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## **Citations for over Three Hundred Reflexology Case & Research Studies from Around the World**



Dear Reader,

Starting in 1991, as I traveled around the world teaching the Integration of Foot Hand Ear Reflexology to veteran Foot Reflexologists, in city after city and country after country, the most frequent question asked was, "Where can we find out about Reflexology Research Studies from around the world?" No such list existed.

So I determined to gather all studies, compile a comprehensive list, and make that list available at no charge, to anyone in the world who might be interested. It was a fascinating journey of discovery that led to the list provided for you below. For your convenience, the citation for each study has been arranged alphabetically by types of study. Most people will find the section on "Outcome Studies" of greatest interest. We trust you find the list of value.

- *Bill Flocco.*

### **Here is an example of what you will find in the citation for each study.**

Retrospective Analysis of 8096 Cases "An Exploration of the Clinical Indications of Foot Reflexology - A Retrospective Analysis of Its Clinical Application to 8096 Cases." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 140-143. Wang, L.

**Please notice that this example shows you:**

Study Topic: Retrospective Analysis of 8096 Cases

Title of the study: "An Exploration of the Clinical Indications of Foot Reflexology - A Retrospective Analysis of Its Clinical Application to 8096 Cases."

Year study was reported: 1996.

Where study was reported: China Reflexology Symposium Report, Beijing: China Reflexology Association.

Who conducted the study: Wang, L.

Where any of these elements is not provided, it is because the details were not available.

### **Eleven Different Types of Research Studies**

As you look through the list of Study Topics, you will notice that they are divided into eleven different Categories of studies. Each category is described at the beginning of the section for that type of study.

### **Different Terms Meaning Reflexology**

As the practice of Reflexology has spread from the USA to other parts of the world, a variety of different terms have been used to refer to the practice of Reflexology. You will see many such terms used in the titles of the studies that follow. All mean the same thing, Reflexology.

#### **1. Outcome Studies**

Show the effectiveness of reflexology for a given condition, such as headaches, asthma, PMS, etc. Most reflexology research studies are Outcome Studies.

**Abdominal Pain** "Observation on Therapeutic Effects of 25 Cases with Acute Abdominal Pain Treated with Foot Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 16. Zhang, C., and Zhang, Z.

**Acne** "Treatment of 38 Cases of Acne with Foot Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 62-63. Dong, D., Xiang, X., Shi, Y., Kong, Z., and Dong, C.

**Adrenal Changes** "Treatment for Headache with Faradotherapy Applied to Foot Reflexes of the Adrenal Gland and Cerebrum." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 144-145. Gong, X.

**Allergies** "Observation on the Therapeutic Effect of Allergic Rhinitis Treated with Reflexology." 2000 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 40-41. Ga, W. Liu, H. and Xu, Q.

**Anemia** "A Case Report on Treatment of Megloblastic Anemia with Paraplegia by Foot Reflexology." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 48-50. Yang, Y.

**Angina** "Effect of Foot Massage on a Patient with Angina Observing with EKG: A Case Report." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 53-54. Zhang, B.

**Ankle Sprain** "Treatment of Ankle Sprain by Working on Relevant Reflex Areas of Hand and Foot." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 122-123. Shen, G.

**Arrhythmia** "Curing an Arrhythmia (trigeminal pulse) with Foot Reflexology." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 18-19. Wang, S.

**Arthritis** "Treatment of Knee Arthralgia with Foot Reflexology: An Analysis of 17 Cases." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, page 37. Chen, G.

**Asthma** "Effect of Foot Reflexo-massage on Rheumatoid Arthritis." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 93-94. Chi, J.

**Asthma** "A Clinical Analysis of Foot Reflexomassage for Treatment of 45 Cases with Infantile Bronchial Asthma." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 41-43. Duanmu, H.

**Asthma** "A Clinical Investigation on 57 Cases with Infantile Asthma Treated by Foot Reflexology." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 17-18. Duanmu, H.

**Asthma** "Asthma and Reflexology." Mit helbred. 1992. (Publication details not available.) Fosholt, U.

**Asthma** "Asthma and Reflexology. A Reflexologist's Account of the Progress of an Asthma Project Which Took Place at the Allergy/Lung Clinic at Gentofte Hospital, Denmark." Danish magazine Mit Helbred, No. 10, 1992. Fosholt, U.

