

“To determine the benefit, if any, of the various complementary modalities, we study their effects using the following four health assays:” (1) Autonomic nervous system: heart variability monitor, (2) Cognitive function: “word pair selection biases,” (3) Immune function: “energy panels in vivo,” (4) Quality of life: “mood scales profile.” (Oz, Mehmet C., Whitworth, Gerard C., and Liu, Eric C., “Complementary Medicine in the Surgical Wards,” *Journal of the American Medical Association*, Vol. 279, pp. 710-711, March 4, 1998)

Patient Support

Reflexology classes are being made available for patient support, educating the patient to do things for themselves that will be helpful. Reflexology classes for incontinence at Suburban Hospital in Bethesda, Maryland. Southpoint Hospital in Chagrin Falls, Ohio and Avera Queen of Peace Hospital’s Wellness Center in South Dakota teaches classes in reflexology.

A study of reflexology and low back pain has finished at The Centre for Research in Health Care in Liverpool which pursues high quality research for health care outcomes for local populations.

Weight Loss

The Aimin (love the people) Fat Reduction Hospital in northern China “has been a leading brand in an upstart industry popularising Chinese medicine as a shortcut to slim down ... “Some clinical studies have discounted the role

of acupressure, acupuncture and reflexology in weight loss while doctors and dieticians in the West have condemned sham practitioners of hokum, ‘new age’ treatments. ... “But Shi Lidong, director of the hospital, said hitting the right pressure points can help redress the body’s imbalance by stimulating the metabolism and curbing the appetite. ... “First, it effectively controls the desire for food and reduce hunger. Second, it reduces the digestive system’s ability to absorb food,” he said. ‘At the same time it also speeds up the digestive system’s ability to break down fat.’”

Formerly a military hospital, the clinic has opened branches in Thailand, Singapore, and Malaysia. In addition to a Chinese clientele, some 200 foreigners a year receive “acupuncture in the morning and light dance aerobics in the afternoon, interspersed with well-balanced meals and counselling.” (“Obese come to China to fight the flab,” Reuter’s, Beijing, August 21, 2003.)

Reflexology Use in Birthing

Women and Infants Hospital

Dr. Granai of the Women and Infants Hospital in Providence, Rhode Island states that the animal companionship and foot massage programs offered to chemotherapy patients at are not alternative medicine. “We are doing things that are humanistic, commonsensical, yet very practical. No medical claims are made for these interventions. ... “For