

Subject:

Blood, Urine Levels In Blood

Study Conducted: Country: Institution:

China

The First People's Hospital and Reflexology Association of Sanming City

Citation:

Zhong, Z., Ding, W., Qiu, S., Lu, Y., Ye, J., Zhang, Z., and Xie, Q., "Hyperuricemia Treated with Foot Reflexotherapy - Clinical Research of 21 Cases." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 89-91.

Synopsis:

21 patients, both male & female, ages 29 -76, with hyperuricemia (painful, red, swollen joints accompanied by fatigue, edema, lassitude, cold limbs, uneasy urination, lumbago, hypertension, coronary sclerotic cardiopathy, kidney disease and psoriasis) were given foot reflexology focusing on the kidney, ureter, urinary bladder, urethra, brain, cerebellum, pituitary gland, neck, thyroid, parathyroid glands, bronchi, lung, heart, liver, gallbladder, spleen, stomach, pancreas, duodenum, colon, rectum, anus, thoracic and lumbar vertebrae. After the sessions, 12 patients blood uric acid levels returned to normal, 5 were marginal, and 4 were higher than marginal level but had diminished.

Conclusion:

Foot reflexology was found to be effective for the relief of hyperuricemia blood uric acid.

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