**Asthma** "The Child Reflexology Asthma Research Pilot Study." England. 1997. (Publication details not available.) Lee, J.

**Asthma** "A Case of Asthma Cured by Foot Massage." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 40. Wang, Y.

**Asthma** Reflexology and Asthma – A Randomized Controlled Study of 40 Participants. Citation not provided.

**Atrial Fibrillation** "A Case of Atrial Fibrillation Treated by Foot Reflexology." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 47. Xu, Q., Wang, Y. and Wang, L.

**Bedwetting** "Reflexology Research into Enuresis Nocturna/Bed Wetting 2." Danish Reflexologists Association Research Committee Report, 1995, first reported in 1991. Eriksen, L.

**Bedwetting** "Treating Childhood Nocturnal Enuresis with Reflexology." 1998. Ugeskrift for Laeger (Journal of Danish Medical Doctors), Vol. 160, pages 5654-5636. Sietam, K. S. and Eriksen, L.

**Bedwetting** "Treating Children's Problems with Reflexology." Paris, France. (1993). (Publication details not available.) Vasseur, C.

**Biliary Tract Disease** "Cases of Biliary Tract Disease." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 45. Jing, C.

**Birth Process** "Easier Births Using Reflexology." 1988. Danish Daily Newspaper, Berlingske Tidende, Sorrig, K.

**Blood Circulation** "Effect of Foot Massage on Blood Circulation." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 147. Wu, S.

**Blood Fat** "Comparative Study on the Treatment of Hyperlipernia with Four Therapies." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 34-37. Gui, S., Li, Y., Huang, J., Xiao, X., Chen, S., Gu, X., Zhu, S., Liao, E., and Luo, D.

**Blood Fat** "Impact of the Massotherapy Applied to Foot Reflexes on Blood Fat of Human Body." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 21-23. Gui, S., Xiao, X., Li, Y., Fu, W., and Luo, D.

**Blood Flow** "Changes of Renal Flow during Organ-Associated Foot Reflexology Measured by Color Doppler Sonography." 1999.

In Research in **Complementary Medicine**, Vol. 6, pages 129-134. Gui, S., Xiao, X., Li, Y., Fu, W., and Luo, D. Sudmeier, I., G. Bodner, I. Egger, E. Muir, H. Ulmer and Herold, M.

**Blood Flow** "Treatment of Leukopenia with Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 32-33. Xu, Y.

**Blood Flow** "Observation of Influence on Blood Flow in Radial Artery of 22 Cases with Taut or Normal Pulse by Foot Reflexology." 2000 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 59-60. Ma, Y.

**Blood Flow – Inner Organs** "Global Effect of Reflexology on Blood Flow" 2005. International Council of Reflexologists Conference Transcript. Paraguay. Piquemal, M., MD.

**Blood Oxygen Levels** "Exploration on the Effects of Pulse, Respiration and Oxygen Saturation of Blood by Different Strength of Stimulus." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 94-96. Feng, J., Fan, C., Feng, X., and Yang, L.

**Blood Pressure** "Improving Function and Blood Pressure in Older Adults Through Cobblestone Mat Walking: A Randomized Trail" 2005. American Geriatric Society. Li, Fuzhong, PhD., Fischer, K. John, PhD., Harmer Peter PhD.

**Blood Uric Acid** "Hyperuricemia Treated with Foot Reflexotherapy - Clinical Research of 21 Cases." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 89-91. Zhong, Z., Ding, W., Qiu, S., Lu, Y., Ye, J., Zhang, Z., and Xie, Q.

**Breast Cancer** "Breast Cancer Patients Turn To Reflexology For Comfort" A trial study. 2005. College of Nursing, University of Michigan. Wyatt, Gwen.

**Breast Feeding** "Foot Reflexology in the Treatment of Hypogalactia." 1996 China Reflexology Symposium Report. Beijing: China Reflexology Association, pages 66-67. Zhang, J.

**Breech Birth** "A Case Report: Using Foot Reflexology to Cure Sequelae of Asphyxia with Buttocks Position Birth." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 33-34. Xu, X.

**Bronchitis** "Observation on 31 Cases with Chronic Bronchitis Prevented by Reflexology." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 13-14. Gui, S., Chen, S., Xiong, C., and Gu, X.

**Bronchitis** "The Treatment of Infantile Bronchitis with Foot Reflexotherapy." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 44-45. Qiao, Y.

