

Subject:

Infertility

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

China

Affiliated Hospital of Dalian
Medical College,
Traditional Chinese Medicine
Hospital of Dalian

Citation:

Dong, D., and Xu, P., "Treatment of 4 Cases of Infertility with Foot Reflexotherapy." (1998) China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 58-59 .

Synopsis:

4 out-patients cases, 3 had primary infertility (never been pregnant) and 1 had secondary infertility (pregnant once but not able to conceive again), ages 26-30, were given 30-40 minutes of foot reflexology daily for 10 days along with an adjustment of the excretory and nervous-humoral systems. Before the session, they had both their feet soaked in warm water for 10-15 minutes and drank 300-500 ml of warm water. Reflexology was not given during menstruation. All 4 cases became pregnant after the sessions.

Conclusion:

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

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