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Deborah Hitt, NBCR, Executive Director
Senate Health, Human Services and Medicaid Committee
Senate Bill 105
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Chairman Burke, Vice Chairman Huffman, Ranking Minority Member Antonio, my name is Debbie Hitt and I am a national board certified reflexologist and reflexology educator. I truly enjoy sharing reflexology with my clients and students. I am here today to support modifications to Senate Bill 105.

I have been studying reflexology since 2001 when I received my first certification. I later became a National Board Certified Reflexologist (NBCR designation) through the American Reflexology Certification Board. I invest in reflexology education every year and have studied with individuals from around the world. I have been sharing reflexology for 18 years and love what I do both as a practitioner and an educator. I began teaching in 2012 as the Executive Director of the Reflexology Certification Institute and have been so excited and amazed at the power of reflexology and the transformation of my students. The Reflexology Certification Institute is registered with the Ohio State Board of Career Colleges #12-05-1992 and as such, is subject to the state regulations and the various renewal processes.

In 2016, the three national reflexology associations - Reflexology Association of America; American Reflexology Certification Board (ARCB); and the National Council for Reflexology Educators; came together to create a single definition to be used across the united states, "Reflexology is a protocol of manual techniques, such as thumb and finger walking, hook and backup and rotating on a point, applied to specific reflex areas predominantly on the hands and feet. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to functional optimally."

As Executive Director of the Reflexology Certification Institute, my goal is to provide the highest quality of reflexology education and to prepare my students to sit for the national exam. The scope of reflexology is limited to hands, feet, and outer ears. Our clients are fully clothed with the exception of socks and shoes. No lotions or oils are directly applied to the client's skin in a reflexology session. Three reflexology schools are currently registered with the Ohio State Board of Career Colleges. Without changes to the Senate Bill 105, I potentially could lose my ability to practice and teach reflexology in Ohio.

I would suggest to the Committee that reflexologists should be able to gain an exemption from the bill by requiring a database in the State of Ohio for all of those that meet the National Board Certified Reflexologist criteria. In doing so, we can exempt **my** lawful practitioners, while still keeping true to the intent of the Bill. By requiring applicants to be certified by the ARCB, the applicant will also have to meet the ARCB prerequisites to sit for the certification exam. These prerequisites include that the applicant is 18 years of age or older, possesses a high school diploma or equivalent, has completed a minimum of 110 hours of classroom instruction meeting defined subject requirements, and has provided a certificate of attendance verifying subjects taught and hours attended. I support the objective of this legislation to combat bad actors using the guise of massage to conduct criminal activity and engage in the horrors of human trafficking. These proposed modifications ensure that the goals of this legislation are met while ensuring the legitimate reflexology businesses are not unnecessarily forced to close in Ohio.

Thank you for your time and consideration, and I would be happy to answer any questions you might have.