

Reflexology Research into enuresis nocturnae (Bedwetting)



By Krogsgaard, Dorte; Poulsen, Edith; Kyhl, Torben; Bo Lund, Jens; and, Eriksen, Leila.

Twenty children, aged 5 - 10 years, who had a minimum of 3 night time bed wettings per week were treated with foot reflexology alone. Thirty-minute treatments were administered twice weekly for four weeks (with a minimum of 2 days between treatments), followed by weekly treatments for seven weeks. Parents filled out an observation questionnaire during treatment and for one month following treatment. Of the twenty children, eighteen completed treatment. A decrease in the nighttime amount of urine was reported by 43.8% of the parents, and 23.5% moved from the category of "soaking wet" to "a little wet". Upon conclusion of treatment, one boy was completely dry.

For one month after the conclusion of treatment the effects were maintained, and one boy and one girl were completely dry, also one boy was almost dry. Some parents reported a change in their child's sleep pattern: - now the child would awaken upon urination, which they previously had not done.

Foot Reflexo-massage & Infantile Bronchial Asthma



By Duanmu Hui-xian. Health Centre for Women and Children, Haimen, Jiangsu Province.

Forty-five patients in the out patient clinic, aged 5 months to 7 years (mean age = 3.8 years), with 25 boys and 20 girls. The range of the course of the disease bronchial asthma was 3 to 63 months. Daily 40 - 50 minute reflexology sessions were administered. The length of the therapeutic course ranged from 2 to 12 weeks. When the therapeutic course was complete, the clinical symptoms of all 45 patients disappeared, the rate of clinical cure being 100%. It is pointed out that in such young children, if they receive drugs, toxic reactions will occur as their visceral states are not fully developed; and, that generally infants do not like injection and forceful administration of drugs, but, do accept foot reflexology.

MRI proves Reflex connections to Brain



Somatotopical relationships between cortical activity and reflex areas in reflexology: A functional magnetic resonance imaging study.

Nakamaru T, Miura N, *censored*ushima A, Kawashima R.

Tohoku University School of Medicine, Sendai, Japan; Department of Functional Brain Imaging, Institute of Development, Aging and Cancer (IDAC), Tohoku University, Sendai, Japan.

We examined the somatotopical relationship between cortical activity and sensory stimulation of reflex areas in reflexology using functional magnetic resonance imaging.



Forty-six million Americans are currently living with arthritis, the nation's leading cause of disability, and we are all paying a high price for it. The Centers for Disease Control and Prevention (CDC) announced that the annual cost of arthritis to the United States economy was \$128 billion in 2003 and increased by \$20 billion between 1997 and 2003

CDC attributes the dramatic increase to the aging of the population, predominantly baby boomers, and increased prevalence of arthritis. CDC also estimates an additional 8 million new cases of arthritis will be diagnosed in the next decade

Here are some interesting clips about Reflexology and Arthritis. Do you know anyone with arthritis? You will be interested in my story if you do. My partner had disabling arthritis, pain and swelling in each of his finger and thumb joints before he became a Reflexologist.

[read more](#) (294 words)

Reflexology Research of Fatigue and Insomnia in (Coal worker) Pneumoconiosis Patients

Purpose: The purpose of this study was to determine the effects of foot reflexology on fatigue and insomnia in patients suffering from coal workers' pneumoconiosis

Method: This study was a quasi-experimental study of pre-test and post-test design in a non-equivalent control group. The subjects of this study consisted of both the experimental group of twenty-nine and the control group of thirty coal workers' pneumoconiosis patients. Data was collected from December 10, 2002 to February 15, 2003.

[read more](#) (186 words)

Reflexology Research of Post Operative Pain Reduction

Method: Sixty patients of general surgery were randomly assigned to a control group or a reflexology group. All were given the "required quantity of standard drugs such as NSAID (Diclofenac and Opioids (Pethidine and Fentanyl))."

Fifteen to twenty minutes of foot reflexology work was applied to the treatment group

Results: "This study show a decrease of the quantity of pain killers in Group I (foot reflexology) to less than 50% in comparison with Group II (control)."

Dr. Shweta Choudhary PhD (Dept of Biophysics), Dr. Guresh Kumar, Dr. Kulwant Singh (Dept. of Biostatistics), All-India Institute of Medical Science, New Delhi, India

Reflexology & Cardio Vascular System Research



B. S. M. Frankel of the Department of Physiology, University of Leeds, England has conducted a pilot study "to identify if reflexology and foot massage affect the physiology of the body by measuring baroreceptor reflex sensitivity, blood pressure, and sinus arrhythmia." Ten recipients of reflexology work and ten recipients of foot massage work were compared to a control group of four individuals in a single blind study

Frankel found that "The reflexology and foot massage groups showed significantly greater reductions in baroreceptor reflex sensitivity compared to the control group.

[read more](#) (211 words)

Reflexology & Angina



Foot reflexology applied during an active onset of angina and observed with EKG showed disappearance of symptoms and a change to T-waves in V1.3 elevated from depressed T-waves and T-waves in V5 inverted upright from an inversion of T-waves. Following a 10-day course of daily 50 minute foot reflexology sessions, nocturnal attacks of premature beats were relieved though premature beats still occurred occasionally.

Bing-zhao, Zhang, "Effect of Foot Massage on a Patient with Angina Observing with EKG; A Case Report," 1994 China Reflexology Symposium Report, China Reflexology Association, Beijing, p. 53 (Outpatient Dept., Senile Convalescent Hospital, Shenyang, China)

Health of Future Generations



Reflexology and the Health of Future Generations : Starting With Children

Like many other recent consultation papers, The National Children's Bureau's report 'Supporting Families' recognizes that a good start in life is a crucial part of an individual's future health and well-being. Through expanding the work that they do with children, Reflexologists can play an important part in securing the health of future generations.

