

Subject:

Diabetes

Study Conducted: Country: Institution:

China

Beijing General Army Hospital

Citation:

Zhang, J., and Xu, B., "A Primary Observation of Foot Reflexology for an IDDM Insulin Dependent Diabetes Mellitus Case." 1993 China Reflexology Symposium Report, Beijing , China Reflexology Association, pages 22-23.

Synopsis:

A 29 year old male with insulin dependent diabetes mellitus was given foot reflexology twice daily after unsuccessful treatment of daily injections of Insulin for 9 months. After two weeks, the patient's blood sugar levels decreased and the insulin dosage was reduced. His remained stable 1-1/2 years later.

Conclusion:

Foot reflexology has been shown to be effective in helping to stabilize blood sugar levels in insulin dependent diabetes mellitus, and in reducing the dosage levels of insulin and improving pancreas function.

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