



North Dakota Board of Reflexology

1357 10th St NW | Turtle Lake, ND 58575

Testimony on Engrossed SB NO. 2065
Richelle Presser, Licensed Reflexologist
ND Board of Reflexology Secretary/Treasurer

Human Services Committee
Monday, March 13, 2023, 10:30 a.m.
Pioneer Room, State Capitol

Good morning, Chairman Weisz and members of the Human Services Committee. My name is Richelle Presser. I am a licensed reflexologist from Turtle Lake, practicing both in Turtle Lake and Bismarck, as well as the Secretary/Treasurer of the ND Reflexology Board.

I am here today to testify in favor of Engrossed Senate Bill 2065.

Reflexology is a non-invasive, stand-alone natural discipline recognized by the National Institute of Health (NIH) and the National Center for Complementary and Alternative Medicine (NCCAM). Both fund research projects on various natural health disciplines, including reflexology.

The modality of reflexology has been traced all the way back to 2330 BC. Reflexology is a science that deals with the principle that there are reflex areas in the body that correspond to all of the glands, organs, and parts of the body. Reflexology helps to relieve stress and tension, improves nerve and blood supply and promotes the unblocking of nerve impulses; and it helps bring the body back into homeostasis (balance).

This bill will allow licensed reflexologists a wider scope of practice and the ability to utilize techniques learned at seminars, such as Thai Reflexology, which involves working on the feet and calf; the use of tools, such as a Thai stick. Another technique includes Facial Reflexology, which can also involve the use of tools. This method of reflexology is equally effective as that performed on the feet, hands, or ears.

Currently, those with only a reflexology license, as compared to those with a massage and a reflexology license, are at a competitive and financial disadvantage, as it limits the scope of practice.

The cost of attending trainings or seminars is anywhere between \$300-\$400; some are more, some are less. Online and ZOOM classes are also available for continuing education credits, but investing in the education for these trainings and not being allowed to use them or the techniques learned is a barrier we would like to remove.

As shown in the Engrossed Senate Bill No 2065, the board would like to establish, adopt, and enforce Administrative Rules that clarify how to become licensed based on reflexology educational background, character references, and testing results.

The board would like to address acceptable continuing education and how to renew licenses in Administrative Rules. The Board supports professional standards and ethics of National organizations that promote Reflexology.

The Board would also like to show more clearly when a license needs to be renewed.

Finally, the Board has received reports of several people or businesses across ND that are practicing or advertising reflexology without a license. Currently, there is no way to address concerns brought to us. Therefore, we would like to add a penalty so we can notify these people and businesses that we have been contacted, and we can report them to the State. This is consistent with those that do similar modalities without a license.

Chairman Weisz and members of the committee, thank you for your consideration of Engrossed Senate Bill 2065. I would be happy to answer any questions you may have.