

The effective rate of the foot reflex therapy group was 96% compared to the control group rate of 33%.

Xiu-hua, Xu, "Analysis of 50 Cases of Amenorrhea Treated by Foot Reflex Therapy," (19)96 *Beijing International Reflexology Conference (Report)*, China Preventive Medical Association and the Chinese Society of Reflexology, Beijing, 1996, p. 36

* Menopause

Eighty-two women diagnosed with menopause were randomly divided into two groups. Forty-two women received foot reflexology and forty received foot reflexology with auricular point magnet adhesion. Thirty minute sessions were provided daily for 60 days.

Among women provided with foot reflexology at the conclusion of the study, 17 (40.48%) of the women had fully recovered, 20 (47.62%) had significantly recovered, 4 (9.25%) had effective results and 1 had ineffective results.

Among women provided with foot reflexology and auricular magnet adhesion at the conclusion of the study, 9 (22.5%) of the women had fully recovered, 16 (40%) had significantly recovered, 9 (22.50) had effective results and 6 (15%) had ineffective results.

"The effective rate of the combined treatment group was 97.62% (41/42). That of the simple treatment group was 85% (34/40).

Sun Jianhua, "Observation on the Therapeutic Effect of 82 Cases of Climacterium Syndrome (menopause) Treated with Reflexotherapy," 1998 *China Reflexology Symposium Report*, China Reflexology Association, Beijing, pp. 60-61

* Menopause

"Seventy-six women between 45 and 60 years, reporting menopausal symptoms. Methods: Women were randomised to receive nine sessions of either reflexology or nonspecific foot massage (control) by four qualified reflexologists over a period of 19 weeks. Main outcome measures: The Women's Health Questionnaire (WHQ), the primary measures being the subscores for anxiety and depression. Severity (visual analog scale (VAS) and frequency of flushes and night sweats. Results: Mean (SD) scores for anxiety fell from 0.43 (0.29) to 0.22 (0.25) in the reflexology group and from 0.37 (0.27) to 0.27 (0.29) in the control group over the course of treatment. Mean (SD) scores for depression fell from 0.37 (0.25) to 0.20 (0.24) in the reflexology group and from 0.36 (0.23) to 0.20 (0.21) in the control (foot massage) group over the same period. For both scores there was strong evidence of a time effect ($P < 0.001$) but no evidence of a time-group interaction ($P > 0.2$). Similar changes were found for severity of hot flashes and night sweats. In the control group, 14/37 believed they had not received reflexology. Conclusion: Foot reflexology was not shown to be more effective than non-specific

foot massage in the treatment of psychological symptoms occurring during menopause."

Williamson J, White A, Hart A, Ernst E., "Randomised controlled trial of reflexology for menopausal symptoms," *British Journal Of Gynecology*, 2002 Sep; 109(9):1050-5

* Birthing/Milk secretion (Galactagogue effect) in new mothers

Two groups of new mothers were followed for satisfactory lactation. A treated group of 100 was given foot massage within 30 hours after delivery and 17 were given foot massage from 30 to 120 hours after for 10 to 15 minutes a day. No treatment was given to a group of 100 women. In the treatment group, lactation was initiated in 43.47 hours (± 12.39 hours). In the control group it was 66.97 hours (± 28.16 hours). In 72 hours satisfactory lactation was documented in 98% and 67% respectively in the two groups. Foot massage was found help avoid use of drugs in lactation that may be harmful to the baby.

Siu-lan, Li and Cai-xia, Shu, "Galactagogue Effect of Foot Reflexology in 217 Parturient Women," (19)96 *Beijing International Reflexology Conference (Report)*, China Preventive Medical Association and the Chinese Society of Reflexology, Beijing, 1996, p. 14

* Pre-menstrual syndrome

"To determine whether reflexology therapy--the application of manual pressure to reflex points on the ears, hands, and feet that