

# Within Reach

MAY  
2001

AMTA Texas Chapter Newsletter: ALL THE NEWS THAT'S FIT TO TOUCH



## Allons á Québec!



Let's go to Québec, site of the 2001 AMTA National Convention from October 17- 21 later this year. Imagine a city with an abundance of natural beauty, history and charm. Imagine yourself in Québec. The city is yours to explore, and the more you look, the more treasures you'll find. Wander the cobblestone streets where heritage homes rub shoulders with eclectic shops and boutiques. Lend an ear to talented street musicians, linger at a café, stroll along the water's edge, or slip away to another era in the quiet sanctity of the oldest stone church in North America. The "joie de vivre" and hospitality of Québec await you. Don't forget there's a terrific convention program, too!

The theme for the 2001 Annual AMTA National Convention is "Sharing The Time-Honored Traditions of Our Profession." Sharing their experiences as keynote presenters will be Leon Chaitow, N.D., D.O., Deane Juhan, and Pat Benjamin Ph.D. The topics for the educational sessions center around four themes involving the interaction of hearts and hands. Some of those offerings include:

- Somato-emotional Release
- Tai Chi Body Mechanics
- Advanced Soft Tissue Manipulation
- Breast Massage
- Tuina
- Ethics
- Mentoring
- Infant Massage
- Lomi Lomi
- Alzheimer's Care

**in this issue:**

**dallas unit report**

**east texas unit report**

**editor's farewell & note**

**new massage rules  
now in effect**

**letter to the editor**

**the matrix is alive**

Registration information will be available approximately two to three months prior to the convention, and a registration brochure can be obtained by sending the form found in the March/April 2001 issue of Hands On (AMTA's national newsletter) to the AMTA National Office. This form can either be mailed in (address is on form) or faxed (phone number is on form). In addition, on-line registration information (as it is made available) will be posted on the AMTA national website ([www.amtamassage.org](http://www.amtamassage.org)), or you can request a registration brochure while on-line by sending an email message. Just click on "Contact Us" while viewing the website and direct the email message to "Conventions and Meetings." 

# Dallas Unit Report

Sue Northcutt

Unit Director

On March 4, 2001, at the Asten Center of Natural Therapeutics in Richardson, Carol Preston RMT shared her story of volunteering at the Paralympics in Sydney, Australia, in a talk that was titled "Where Massage Can Take YOU - Dreams Do Come True! My Journey from Graduation to the Paralympics, Australia." As one of an elite group (only four!) from the United States, Carol, a new RMT, was thrilled to be accepted. "There was a matrix," said Carol, "and various criteria was used to rate applicants from all over the world." Her story was riveting in describing how she met never-to-be-forgotten athletes and members of the medical team, her whirlwind tour of Sydney on a day off, and how her learning and personal growth were expanded to new heights. Just one year before she was almost too timid to drive downtown by herself, and now she has made a trip to another continent where she explored sacred aborigine places. This was truly a breathtaking and incredible learning experience that shatters horizons!

And nobody but me heard it. Carol was wonderful to stay and share her story when it was glaringly obvious that no one else was coming to the meeting. She met her commitment, she said, and knew that because she had done her part she would be blessed.

Why did no one else come, you may ask? I truly don't know. We've switched meeting places and times, we've notified through this newsletter and on the AMTA – Texas Chapter website. We've cut from monthly meetings to quarterly meetings. We've brought refreshments. In 1999, a few people called a lot of people to remind them. Last year we spent the majority of our budget mailing reminder cards. Anyone have any ideas why the Dallas Unit continues to be mired in quicksand as far as attendance?

