

# Conditioned Response Reflexology (CCR©)

Exploring the Biology, Psychology and the Physiological effects  
of Chronic Stress on the Body

**This course is being taught on August 29 in Taastrup Zoneterapi  
– Taastrup Hovedgade 92, 2630 Taastrup - for students who  
attended the prenatal CRR course in 2020.**

We will explore the Biology, Psychology, and Physiological Effects of Chronic Stress on the Body, and upon completion, you have an innate understanding of how chronic stress has an impact on various systems of the body. You will obtain a learning knowledge of reflexology protocols and strategies that are proven to have a major impact on your practice and the health of you and your family.

You also will never think about stress the same way ever again.



*Education is not the learning of facts  
But the training of the mind to think*

**WITH SCIENCE AND EVIDENCE-BASED PRACTICE TAKING REFLEXOLOGY INTO THE 21ST CENTURY**

## Holistic Health and Longevity with Conditioned Response Reflexology CRR©

- Where blood flows so does our Health.
- The effect of Nitric Oxide on inflammation
- Things you never knew about the immune system
- Physiological effects on Cardio-Vascular system, Metabolism and Digestive tract.
- Why some professions are more affected by depression
- Food as Pharma for Anxiety and Depression.

Vera Krijn is a client-centered practitioner with 25 years of practical proficiency in perinatal care. She has a private practice and works with a high-risk Obstetric practice in New York City, who refer their pregnant patients, including A-list celebrities. In addition, she works with Long-haul Covid-19 clients as well as people suffering from anxiety and depression, and chronic pain.

With insight and wisdom, she uses reflexology, Pavlovian learning, and other strategies that have a long-term effect on the physical and emotional health of her clients. She is certified by the Ludwig-Maximilian Universität München (LMU) in pregnancy nutrition and Lifestyle.

She was president of the New York State and Tristate Reflexology Association and is the recipient of the "Eunice Ingham Pioneer award" from The Reflexology Association of America. She was the subject of a documentary for the NHK Japanese Television

**Course materials included:** Home study Book and PPT presentation in PDF format



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