**Cancer** "Complementary Role of Reflexotherapy in the Course of Chemotherapy for Cancer Patients." 2000 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 46-47. Fu, H., and Shi, J.

**Cancer** "Reflexology Used for Cancer Patients." Internet Health Library and "Review of Foot Massage: A Nursing Intervention to Modify the Distressing Symptoms of Pain and Nausea in Patients Hospitalized with Cancer," Cancer Nurse 2000, pages 237-243. Grealish, L., Lomasney, A., and Whiteman, B.

**Cancer** "Effects of Reflexotherapy on Toxic Reactions of Cancer Patients Induced by Radiotherapy and Chemotherapy." 2000 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 48-50. Ju, D., Hao, Q., Sun, C., Zhu, M., and Li, R.

**Cancer** "The Effects of Foot Reflexology on Anxiety and Pain in Patients with Breast and Lung Cancer." 2000. Oncology Nursing Forum, Vol. 27, No. 1, pages 67-72. Stephenson, N., Weinrich, S., and Abbas, S.

**Cancer** "Exploration on Reflexotherapy in Treating Complications of Infantile Leukemia after Chemotherapy--Retrospective of 151 Cases." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 7-8. Zhonghe, Head Nurse of Hematopathy Department.

**Carbon Monoxide Poisoning** "Clinical Experience of Foot Massage in the Treatment of Sequelae of Carbon-Monoxide Poisoning - A Case Report." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 8-10. Su, F. and Shang, Y.

**Cardiopathy** "Treatment of Cardiopathy with Foot Reflexology." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 20-21. Chen, X.

**Cataracts** "Foot Massage Treatment of Immature Cataract." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 129. Huang, G.

**Cataracts** "Hand and Foot Reflex Area Massage in the Treatment of Senile Cataract: Observation of 10 Cases." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 70. Zhou, D.

**Central Nervous System** "RWO SHUR Health Method and Neurobiology." 1992 Worldwide Conference Kuala Lumpur, Handbook of Conference Papers. Han, F., assisted by Tay, G.

**Central Nervous System** "Treatment of Senile Chorea with Strong Stimulation on Foot Reflexes: A Case Report." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 7. Wu, Z.

**Cerebral Cell Death** "One Case of Vegetative Person" Regain Consciousness by Foot Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 17-19. Tian, H.

**Cerebral Infarction** "Exploring the FRZ of Grossa." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 69. Guo, B.

**Cerebral Infarction** "Foot Reflexion Massage in Treatment of Cerebral Infarction." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 4. Lin, S.

**Cerebral Infarction** "Foot massage Treatment of Multiple Cerebral Infarction: A Case Report." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 11. Lu, C.

**Cerebral Palsy** "Treatment of Congenital Infantile Cerebral Palsy with Foot Reflexology - A Case Report." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 14-16. Han, X.

**Cerebral Thrombotic Sequelae** "Treatment of 38 Cases of Ischemic Apoplexy with Reflexology." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 1-4. Wu, Z., and Li, X.

**Cerebral Thrombotic Sequelae** "Treatment of 33 Cases of Cerebral Thrombotic Sequelae with Foot Reflexotherapy." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 5-6. Zhang, D., and Wu, Z.

**Cerebral Vascular Thrombosis** "Effect of Foot Reflexology on the Meiplegia by Cerebral Vascular Thrombosis." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 16-19. Zhao, Z.

**Chemotherapy** "Complementary Role of Reflexotherapy in the Course of Chemotherapy for Cancer Patients." 2000 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 46-47. Fu, H., and Shi, J.

**Chest Pain** "Is Chest Pain Affected by Reflexology Intervention? A Small Study." 1993. Footprints, Vol. 9, page 9. Berker, M.

**Chronic Disorders** "Management of Different Chronic Disorders Through Reflexology Therapy." 2000 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 63-76. Dalal, K.

**Climacterium Syndrome** "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. Sun, J.

**Cloasma** "Treatment of Chloasma with Combined Foot and Facial Massage." 1996 China Reflexology Symposium Report. Beijing: China Reflexology Association, pages 80-82. Gao, Z

**Colic** "The Effects of Reflexology on Infants with Screaming Fits." Accepted for publication: Ugeskrift for Laeger (Danish MD Journal).

**Colitis** "Foot Reflexology Cures a Nonspecific Ulcerative Colitis." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, page 29. Zhou, F.

