

February 20, 2009 . . .

Lila M. Mueller has been awarded national certification by the American Reflexology Certification Board (ARCB). Mueller is one of eleven nationally certified reflexologists in Wisconsin and the only one located in Southeastern Wisconsin (Kenosha, Milwaukee, Ozaukee, Racine, Walworth, Washington and Waukesha Counties).

The American Reflexology Certification Board is a non-profit independent testing agency not affiliated with any school, instructor, business or association. ARCB's primary aim is to protect the public through certifying the competency of those reflexologists practicing professionally who meet certain standards. A second objective is to act as a national referral board for certified practitioners.

In addition, Mueller is certified by the International Institute of Reflexology®, St. Petersburg, Florida and in A.R.T. (Advanced Reflexology Training) London, England. Mueller is currently enrolled in the Australian College of Chi-Reflexology in Winmalee, NSW, Australia.

Methods of Reflexology studied and utilized by Mueller include The Original Ingham Method®, A.R.T., Father Josef Method, 5 Elements & 12 Meridians relating to Reflexology, Cranio-Sacral Reflexology, Chi-Reflexology, R.E.S.T. Method, The Flocco Method (Feet, Hands & Ears), Reflexotherapy of the Feet and KHT (Korean Hand Therapy). Mueller's instructors are located world-wide. Future studies include Facial Reflexology and Praxis Vertebralis – Neuro Foot Reflexology with Lone Sorenson of Denmark.

Mueller is a member of the Reflexology Organization of Wisconsin, Reflexology Association of America, International Institute of Reflexology®, A.R.T. – London England, International Council of Reflexologists, International Reflexology Association, and the North Carolina Reflexology Association.

Reflexology is a science that deals with the principle that there are reflex areas in the feet, hands and ears which correspond with all glands, organs and parts of the body. Reflexology is a unique method of using the thumb and fingers on these reflex areas.

Reflexology includes, *but is not limited to*: relieve stress and tension; improves blood supply and promote the unblocking of nerve impulses; help nature achieve homeostasis (balance).

Reflexology is a complementary therapy that enhances the body's natural healing process. Reflexology is **not** massage therapy.