

**Subject:**

Menopause, Climacterium

**Study****Conducted:****Country:Institution:**

China

Health Station of Qianjin  
Clothing Factory

**Citation:**

Sun, J., "Observation on the Therapeutic Effect of 82 Cases of Climacterium Syndrome Treated with Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 60-61.

**Synopsis:**

82 female patients, ages 42-55 yrs old. with climacterium syndrome from 3 months to 2 years were treated. Sixty-one cases were given traditional Chinese treatments and western medicine without relief. Forty were given foot reflexology only. Forty-two were given foot reflexology plus small magnets on certain points of the ear alternately 5-7 days. 10 days equaled 1 course of treatment. Reflexology was given for 30 minutes daily.

**Conclusion:**

Foot reflexology was found to be effective for the relief of climacterium syndrome.

Reflexology Research provided courtesy of the  
[American Academy of Reflexology](#), Bill Flocco, Director.