

Subject:

Diabetes

Study Conducted: Country: Institution:

China

People's Hospital of Hebei Province

Citation:

Gao, H., "The Therapeutic Effect of Foot Reflexology on Patients of Diabetes - 60 Cases Report." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 55-57.

Synopsis:

60 adults with non-insulin dependent diabetes mellitus were given a glycuride-like medicine called xian ke pill for 2 months; then on the third month, they were given therapeutic slippers with magnet inserts to wear. Their fasting blood glucose was checked every month and their urine glucose was checked weekly. A study was done to show the comparative results of foot reflexology to medicine. Results of foot reflexology: 76.6% (46) patients had great results, 13.3% (8) had some results, and 10% (6) had no results. Results of medicine: 38% (23) patients had great results, 18.3% (11) had some results, and 43.3 (26) had no results.

Conclusion:

Foot reflexology was found to be effective for treatment of diabetic patients in combination with medicine without eliciting side effects.

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