

*** 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