

Subject:

Asthma, Childhood

Study Conducted: Country: Institution:

United Kingdom

Not indicated.

Citation:

Lee, J., "The Child Reflexology Asthma Research Pilot Study." 1997, (Publication details not available.)

Synopsis:

47 primary school children with asthma were given foot reflexology. Seven received no treatment. Their parents filled out assessment charts and the children also gave an evaluation. Not only was there improved asthma and hay fever symptoms, but their self-confidence and behavior improved as well. Six months later, 50% of the children continued with there reflexology treatments and were able to reduce their prescribed medication..

Conclusion:

Foot reflexology was found to be effective for the relief of various children's problems such as asthma.

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