

**Subject:**

Lungs, Bronchitis

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

China

The People's Hospital of Xianning  
District

**Citation:**

Gui, S., Chen, S., Xiong, C., and Gu, X., "Observation on 31 Cases with Chronic Bronchitis Prevented by Reflexology." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 13-14.

**Synopsis:**

62 patients with chronic bronchitis were divided into two groups. The first group, consisting of 32 patients, were given 30-40 minute treatments of foot reflexology daily for 10 days continuing with self care; and the control group of 32 patients, were given 10 minutes of ultra short-wave therapy every day for 10 days and then once a week for 19 weeks. They were also asked to stop smoking and to exercise.

**Conclusion:**

After 10 sessions, and 2-3 years follow-up, it was found that foot reflexology was more effective in prevention of chronic bronchitis.

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