

Eczema

Reflexology was applied to the feet of 32 cases of eczema daily. 28 cases fully recovered, 2 got better and 2 showed no improvement.

Gu Hanqing, Xu Yazhen, "Treatment of Eczema with Reflexology - Report of 32 Cases," *1998 China Reflexology Symposium Report*, China Reflexology Association, Beijing, pp. 66-68

Employee sick days

"... Reflexology had been used to help the staff of the Scandinavian Airline's Cargo Department. They employ approximately 60 people and handle 2.4 million documents a year. Here is a statement made by the employees: "Our work is done through computers and people spending many hours in a chair doing their work, resulting in aching shoulders and back. Since we employed our reflexologist ... we have experienced a substantial decrease of people being ill and away from work. The approximate amount is 20,000 Danish kroner a month (US\$3,300). It has not only a physical effect, but also a psychological effect. There is a much better atmosphere in the department, because the employees feel there is something being done about their problems... Before we used to stay at home when ill, now we see the staff go to work anyway because they know they can get a treatment and feel better." (Reprinted from *Reflexions* (US), Vol. 14, No. 1, Spring/Summer, 1993, p. 4)

Employee reflexology (2)

"Over a 2 year period a reflexologist employed by the Telecom firm of Taastrup, Denmark treated 156 employees who experienced positive effects on back pains, the musculo-skeletal system, headache, migraine, stomachache/intestinal sufferings. Sickness leave was reduced."

Employee reflexology (5)

"Three reflexologists employed by the municipality treated 143 patients over a 6 month period. 79% were either cured or helped with their primary health problem. 57% were helped with secondary problems. 30% became more satisfied with their jobs and 92% wanted to continue reflexology."

Employee reflexology (3)

"Staff of the municipality of Ishoj was treated by a reflexologist. During 6 month the municipality saved DKK 215,00 as absenteeism was reduced with 2,500 hours as compared to the previous year."

Employee reflexology (6)

"In a three year period 235 employees were treated for a variety of health problems. 170 reported a good effect. 60 had some effect whereas 5 had no effect. Absenteeism was reduced from 11.4 to 8.5 days per person per year, implying savings of more than 1 million Danish kroner." (<http://www.fdz-intranet.dk/english/research/results.htm>) Madsen, Synnøve and Andersen, Jette, "Postal Reflexology," Dan-

ish Reflexologists Association Research Committee Report, Feb., 1995

Employee reflexology (8)

"A report on Company Reflexology as applied in the Danish municipality of Svendborg. Involves 52 female employees. 97.5% had positive effects on their primary ailments. 77.5% on secondary problems. Medicine intake was reduced with 27.5% and absenteeism with 65.9%" (<http://www.fdz-intranet.dk/english/research/results.htm>)

Encopresis (fecal incontinence) (104)

Nurses at Ayrshire & Arran Acute Hospitals Trust (AAAHT) in Scotland found that reflexology successfully treated children with the condition of encopresis or fecal incontinence, a secondary condition to constipation / stool withholding. Encopresis is an "extremely distressing condition." Children are subject to ridicule from other children and misery is caused to the whole family. Typical treatment includes enemas and laxatives.

"An observational study was carried out of 50 children between three and 14 years of age who had a diagnosis of encopresis/chronic constipation. The children received six sessions of 30-minutes of reflexology to their feet. With the help of their parents they completed questionnaires on bowel motions and soiling patterns before, during and after the treatment."