As a final note: if my leadership is what is holding the Unit back, I will gladly hand the mantle to another. I picked it up with the intent to help, not hinder. Please advise me. My email is mchint@flash.net; my home number is 972-783-2776. Our next meeting is in June. We are exploring the growth and future of AMTA in Texas, with some noteworthy founders speaking. For the record, here is the upcoming schedule:

June 3, 2001 2PM, Theme: "The Heritage of the AMTA TX Chapter, Building the Foundation for RMTs," Guest speaker Carolyn Scott Naile @ Hands On Therapy massage school, 1804 North Galloway, Mesquite, Texas

September 2, 2001, 2PM, Theme/guest speaker: TBD @ Asten Center of Natural Therapeutics massage school, 990 N Bowser #860, Richardson, Texas

December 2, 2001, 2PM, Theme: 2001 Recap/Holiday Party @ Hands On Therapy massage school, 1804 North Galloway, Mesquite, Texas. 🍷

# East Texas Unit Report

Mary R. Rydesky

AMTA – Texas Chapter First

Vice-President/Units

The East Texas Unit participated in the March 2001 Women In Longview Day. In April, they continued their outreach when they took part in the Balance program from Kilgore College. This was a health fair put on in cooperation with TDH. School Districts in 20 or 30 counties were invited to it, as well as the public.

The East Texas Unit meets on the 1st Wed of each month at 11:30-1pm. Chair Cindy Campbell notes, "We really like the idea of mentoring new RMTs and are now working with several. We are sharing experience as to advertising, what classes do we recommend, even what classes are available in the area. I feel it is something that we as seasoned RMTs need to consider doing. I had heard at one time that dentists always bring younger doctors into their practice to help them. We need to make this a profession that wants to give a hand to the new kids in whatever way we can...even just a gab fest to let them ask questions and answer their concerns. Some new RMTs have expressed interest in how to handle the calls that want to know if you do "full body" massage when the caller is NOT concerned about our scope of practice!"

The East Texas Unit may hold another Trade-A-Technique Day later this year to share skills as well as to network with other professions. 🍷

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## Editor's Note-

This is to provide clarification regarding the two 'Insurance Reimbursement' articles recently published in **Within Reach**. Although they were both submitted by Debra Brooks, AMTA National Member-at-Large, neither article was written by Ms. Brooks, nor do they necessarily reflect her opinions on the topic. The December 2000 article 'Insurance Reimbursement: A View From One Who Has Been There, Done That' was authored by David M. Frederick CMT, BSN/RN and the February 2001 article 'Insurance Reimbursement: A Case for Insurance Alliances' was authored by David M. Munsey B.Sc., M.Sc., M. Ed. **Within Reach** apologizes to Debra Brooks for the inadvertent implication of authorship on her part. 🍷

What a waste of time trying to decide exactly which structures are causing clients' neck and low back pain! Muscles are partly to blame – but new research also points a finger at other pain-generating soft tissues – ligaments, discs, nerve dura, fascia, facet and SI joint capsules. All produce similar symptoms. All produce similar referral patterns. So how do we break the pain cycle and begin unravelling this soft tissue mystery?

# Don't chase the pain

## 2001 WORKSHOP SCHEDULE

Feb 3-4	Georgia AMTA State Conference Freedom From Pain Institute	Marion, GA
Mar 4	Freedom From Pain Institute	Okla. City, OK
Mar 20-21	New England AMTA Conference	Boston, MA
Apr 28-29	Okla. School of Natural Healing	Tulsa, OK
Jun 2-3	Freedom From Pain Institute	Austin, TX
Jul 7	Fla. State Massage Therapy Conf.	Orlando, FL
Aug 11-12	Freedom From Pain Institute	Dallas, TX
Sep 7-8	AMTA Indiana State Convention	Indianapolis, IN
Sep 28-30	Freedom From Pain Institute	Nashville, TN
Oct 27	2001 Maine AMTA Retreat	Opquonit, ME
Nov 17-18	Freedom From Pain Institute	Houston, TX

Call 800-709-5054 for enrollment details. Freedom From Pain workshops are NCBTMB approved (Category A Provider, 18 CEUs). Two-day = \$250 including workbook, diploma and colored neck. Workshop dates and locations subject to change.

