reflexology: A technique that stimulates reflex zones to promote well-being.
- Professionalization: Creation of job referentials (RNCP) and Afnor certification processes.
- the importance of the existence of a European structure to help frame the profession

### Concrete Proposals:

- Implement strict regulations.
- Educate the public on the difference between trained and amateur practitioners.
- Encourage scientific research

"Reflexology is a full-fledged profession, rooted in ethical and responsible practice!"

– Elise Manzoni





## **Nathalie Bernard (Shiatsu): A Holistic Energy Approach**

Nathalie Bernard presented shiatsu, a Japanese practice aimed at restoring the body's energy balance, as an effective complement to conventional care.

### **Key Points of Her Intervention:**

- Definition: Technique based on applying pressure along energy meridians.
- Clinical Experience: Benefits observed in patients suffering from chronic pain and stress.

### **Concrete Proposals:**

- Develop clinical research projects.
- Integrate shiatsu into coordinated care pathways.
- Establish certified training programs.

## **Odile (Sophrology): A Tool for Stress Management**

Odile presented sophrology as a psycho-corporal method aimed at strengthening personal resources to manage stress.

### **Key Points of Her Intervention:**

- Clinical Applications: Support for patients with chronic or severe diseases.
- Mental Preparation: Assistance for surgical interventions or anxiety-inducing situations.

### **Concrete Proposals:**

- Integrate sophrology in hospitals.
- Conduct scientific studies to validate its benefits.
- Raise awareness among healthcare professionals.





## Manuella Haouas (National Federation of Socio-Aesthetics): Restoring Patients' Confidence

Manuella presented socio-aesthetics as an essential discipline for improving the quality of life of patients, especially those affected by serious illnesses.

### **Key Points of Her Intervention:**

- Definition: Socio-aesthetics involves beauty treatments tailored to the needs of vulnerable individuals.
- Psychological Impact: Improving self-esteem and reducing anxiety in hospitalized patients.

### **Concrete Proposals:**

- Strengthen the training of socio-aestheticians.
- Expand the presence of socio-aesthetics in care pathways.
- Raise awareness among healthcare professionals about this complementary practice.

"Taking care of one's appearance also means taking care of one's morale and dignity."

— Manuella

## Fabrice Berna (Regulation of Complementary Therapies)

Professor Fabrice Berna addressed the challenges related to regulating complementary therapies in France.

### **Key Points of Her Intervention:**

- Major Problem: Lack of a clear legal framework, creating a legal void.
- Current Risks: Unregulated practices that may harm patients.



## Concrete Proposals:

- Develop referentials based on scientific studies.
- Impose mandatory training and certification for practitioners.
- Encourage clinical studies to validate complementary approaches.

"Complementary therapies must be evaluated, regulated, and integrated to avoid abuses and ensure their effectiveness."

— Fabrice BernaLaurence

## Laurence Muller-Bronn's Response: A Call for Strengthened Political Action

In response to the interventions, Madame Laurence Muller-Bronn reiterated the urgency of legislative action to regulate complementary therapies.

## Key Points of Her Intervention:

- Growing Citizen Demand: The French are calling for secure access to complementary therapies, particularly for serious illnesses.
- Political Collaboration: The senator encouraged closer dialogue between practitioners, researchers, and policymakers.
- European Vision: Drawing inspiration from the legal frameworks existing in Germany and Switzerland.

## Concrete Proposals:

- Quickly revise legislative texts to regulate these practices.
- Establish public funding to support research.
- Include complementary therapies in official care pathways.

"We must act quickly to provide our citizens with a safe and respectful framework for their health choices."

– Laurence Muller-Bronn

## General Conclusion and Future Perspectives

The event marked an important milestone towards recognizing integrative medicine in France. The speakers emphasized the need for enhanced dialogue between conventional and complementary approaches to meet patients' needs.

## Final Proposal

- Establish a clear legal framework.
- Support scientific research.
- Develop university training programs.
- Raise awareness among policymakers and the general public

This event paves the way for future collaborations and highlights the urgency of acting to provide French citizens with a health system that respects their choices and needs. Recognizing integrative medicine is a key step to addressing future public health challenges. As a representative of practitioners, we will be vigilant to ensure that the role of practitioners is respected.



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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.

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

**Articles** on how to use reflexology to relieve heat-related discomfort or boost energy for summer activities.

**Refreshing Summer Recipes:** Healthy recipes featuring seasonal fruits and vegetables, focusing on hydration and energy-boosting properties.

## September: "Autumn Transition" (sent in before august 1th)

**Articles:** Preparing for Seasonal Changes with Reflexology: Insights on how reflexology can help ease the transition into autumn, focusing on immune support.

**Harvest Recipes:** Articles featuring recipes that utilize autumn's bounty, such as pumpkin, squash, and apples, emphasizing health benefits.

## 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.





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# AGM

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Register via our website:

<https://reflexology-europe.org/agm/>

*You're*

*Invited!*  
**TO OUR  
AGM**

FRIDAY  
9TH OF MAY 2025

THE EVOLUON  
EINDHOVEN @  
THE NETHERLANDS





# CONFERENCE



## 13TH RIEN CONFERENCE 2025



Positive health by reflexology  
- An empowering art -



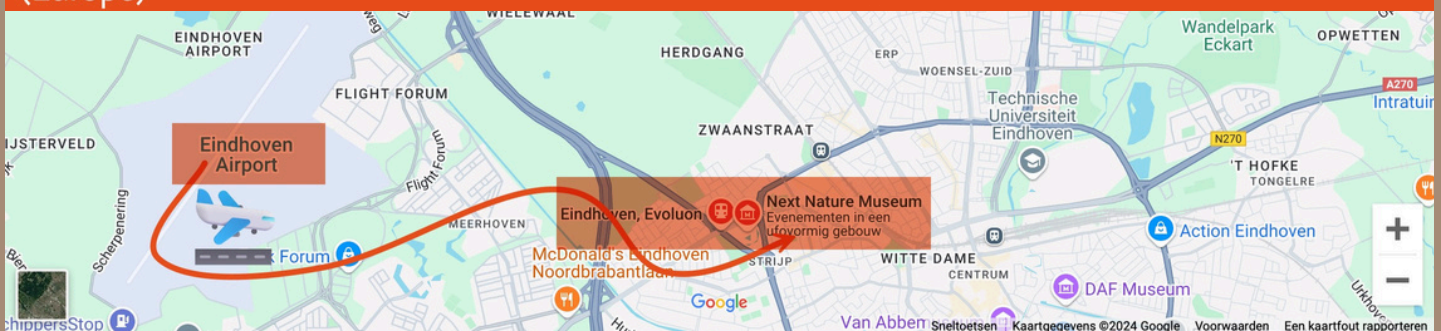
May, 10 & 11 2025



Eindhoven,  
The Netherlands

### Location Venue

**Evoluon**  
**Next Nature Museum**  
Noord Brabantlaan 1A,  
5652 LA Eindhoven,  
The Netherlands  
(Europe)





# 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!

