

EXPLORING THE APPLICATION OF FOOT REFLEXOLOGY FOR THE PREVENTION AND TREATMENT OF FUNCTIONAL CONSTIPATION.

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This study evaluated the effectiveness of foot reflexology in treating functional constipation. Forty subjects, 18 males and 22 females, aged 48 - 90 years, mean age 70 years, were used for the study. Twenty subjects were diagnosed as having constipation; the other 20 subjects were free of constipation. The time elapsed between taking a carbon tablet and the last black stool eliminated was recorded pre and post treatment. Ten 30 - 40 minute reflexology sessions were administered every other day for treatment. Frequency and features of stool excretion, administering of laxative medicine, diet and appetites were all recorded. From statistical analysis of the data it was concluded that foot reflexology had a remarkable effect in shortening the emptying time of the digestive tract, and, that foot reflexology is highly effective in curing functional constipation.

Research Studies Evaluating the Effectiveness of Reflexology for Gastrointestinal Conditions:

<http://www.pacificreflexology.com/pacrflx2004/gastro.htm>