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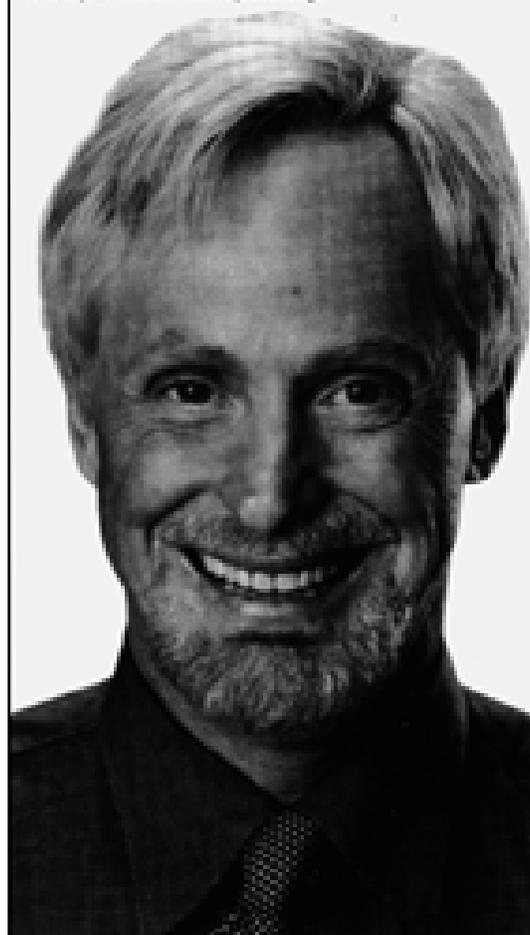
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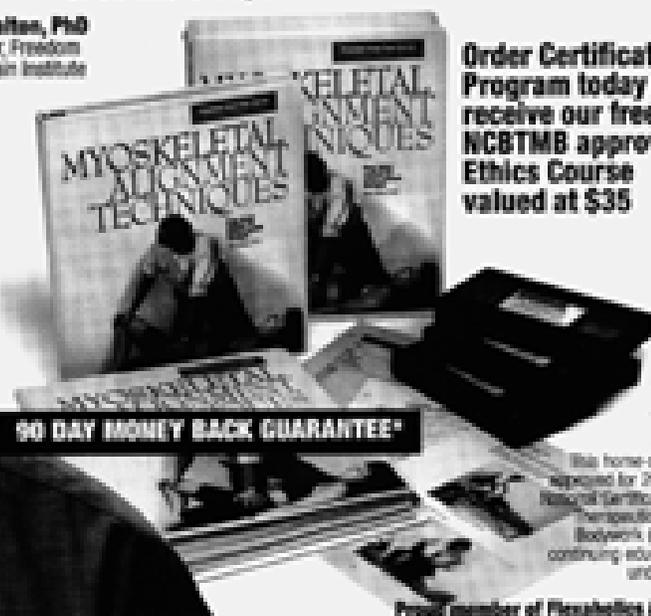
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email: hotschool@aol.com

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### **First Vice President/Units** *(Term expired 4/01)*

Mary M. Rydesky - PO Box 226541  
Dallas 75222-6541 - Hm: (214) 339-3349  
Voice Mail (800) 825-1168 - Fax: (419) 828-5554  
email: mrydesky@nkn.net

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Gayle Temkin - 1012 Milton Street  
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*(Term Expired 4/01)*

Rick Robinette - 2203 Healey Dr.  
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Marilyn Hollingsworth - 1014 SE 2nd St.  
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Fax: (972) 262-8658 - email: marilyn@eaze.net

### **Treasurer** *(Term Expires 4/02)*

Russell Rust - 2107 Sequoyah Way  
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email: hoand1@aol.com

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Russell Rust (see Treasurer)  
Stacey Lemire (see Standing Rules Chair)

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Susan Olson (see Convention Coordinator)

