

**Subject:**

Allergies, Allergic Rhinitis

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

China

The Health Center for Women and Children

**Citation:**

Ga, W. Liu, H. and Xu, Q. (2000). "Observation on the Therapeutic Effect of Allergic Rhinitis Treated with Reflexology." 2000 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 40-41.

**Synopsis:**

Group A comprising of 37 patients, both male and female, who had allergic rhinitis, were given a warm herbal foot sock on both feet for 20 minutes along with foot reflexology using respiratory, immune and excretory & nose reflex areas. Group B, comprising of 496 patients, both male and female, were given subcutaneous injections of allergens and histamines, anti- histamines, adrenocortical hormones, herbal medicine, nose drops, block therapy and freezing therapy. Foot reflexology given in Group A was more effective than the treatment given in Group B without any relapses for 2 years.

**Conclusion:**

Foot reflexology was found to be effective for the relief of allergic rhinitis and allergies.

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