

Subject:

Menstruation, Heavy Bleeding, Climacteric

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

China

Not indicated.

Citation:

Hao, X., "Treatment of Climacteric Syndrome with Reflexology." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, page 54.

Synopsis:

11 females with climacteric syndrome were given foot reflexology for heavy bleeding focusing on all abdominal internal organs, reproduction, endocrine, and nervous system reflexes. It was found that symptoms were due to dysfunction rather than a constitutional problem, such as climacteric dysfunction of stomach, intestine, or hypertension. It was noted reflexing too much on the uterine area would cause more bleeding.

Conclusion:

Foot reflexology was found to be effective for the relief of menstrual pain and heavy blood flow.

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