

## Subject:

Nerves, Hypertension and Hypotension

## Study Conducted: Country: Institution:

China

Institute of Reflexology and Health

## Citation:

Liu, S., Li, G. and Zhang, D., "Effects of Reflexology on Hypertension and Hypotension." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, page 46.

## Synopsis:

4 patients, both male and female, ages 50-52, with hypertension for 22 years, were given 20 minutes of foot reflexology. In both cases the blood pressure dropped from 170/110 to 154/100 and from 150/90 to 130/80. Two patients, one which was a 58 year old man, with dizziness and low blood pressure for 24 years, was given 30 minutes of foot reflexology. After the treatment, blood pressure rose from 105/70 to 120/75. The other 3 cases also showed improvement in their blood pressure.

## Conclusion:

Foot reflexology was found to be effective for relief of hypertension and hypotension.

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