**Coma** "Foot Reflexo-Therapy in Emergency Treatment of Deep Coma after Drowning." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 6. Gao, W. and Wang, Z

**Common Cold** "Ultraviolet Sole Irradiation in Preventing Common Cold and Influenza in Children." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 39. Zang, S.

**Concussion** "Exploration of Diagnosis and Treatment for Sequelae of Brain Concussion with Foot Reflexology." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 29-31. Wang, X.

**Constipation** Does Reflexology Have an Effect on Obstipatio Chronica (chronic constipation)? – A study of 42 women. Denmark. Citation not provided.

**Constipation** "Using Reflexology to Relieve Chronic Constipation." 1992. Sugeplejersken, The Danish Journal of Nursing. Eriksen, L

**Constipation** "Exploring the Application of foot Reflexology to the Prevention and Treatment of Functional Constipation." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 62-65. Yang, Y., Chao, L. Meng, G., Cao, S., Hao, J., and Zhang, S.

**Constipation** "Foot Reflex Zone Massage in the Treatment of Constipation." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 60. Zhao, S.

**Cortisol** "Reflexology and Plasma Cortisol Under Surgical Stress." 1977. Glostrup County Hospital, Denmark. (Publication details not available.)

**Deafness** "Foot Reflexology in the Treatment for 5 Cases with Drug Toxic Deafness." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 119-121. Zhao, Z., Zhou, G., and Zhou, X

**Dementia** "Therapeutic Effect of Foot Reflexology on Senile Encephalatrophy." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 12-15. Han, F

**Dementia** "Foot Reflexology Therapy in Senile Dementia: Report of 2 Cases." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, page 14. Meng, G., and Zhao, L

**Diabetes** "Clinical Research on Treatment of 367 Cases with Diabetes Mellitus." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 46-48. An, B

**Diabetes** "Foot Reflexology Therapy Applied on Patients with NIDDM (Non-insulin dependent diabetes mellitus)." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 24-25. Duan, Z. et al.

**Diabetes** "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. Gao, H.

**Diabetes** "Treatment for Complications of Type II Diabetes Mellitus - Analysis of 31 Cases." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 29-31. Hou, M.

**Diabetes** "Two Cases of Diabetic Mellitus Treated with Foot Reflexotherapy." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 32-33. Lin, P.

**Diabetes** "Treatment of Diabetes with Reflexology - Report of 10 Cases." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 42-43. Liu, C

**Diabetes** "Clinical Observation on Influence Upon Arterial Blood Flow in the Lower Limbs of 20 Cases with Type II Diabetes Mellitus Treated by Foot Reflexology." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 97-100. Ma, Y.

**Diabetes** "Foot Reflexo-therapy in Diabetes and Diabetic Complications--Report of 215 Cases." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 26-28. Wang, H.

**Diabetes** "A Case of Pituitary Diabetes Insipidus Cured by Foot Reflexology." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 77. Wang, S.

**Diabetes** "An Analysis of Therapeutic Effects of 28 Cases with Diabetic Acromelic Vesicle and Gangrene Treated with Foot Reflexo-massage." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 37-40. Zhang, G

**Diabetes** "A Primary Observation of Foot Reflexology for an IDDM Insulin Dependent Diabetes Mellitus Case." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, pages 22-23. Zhang, J., and Xu, B



**Diarrhea** "Clinical Experience of Foot Massage in the Treatment of Lientery Diarrhea: 47 Cases Report." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 69. Li, F.

**Diarrhea** "Foot Reflex Zone Massage in the Treatment of Infantile Diarrhea." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 68. Wei, S.

**Diarrhea** "Clinical Observation on Treatment of 50 Cases of Infantile Autumn Diarrhea with Hand and Foot Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 22-23. Zhang, L., Zong, L., and Dong, W.

**Digestion** "The Observation of Gurgling Sound Before and After Foot Massotherapy." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 150-154. Yang, Y., Zhao, L., Meng, G., Cao, S., Hao, J., and Zhang, S.

**Drowsiness** "Transitional Drowsiness Treated with FRZ Massage, A Case Report." 1994 China Reflexology Symposium Report, Beijing, China Reflexology Association, pages 23-24. Zhao, Y.

**Drug Addictions** "How to Treat Pathologies of the Ortho-Sympathetic System with Reflex Massage." 1997. Paris, France. (Publication details not available.) Tanelle, J.