### **Parliamentarian** *(Appointed Position)*

Mary M. Rydesky (see First Vice President/Units)

### **Standing Rules Chair** *(Appointed Position)*

Stacey Lemire - 6017 Ronchamps Drive  
Round Rock 78681 - (512) 258-7695  
email: staceylemire@healingtouchtherapies.com

### **Benevolence Chair** *(Appointed Position)*

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(956) 831-9668 - email: gitalin@aol.com

### **Director Of Education** *(Appointed Position)*

D'Jango Sanders - 241 Oleander  
St. Corpus Christi 78404-1769 - Wk: (512) 882-6800  
Fax: (512) 882-6800 - email: dsand49@aol.com

### **Historian** *(Appointed Position)*

*Pending*

### **Convention Coordinator** *(Appointed Position)*

Susan Olson - 1804-F Brothers Blvd.  
College Station 77845 - (409) 693-5562  
Fax: (409) 695-2828 - email: massage@tca.net

## Letter to the Editor

### Dear *Within Reach*:

After reading the December 2000 article on The Essentials of Hydrosols by Paul Frizzell, I became concerned about some misleading information represented in the text. Jeanne Rose does not sell lavender (*lavandula vera* or *lavandula augustifolia*) hydrosol. She does, however, sell *lavandin* hydrosol, a floral water from a completely different plant, *lavandula intermedia* *grosso*. Jeanne will readily admit this when questioned, as she did two years ago during a presentation at a major aromatherapy conference in San Francisco.

Please note that there is nothing inherently wrong with *lavandin* hydrosol, except that its chemical composition and interaction with the body differ from those of lavender, being distilled from a different species of plant. Those familiar with aromatherapy know that the more prolific and cheaper *lavandin* is often deliberately misrepresented to buyers as being "real" lavender.

The article also mentions taking hydrosols internally, but does not mention that it is dangerous to do so unless they are taken in an extremely dilute form. They may be safely used undiluted directly on the skin. As with essential oils, certain hydrosols are contraindicated for people with certain medical conditions.

Jeanne Rose is to be highly commended for her work with aromatherapy, but I am disappointed that she is not more accurate in using the correct Latin binomial terms when representing her product, or with covering basic safety issues. There is already a tremendous amount of confusion regarding aromatherapy among massage therapists, as well as the general public, and we don't need to add fuel to the fire. Please help set the record straight.

*Respectfully,*

*Kath Koeppen, RMT*

*Owner- Aromaceuticals®*

### Are you moving?



### Here's what you must do:

1. Write or email the AMTA National office to let them know a.s.a.p.
2. Write the Texas Department of Health to let them know a.s.a.p.

The Texas Chapter office is updated by AMTA's National office and TDH.

This is the only way the Texas Chapter will have your updated address.

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CS System™ U.S. Patent 6,182,809,  
all other foreign patents pending.  
U.S. Patent 6,009,170 and U.S. Patent 6,943,965

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# New Massage Rules Now In Effect

*Rick Robinette*

*AMTA – Texas Chapter Third Vice-President/PR*

As of March 19, 2001, new administrative rules and regulations went into effect regarding massage therapy in Texas. Title 25, Texas Administrative Code, Chapter 141, has been amended and features changes of significance to all massage therapy registrants.

A continuing education requirement has been implemented and, beginning with renewals that occur on or after January 1, 2002, registered massage therapists must report six (6) clock hours of attendance at a suitable continuing education presentation. Acceptable continuing education includes attendance at and completion of Texas Department of Health (TDH) approved or recognized programs (other than the 300 hour course of instruction required for registration), institutes, seminars, workshops, state or national conferences, advanced course work, or college and university academic courses. Acceptable continuing education must be directly related to the theory or clinical application of theory pertaining to the practice of massage therapy and the manipulation of soft tissue, business practices, professional ethics, anatomy, physiology, hydrotherapy, and health and hygiene; advanced bodywork techniques acceptable to TDH; and designed to increase and enhance professional knowledge, skills, or competence in the practice of massage therapy.

