

Subject:

Menstruation, Premenstrual Syndrome (PMS)

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

Denmark Not indicated.

Citation:

Author unknown, "Has Reflexology an Effect on PMS?" The FDZ, Forenede Danske Zoneterapeuter, 1994, No. 7:9

Synopsis:

9 cases. ages 18-40, with PMS symptoms were given 16 treatments of foot reflexology. Questionnaires and charts were filled out by all before, during and after the treatments. Results: The number of menstruation days and intense bleeding was decreased and the number of days with PMS and 4+ symptoms was decreased. Eight participants reported benefits from reflexology.

Conclusion:

Foot reflexology has been found to be effective for the reduction of PMS symptoms.

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