

Subject:

Reflexology Helps Multiple Health Conditions

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

China

Vocational Technique Training
Center of Reflexology, Tianjin
Municipality

Citation:

Jiamo, H., Yuehong, W., Lingyun, Z., Yunu, Y., Dai, C., Xiuwen, Y., Qingzhi, L., "The Exploration on the Optimum Indication of Reflexotherapy." 2002 China Reflexology Symposium Report, pages 54-56.

Synopsis:

In order to practice reflexotherapy scientifically with accurate aims, the research group made a primary exploration on the optimum indication of reflexotherapy. The objects of investigation were 50 people who had been engaged in reflexotherapy for 2-12 years with rich experiences. They were between 22 to 75 years old with an average age of 41 years. Information was collected by inquiring questions.

Conclusion:

The objects treated 50 types of diseases and over 50,500 cases total. Total effective rate was 96%. 70% of treatment methods were foot, hand, and ear reflexotherapy (65% of which was foot reflexotherapy). The other 30% was in combination with other therapies. The report concluded that the optimum indication of reflexotherapy could be listed as the following ten diseases: common cold, insomnia, constipation, diarrhea, fatigue syndrome, fever, lumbosacral pain, hypertension, neurotic headache, travel sickness. Even one to three sessions of reflexotherapy could bring about significant results.

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