Furthermore, continuing education approved or recognized by TDH must be developed and presented by qualified persons. Massage therapy techniques and courses involving the manipulation of soft tissue must be taught or presented by a massage therapy instructor. Advanced bodywork techniques must be taught or presented by persons with licensure, registration, or education in the technique being presented. Courses, other than techniques, may be taught or presented by persons with licensure, registration, education or practical experience in the subject being presented.

Any out-of-state instructors or presenters offering continuing education in Texas on massage therapy techniques or involving the manipulation of soft tissue must be in compliance with any licensure, registration or certification requirements for massage therapists and massage

therapy instructors in the instructor or presenter's home state or be licensed to practice medicine, chiropractic, athletic training, physical therapy, or nursing. If the instructor or presenter's home state does not have licensure, registration or certification requirements for massage therapists and massage therapy instructors, the instructor or presenter must provide documentation of education or practical experience specific to the continuing education being offered.

Another rule change that affects registered massage therapists in Texas is the requirement of an initial consultation with each client prior to the first session with that client. The consultation must include written documentation of the following:

- (1) the type of massage techniques the registrant anticipates using during the massage therapy session;
- (2) the parts of the client's body that will be massaged or the areas of the client's body that will be avoided during the session, including indications and contraindications;
- (3) a statement that the registrant shall not engage in breast massage of female clients without the written consent of the client;
- (4) a statement that draping will be used during the session, unless otherwise agreed to by both the client and the registrant;
- (5) a statement that if uncomfortable for any reason, the client may ask the registrant to cease the massage and the registrant will end the massage session; and
- (6) the signature of both the client and the registrant.

Furthermore, if the client's reason for seeking massage changes at any time and any of the information above (1)-(4) is modified, the registrant must provide an updated consultation reflecting any changes and modifications to the techniques used or the parts of the client's body to be massaged.

The above have been paraphrased from the actual wording of the rule amendments. Also, there are other changes in these new rules and regulations that may have some impact upon registered massage therapists in Texas. To view these rules in their entirety, please go to [www.tdh.state.tx.us/hcqs/plc/massage](http://www.tdh.state.tx.us/hcqs/plc/massage) 

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website: [www.amtamassage.org](http://www.amtamassage.org)

### AMTA TEXAS CHAPTER

Marilyn Hollingsworth  
1014 SE 2nd St.  
Grand Prairie 75051  
(972) 262-8479  
Fax: (972) 262-8658  
email: [marilynh@eaze.net](mailto:marilynh@eaze.net)

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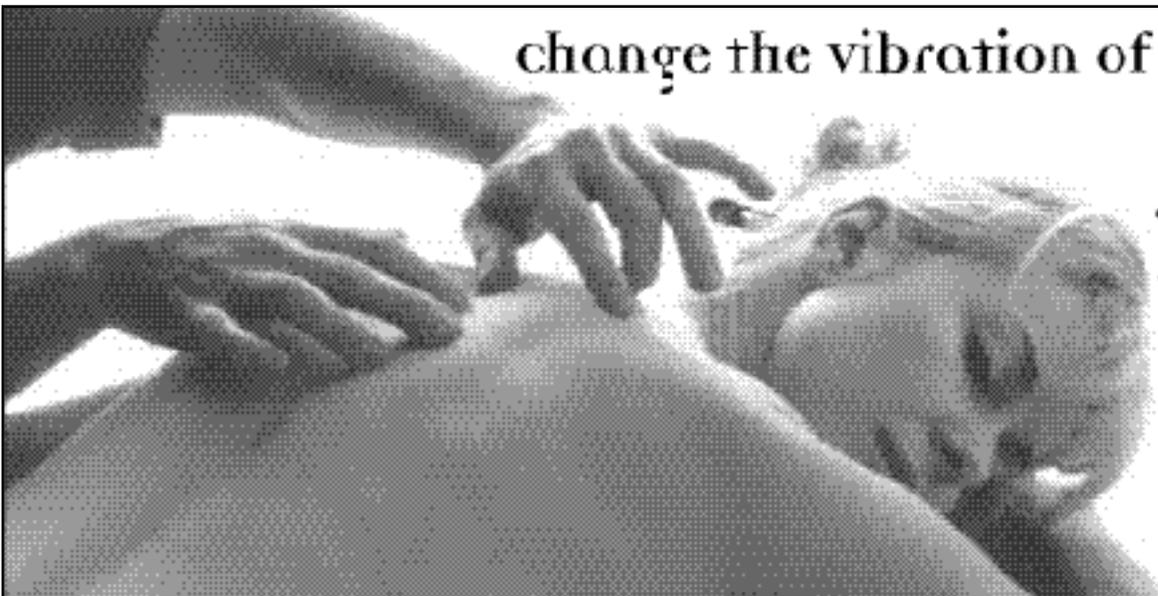
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# Editor's Farewell

