

Subject:

Asthma

Study Conducted: Country: Institution:

Denmark

Copenhagen University Hospital, Gentofte

Citation:

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

Synopsis:

Two groups of 15 patients with bronchial asthma received conventional treatment and medicine for four months. The active group, consisting of 13 (2 withdrew), were also given reflexology and had a 38.5 % improvement of lung function even with reduction of their medication.

Conclusion:

Foot reflexology was found to be effective for the relief of bronchial asthma.

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