From:	Connie Kern
To:	Connie Kern
Subject:	Reflexology Regulatory Act
Date:	Tuesday, January 19, 2021 11:13:15 AM
Attachments:	2nd letter to nc leg.docx

***Please feel free to contact me at my personal cell listed below should you need more information or have questions. A Word copy is attached. I'll be happy to help any way I can!

Good morning, Representative. I hope that all is well with you, your family, and those in support positions in your office. We all rely on you to perform so many functions and appreciate all of your effort. As an ARCB Board-Certified Reflexologist of over 20 years, I feel a need to bring a matter to your attention.

In recent years, the Massage board has removed their legislative exemption which ACKNOWLEDGED that Reflexology is not under their authority. The Massage Board is now claiming that Reflexology should be under their control. As Reflexologists, we feel this is **detrimental to the public interest** and definitely is a violation of the civil rights of reflexologists as it limits our right to perform our chosen profession.

As you can see from the table below, **NO authorized health agency views reflexology as a form of massage**. It is handled in medical studies as a separate therapy and is defined as such. The distinction is that *massage is a manipulation of the soft tissue; Reflexology is the application of pressure to the neural reflex points* in the feet, lower legs and sometimes hands or ears. In Reflexology we DO touch the skin….but that makes it **NO MORE** a form of massage than Chiropractic, Physical Therapy, Nursing, cosmetology, acupressure, rolfing, or many other therapies that impact the skin and soft tissues incidentally to performing their processes.

Bill S527 (https://www.ncleg.gov/Sessions/2019/Bills/Senate/PDF/S527v0.pdf) was introduced in 2020 to redefine Reflexology as a separate therapy, and to provide for public protection through severe civil penalties should persons without proper credentials offer services. I am asking for your support for the Reflexology Regulation Act as it comes back this year. This legislation will allow Reflexologists to continue free expression of their lawful practices, will give North Carolina the teeth to prevent public harm, and will do so without any need for yet another regulation board since it defers to the currently operating American Reflexology Certification Board (ARCB).

Pertinent Facts:

1) Both the White House Commission on Complementary Medicine (WHCCAMP) and the National Center for Complimentary and Integrative Health (NCCIH) recognize Reflexology as a separate therapy, NOT a form of massage.

https://govinfo.library.unt.edu/whccamp/pdfs/fr2002_document.pdf
https://pubmed.ncbi.nlm.nih.gov/?term=reflexology&sort=&filter=pubt.meta-analysis&filter=pubt.review&filter=pubt.systematicreview&filter=ds1.y_5&filter=species.humans&filter=language.english

2) Reflexology has operated in NC since the 1920's, currently under the State's Art of Healing license. The professional has been served by the American Reflexology Certification Board, which supplies testing and national board certification. It also tracks continuing education along with a number of other points of oversight.

3) There is **no statutory authority** given to the Massage Board to regulate ANY profession other than their own. Reflexology being controlled by Massage is like requiring a licensed electrician to obtain permission from the plumbing industry and submit to thousands of dollars in unnecessary expense to become a plumbing before operating as an electrician.

Please make a commitment to supporting our Bill as it makes its way to you this year. I sincerely appreciate your hard work and commitment to protecting both the livelihood of your constituents and the public interest

--

Connie Kern, BA
CEO, Serene Health LLC
NBCR, RAA, CITI, RYT, YA
NPI #1215346283
ARCB Board Certified Reflexologist B01659
2020/21 NCRA Board of Directors
UNC MAEd Candidate
Cert. Health and Wellness Mgmt

646.588.8176