Rick Robinette

AMTA – Texas Chapter Third Vice-President/PR

This issue marks the completion of my term as your official **Within Reach** newsletter editor. The past two years have offered me opportunities for meeting new friends, consolidating my interaction with other executive committee members, and chronicling the AMTA – Texas Chapter's activities. I want to thank all those who have helped me throughout this odyssey, especially those who eased my transition from a 'know-nothing' to a 'know-something'- Robert McKee, Mary Beth Packard, Mary Rydesky, and Nancy Shamblin. 

[www.amtatexaschapter.org](http://www.amtatexaschapter.org)

## New Website

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To TDH, AMTA, Others

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### East Texas Unit Features New Website!

Registered massage therapists and AMTA members in the East Texas area will now be able to keep up with regional massage and Unit information. Be sure to bookmark the website for the latest in any important developments.

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<http://hometown.aol.com/rmtcindy/myhomepage/business.html>

## Within Reach

- Advertisements: **Within Reach** advertisers must provide original, photographic quality (camera ready - lpi of 85 to 100 only) text and art on a slick or print quality original. A CD, Zip disk or 3¼ diskette in Word (Mac 98/Win 2000), PageMaker (Mac 6.5/Win 6.5+), Quark (Mac 4.04/Win 4.1). "ASCII" or "ANSI" Text are also acceptable but must be provided with a print quality original (lpi of 85 to 100; or dpi of no greater than 333) along with payment to Rick Robinette, 2203 Healey Drive, Dallas, TX 75228-3713 by November 9, 2001 for the December 2001 issue. Due to limitations of ad space availability, payment must be sent to secure ad space. Camera-ready ads not received on or before deadline may not be included in publication. Only prepaid ads will be printed. The preferred native format is **Mac Quark 4.04**; please include a copy of all fonts and graphics used regardless of platform (please adhere to licensing agreements.)

- Articles: Articles, commentaries, letters to the editor, etc., should be e-mailed or provided on diskette along with a print quality original and are due by November 2, 2001 to Rick Robinette. *Content may be edited for length and/or content.*

- PC Files: Must be converted to at least one of the following, if not created in one of the programs mentioned above: Graphics (Tiff, Jpg, or EPS); PDF; or PS. If in native format (as noted above), fonts may not be identical to those originally used. A paper copy must be provided to ensure the closest match as possible. This specifically includes MS Publisher; this *IS NOT* a supported program on the Mac platform.

