

Subject:

Insomnia

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

China

Tianjin Hygiene and Health Care
Society

Citation:

Hao, J. (1994). "A Clinical Observation of Treatment of Insomnia with "Finger-Toe Sinus Massage Method." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 1-3

Synopsis:

20 patients, male and female, ages 40-70, with insomnia for 3-4 years were given foot reflexology (finger-toe sinus massage) after unsuccessful treatment with drugs, acupuncture, moxibustion, and physiotherapy. 45% of the cases were cured, 35% greatly improved, and 15% improved with an overall 95% rate of improvement. Foot reflexology appeared to normalize physiological functions and maintains homeostasis of the body.

Conclusion:

Foot reflexology has been shown to be effective for reducing insomnia.

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