**Dysmenorrhea** "Foot Reflexology in Dysmenorrhea." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 89. Wang, Z., Gao, W., and Han, X.

**Ear Disorders** "National Survey on Reflexology Treatment for Ear Disorders in Children." 1998. Zoneterapeutern, Vol. 17, Number 8, pages 8-11. Kjoller, M.,

**Eczema** "Treatment of Eczema with Reflexology." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 66-68. Gu, H. and Xu, Y.

**Eczema** "Foot Reflexology Cures Eczema." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 41. Liu, M.

**Eczema** "Refractory Eczema Cured with Foot Reflexo-therapy." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 88. Zhuo, X.

**Epilepsy** "Treatment of 7 Cases of Epilepsy with Electrotherapy on Foot Reflex Areas." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 92. Gong, X.

**Epilepsy** "Treatment of Secondary Epilepsy with Foot Reflexology Therapy, Report of One Case." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 16. Gong, X.

**Epilepsy** "Association Therapeutic Recordings of a Case of Epilepsy Treated with Reflexology." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 25-29. Lu, J.

**Facial Chloasma** "Foot Massage in Treatment of Facial Chloasma." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 93. Liu, M.

**Facial Chloasma** "Treatment of 30 Cases of Facial Chloasma with Foot Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 64-65. Xu, Y., and Guo, X.

**Facial Palsy** "Foot reflexo-massage in Treating Three Patients with Intractable Facial Palsy." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 3-4. Bei, Z., Tan, C. and Bei, M

**Free Radicals** "A Preliminary Study on the Mechanism of Foot Reflexo-massage - Its Effects on Free Radicals." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 128-135. Gui, S., Zhang, C., Dong, J. and Luo, D.

**Gallbladder** "Observation of Constriction Effect on Normal Human Gallbladder Induced by Foot Reflex Zone Massage." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 62-64. Duan, Z.

**Gallstones** "Experience in Usage of the Reflex Zone for Ball Bladder in the Lower Leg." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 148-149. Bo, F.

**Gallstones** "Foot Reflexology Cures an Ascariasis of the Biliary Tract." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, pages 32-33. Duan, Z.

**Gallstones** "A Case of Cholecithiasis Cured by Foot Reflex Zone Massage." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, page 31. Lu, X.

**Gallstones** "Treatment of Cholelithiasis with Foot Reflexology Combined with Traditional Massage." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 66-67. Zhou, P., Wu, R., and Zhang, Y.

**Gastritis** "Treatment of Chronic Superficial Gastritis and Duodenal Bulb Inflammation with Foot Reflexology: A Case Report." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 61. Liu, M.

**Gastritis** "An Observation of 60 Cases with Chronic Superficial Gastritis Treated by Foot Reflexology Combined with Hand and Ear Reflexology." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 46-49. Hao, J.

**Gastritis** "Treatment of Chronic Superficial Gastritis and Duodenal Bulb Inflammation with Foot Reflexology: A Case Report." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 61. Liu, M

**Gastritis** "A Discussion on the Treatment of Gastric Neurosis by Foot Reflexotherapy." 1993 China Reflexology Symposium Report. Beijing, China Reflexology Association, page 30.

**Glaucoma** "Foot Reflexology Therapy in Ophthalmic Diseases." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, pages 73-74. Zhou, Y

**Glioma** "Foot Reflexology, Chinese Herbs and Qigong in Treatment of one Case with Intramedullary Glioma in Comus Medullaris." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 30-32. Shen, X.

**Gonitis (Knee)** "Treating 57 Cases of Proliferative Gonitis with Reflexotherapy Combined with Tui-na on Local Acupoints." 2000 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 38-39. Lun, S.

**Gout** "Treatment of Gout with Foot Reflexology." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 95-96. Li, R.

**Gout** "Observation on the Therapeutic Effect of 15 Cases of Gout Treated with Foot Reflexotherapy." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 104-109. Wu, Z.

**Gout** "Treatment of Gout with Foot Reflexomassage." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 114-116. Xuan, W.

**Gynecological Diseases** "Foot Reflexo-therapy in the Treatment for 50 Cases of Gynecological Diseases." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 61-63. Hui, S. Hui, S.

**Gynecological Surgery** "Foot Reflexology: An Intervention Study." 1999. Forschende Komplemental Medizin, Supplement 1, pages 38-40. Kesselring, A.