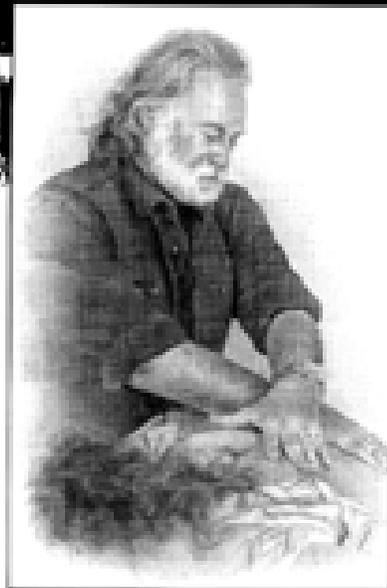
- Live area for print on full page measures 10" high x 7¼ wide. Member ad rates for 2001 are: 1/9 page for \$48, 1/4 page for \$65, 1/3 page for \$78, 1/2 page for \$116, 2/3 page for \$140, full page for \$195, 2 page random placement \$310, or 2 page double truck \$350. Non-member rates for 2000 are: 1/9 page for \$72, 1/4 page for \$87, 1/3 page for \$112, 1/2 page for \$165, 2/3 page for \$195, full page for \$250, 2 page random placement \$395, or 2 page double truck \$460. If you would like your ad to appear in the on-line version of **Within Reach**, an additional \$10 for inclusion is required. Ads not camera ready must be approved prior to space guarantee and require an additional fee of \$40/hour for typesetting and \$50/hour for editing. Layout and desktop design by Robert M<sup>c</sup>Kee.

- **Within Reach** is provided as a service of AMTA-TX Chapter. The information herein is not intended to replace professional advice. Articles are the opinions of the authors and not official positions of the AMTA, its Chapters, or Units. For comments, questions, and letters to the editor, contact: Rick Robinette, Editor, via email: [kryptik3000@yahoo.com](mailto:kryptik3000@yahoo.com); or Voice Mail: 972.888.1199.

### IMPORTANT DATES

- |   |  |
|---|--|
| • November 2, 2001<br>Article Deadline for<br>December <b>Within Reach</b><br>Contact: Rick Robinette         | • October 21 – 27, 2001<br>National Massage<br>Therapy Awareness Week<br>Contact: 847-846-0123, ext. 149 |
| • October 17 – 21, 2001<br>AMTA Annual Convention<br>– Quebec City, Canada<br>Contact: 847-864-0123, ext. 143 | • October 2 – 6, 2002<br>AMTA Annual Convention<br>– Portland, Oregon<br>Contact: 847-864-0123, ext. 143 |

# Imagine: A New Therapy That Would



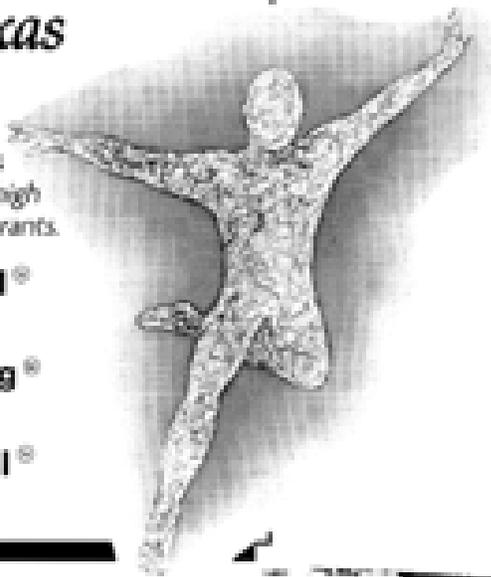
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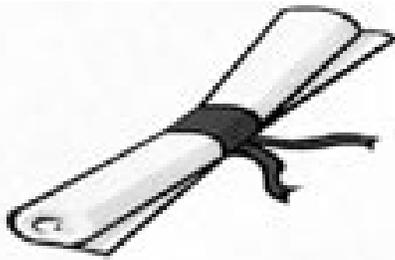
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# hands-on therapy

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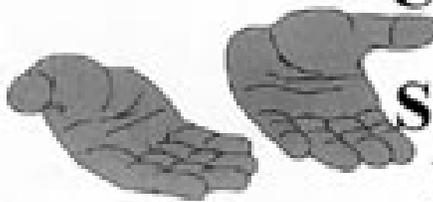
**Come join us in Mesquite**

