

**Subject:**

Foot Reflexology With Posterior Auricular-Plaster Therapy.

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

China	Experimental Group of Natural Therapy, Tianjin University for Aged People
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**Citation:**

Cao, S., Xiao, Z., Wang, Q., Li, S., Zhang, X., Sun, K., Du, H., and Yu, X., "Observation on the Therapeutic Effect of 250 Cases with 59 Diseases by Foot Reflexology Combined with Posterior Auricular-Plaster Therapy." 1998 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 100-106.

**Synopsis:**

250 cases with 59 different diseases (coronary heart disease, hypertension, diabetes, insomnia, constipation, cervical spondylopathy, sciatica, rhinitis, common cold and prolapsed rectums) were given foot reflexology along with posterior auricular-plaster therapy. It was noted that this treatment strengthen the effect, relieve pain, reduce the course of treatment and saved money. Results: 91% (228 cases) reported total relief, (34%) 85 cases reported significant relief, (57%) 143 cases reported relief and (9%) 22 reported no relief.

**Conclusion:**

Foot reflexology was found to be effective for the relief of digestive, circulatory, endocrine, nervous, respiratory, skin, sensory, and urogenital problems.

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