**Gynecological Surgery** "Fussreflexzonenmassage." 1994. Schweiz Med Wochenschr, 124 (62), pages 88-93. Kesselring, A.

**Handicapped Children** "Observation of the Effect of Foot Reflexology on Rehabilitation of Handicapped Children." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 5. Zhang, B.

**Headache** "Reflexology Is An Effective Treatment for Headaches." Zoneterapeuten 1995. Journal of the Danish Reflexologists Association, FDZ, Number 8. Brendstrup, D., Eriksen, L., and Launso, L.

**Headache** "The Treatment of Seven Cases of Acute Headache with FRZ Massage." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, page 9. Fu, B. and Tan, C.

**Headache** "Two Cases of Stubborn Headache Treated with Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 7-8. Liang, L., and Jia, C.

**Headache** "Foot Reflex Zone Massage in Treating Agioneurotic Headache Report of 26 Cases." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 1-2. Qui, J.

**Headache** "Headache as a Headache Problem, Treated by Foot Reflexology." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, pages 7-8. Wang, H.

**Headache** "30 Cases of Neurasthenia Treated with Reflexology." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 5-6. Wang, H. Wang, S.

**Heart Disease** "Differential Diagnosis of Vegetative Nervous Disorder with Organic Heart Disease by Applying Reflexo-massage to Foot Reflex of Celiac Plexus." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 9-10. Hong, D., Zhao G., and Wang, D.

**Heart Disease** "Clinical Observation on Treatment of Coronary Heart Disease with Foot Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 38-41. Zi, Z., and Liu, Y.

**Hepatitis B** "Using Foot Massotherapy to Cure Hepatitis B." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 70-72. Tong, S

**Hernia** "Foot Reflexo-therapy in Treating A Case with Hiatus Hernia Complicated by Antral Gastritis and Chronic Cholecystitis." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 43-44. Tan, G.

**Herpes Treatment of Herpes Zoster** With Foot Reflex Zone Massage." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 83-85. Shen, G.

**Herpes** "Reflexology Treatment of Herpes Zoster in a Post-Operative Patient of Tongue Carcinoma." 1994 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 90. Wang, C.

**Hiccup** "Treatment of Obstinate Hiccup with Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 49. Lin, C.

**Hordeolum (Styes)** "Comparison of Curative Effects Between Two Therapies in Treating Infantile Hordeolum." 2000 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 42-43. Fengqiu, W. and Dejin, P.

**Hordeolum (Styes)** "Foot Reflexology Therapy in Ophthalmic Diseases." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 73-74. Zhou, Y.

**Hypertension** "Foot Reflexology Therapy for Benign Intracranial Hypertension: Report of One Case." 1990 China Reflexology Symposium Report, Beijing: China Reflexology Association, page 11. Jiang Y.

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## **2. Retrospective Studies**

After client / patient received reflexology sessions, client records are viewed to gather data.

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Retrospective Analysis of 8096 Cases "An Exploration of the Clinical Indications of Foot Reflexology - A Retrospective Analysis of Its Clinical Application to 8096 Cases." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 140-143. Wang, L.

## **3. Reflexology In The Workplace Studies**

Explore benefits of reflexology administered in the workplace. Looks at the impact of reflexology and employee satisfaction, i.e., health, work quality, absenteeism, and productivity. Can also explore impact on increased corporate income.

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#### **4. Mechanism Studies**

Explore how reflexology works, i.e., through the nervous system, chemically through the release of endorphins or other chemicals produced by the body, etc.

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Explore differences in skin and soft tissue textures that can be felt through the touch of a reflexology practitioner.

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Reflex Texture "Why is the Gastric Area in the Foot Affected if a Man Gets Gastrosia." 1993 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 58-59. Han, F.

#### **6. Reflexology Diagnosis Studies**

Explore the viability of reflexology for purposes of diagnosis. Sometimes these studies are done in conjunction with conventional medical diagnosis.

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Diagnosis With Occipital Reflexes "Occipital Zone in Reflexology." England. 1994. Faure-Alderson, M.

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## **7. Validating Reflexology Maps Studies**

Explore ways of showing whether a reflex map suggesting a shape of the human body can be documented to exist on various parts of the body.

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## **8. Application Studies**

Explore the effects of how reflexology was applied, i.e., light pressure, firm pressure, holding points, continually moving thumb movement, etc.

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