**Saturday, June 9th, 2001**

**R.S.V.P. for directions**

**By May 18, 2001**

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# The Matrix is Alive

*Conjectures by David Lauterstein, based on the research of James Oschmann and Donald Ingber*

Nature creates forms largely based on the 'tensegrity' model, one completely different from most man-made architecture, in which rigid struts rest compressively on top of each other. In the tensegrity model, soft 'tensional' members of the system interface with harder 'compressional' members so an overall structure is created that is extremely flexible yet relatively stable. In the human body, for instance, fascia and muscles (tensional components) interface with bones (compressive components) to create our form and movement.

In a tensegrity system, tension is continuously transmitted across all structural members. Increased tension in even just one of the members results in increased tension through the whole system. Conversely, a release of tension will decrease tension in the whole system (as we experience during a massage!).

Tensegrity structures use mostly 'geodesic' forms- triangular shapes or three-dimensional derivatives of them, spirals, helices, etc. One of tensegrity's founders, Buckminster Fuller, used crystalline latticeworks of triangles to create his domes. The tensegrity model and its geodesic structures are found at every level of human life from the overall organism, to systems, organs, and tissues. Even our cells use microfilaments and microtubules to assure a relatively stable yet fluid form. Geodesic structure is found down to the level of the double helix of our DNA.

Fascia is chemically a liquid crystal. Crystalline structures will vibrate at certain frequencies. When you press into fascia, it is stimulated to vibrate. This generates a piezo-electric current

which, via the interconnectedness of the tensegrity structure, means touching anywhere generates a current everywhere throughout the entire body. Since electricity is the primary way the body has of sending information through itself, we are sending information everywhere with our touch.

When currents are flowing, magnetic fields are created in the space around the currents. The heart produces the greatest magnetic field in the body (the retina produces the second greatest!). The heart may be more important as an electromagnetic generator than as a pump.

Similar geometries will resonate with each other. Given the geodesic structures at each level within us, pressure anywhere in our tensegrity system creates sympathetic resonances everywhere in the system. Thus bodywork not only changes all our structure and sends electricity and information everywhere, it also 'tunes' and harmonizes the vibrations of each part of us.

We can speculate that in the larger system of humanity itself the separate structures of individuals interface with the less visible strands of energy (electrical as well as cultural, etc.). Since changes in similarly structured systems resonate with all others, we can infer that we send information everywhere in the world when we touch.

And, in spite of the recent focus on the structure of the human gene, did you know it's been shown that, through the above connections, mechanical forces dramatically affect the functioning of our genes? In fact, which genes become activated is deeply influenced by the structural and electromagnetic environment in which they live.

When we touch, everything changes. Knowing this changes touch. 

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## AMTA – Texas Chapter Membership Meeting Scheduled

*Carolyn Scott-Naile*

*AMTA – Texas Chapter President*

On June 16, 2001, there will be a membership meeting held at the Hands-On Therapy massage school from 11:30 AM to 12:30 PM. The meeting location is at 1804 North Galloway, Suite A, in Mesquite, Texas. Please call 972-285-6133 for directions. The membership meeting will follow an AMTA – Texas Chapter Executive Committee meeting, which is scheduled to begin at 9:00 AM and continue until 11:30 AM. All elected and appointed executive committee members are asked to attend both meetings and all AMTA – Texas Chapter members are invited to attend the membership meeting. Elections will be held for the First Vice-President/Units and Third Vice-President/Public Relations positions. Nominations for either office can be submitted in writing to AMTA – Texas Chapter Secretary Marilyn Hollingsworth (see elsewhere in this issue for contact information). For further details visit: [www.amtatexaschapter.org](http://www.amtatexaschapter.org) 



Rick Robinette  
2203 Healey Drive  
Dallas, TX 75228-3713

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📎 Advertisers - request a  
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📎 Ad reservations must be  
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📎 Camera-ready ads are due by  
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