

## Subject:

Heart, Cardiopathy

## Study Conducted: Country: Institution:

China

Dalian Electric Power Bureau Clinic

## Citation:

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

## Synopsis:

Patients suffering from cardiopathy and symptoms of stuffy chest, palpitations, panting, cyanosis of the lips, dizziness and cold limbs were given foot reflexology with improved blood circulation, and reinforced the metabolism of the body. One patient with cardiac failure and atrial fibrillation was given foot reflexology and his appetite recovered after the first session. After 7 sessions, he was able to walk. After 60-80 sessions, he could ride his bike and do housework. Another patient with cardiac problems caused by water retention received 45 sessions of foot reflexology. After the sessions, she was able to walk and do housework.

## Conclusion:

Foot reflexology has been shown to be effective for the relief of symptoms associated with cardiopathy.

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