

Subject:

Colon, Irritable Bowel
Syndrome (IBS)

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

China

The People's
Hospital

Citation:

Xin, W., and Gong, Z., "Treatment of 58 Cases of Irritable Bowel Syndrome with Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, page 15.

Synopsis:

58 cases, both male and female, ages 23-67, with irritable bowel syndrome for 25 years, were given 15-30 minutes of moderate to strong pressure of foot reflexology twice a day for 2 weeks. All shared some basic signs and symptoms. 36 (62%) fully recovered. 8 (13.7%) improved. 5 (8%) partially improved, for 9 (15%) the treatment was ineffective.

Conclusion:

Foot reflexology was found to be mostly effective for the relief of irritable bowel syndrome.

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