Reflexology has become one of the UK's leading complementary therapies. Yet, at present, comparatively few children in the UK receive regular reflexology treatment. Many parents and children are still completely unaware of the wide variety of conditions that can be successfully treated using reflexology. Very few MD's actively promote reflexology as part of the medical treatment of children's ailments. The majority of parents, children and medical professionals are still unaware that reflexology is one of the most effective and safe complementary therapies and that children enjoy it!

[read more](#) (991 words)

Reflexology & Back Pain



A study conducted at the Hospital of Beijing College of Languages investigated the effect of reflexology treatment on acute lower back pain. Twenty patients between the ages of 35 and 55, all of whom were teachers or office workers, and suffering from lower back strain participated in the study.

The reflex points on the patients' feet were treated for a maximum of ten treatments and the results analyzed. All of the patients reported that the treatment had effectively eliminated their pain; 5 of the patients obtained complete relief after only one treatment, 10 after 3 to 4 treatments and a further 5 after 5 to 7 treatments. No analgesics or other medications were used throughout the course of treatments.

Although a small scale study, it adds to the growing body of evidence confirming that reflexology has extensive therapeutic value beyond the realms of mere relaxation and stress management.

- Xiao Zhenge, Hospital of Beijing College of Languages

For more reflexology information enjoy reading Reflexology - An Evolving Science in the Research & Articles Section.

Reflexology & Recovery



According to a 1994 Swiss medical report, foot Reflexology is one of the most useful treatments for post operative gynaecological patients. The researchers demonstrated that reflexology enhances urination, stimulates bowel movements and so aids recovery. Patients who received reflexology treatment also showed a much less need for medication than patients in the control group.

- Kesselring A. (foot reflex zone massage) Fussreflexzonmassage. Schweiz med Wochenschr suppl (SWITZERLAND) 1994, 62 p88-93

For more reflexology information enjoy reading How did Today's Health System Evolve? in the Research & Articles Section.

Reflexology & Nervous Exhaustion

Recent research from China suggest that reflexology may be particularly helpful for patients suffering from nervous exhaustion.

Twenty patients with a history of neurasthenia (nervous exhaustion) which had lasted between 1 - 8 years were given a course of reflexology at the department of physiotherapy, 52884 Military Hospital.

The patients' chief symptoms were dizziness, insomnia, memory loss, indigestion and headaches. All had previously received long term medical treatment none of which had helped them.

The reflexology treatments focused on the areas of the feet relating to the adrenal gland, kidneys, bladder, sinus, brain and heart. Those patients who suffered from associated digestive problems were also treated to the areas of the feet relating to spleen, stomach, duodenum and celiac, while those patients who suffered from headaches had the areas of the feet relating to the cerebellum and trigeminal nerves treated.

The reflexology treatments were given daily over a period of seven days and the results were quite remarkable:

40% experienced complete 'cure', further 35% had greatly improved, and a further 15% had mildly improved. Only 10% showed no change at all to the treatment.

- Duan Shuang-Feng. Foot reflexology in neurosis: Clinical Observation of 20 cases. Presented at the

China reflexology symposium in Beijing (July 1993).

For more reflexology information enjoy reading Applying The Holographic Principle to The Human Body in the Research & Articles Section.

Reflexology & Male Sexual Dysfunction



The Comparison of Curative Effects between foot reflexology and Chinese traditional medicine in treating 37 cases with Male Sexual Dysfunction

By Sun Jianhua, Health station of Qianjin Clothing Factory, Shanghai

Thirty-seven men (aged 22 - 50 years) with sexual dysfunction (course of disease ranged from 3 months to 4years) were randomly assigned to two groups. One group (18) treated with daily 30-minute foot reflexology sessions, the other group (19) treated with traditional Chinese medicine. Treatments were for at least one month.

The effective rate for the group treated with foot reflexology was 94.7%; for the group treated with traditional Chinese medicine 94.4%. No statistical difference between the curative effect of these two groups was found. The authors note that foot reflexology had the advantages of being easy and inexpensive.

Reflexology and the Prostate



By Bauneholm School of Reflexology, Denmark

Forty-six participants, (14 aged 40 - 60, 32 aged 60 - 90), received thirteen foot reflexology treatments. Results showed that thirty participants (65%) experienced a reduction in their need to urinate, thirty-one participants (67%) experienced a better bladder pressure, thirty-seven (80%) experienced reduced sexual problems, and, twenty-eight (60%) experienced improvement of their general condition.

It was concluded that reflexology can help prostate problems as improvements were noted in all reported parameters.

Foot Reflexo-therapy for Gynecological Diseases



By Hui Song, Senior Doctor, Nanjing Obstetrical and Gynecological Hospital

Fifty patients, aged 20 to 51 years, diagnosed with gynecological diseases including dysmenorrhea, hysteromyoma, pelvic inflammation, cyst and mass, endometriosis, menstrual disorder, infertility and chocolate cyst, were treated with foot Reflexotherapy on each or every other day, 10 sessions: one course of treatment. Duration of therapy ranged from 10 sessions to two years. For forty-two (84%) patients, the symptoms completely disappeared - normal menstruation with no dysmenorrhea. For the remaining 8 patients (16%) symptoms had almost completely disappeared.

The Effects of Reflexolgy on Labour Outcome



By Dr. Gowri Motha and Dr. Jane McGrath, Forest Gate, London

Thirty-seven of 64 pregnant women, who were offered free reflexology, completed the set course of ten treatments. The effects of reflexology on labor outcomes were perceived as outstanding. Some had labor times of only 2 hours, some 3 hours. The 20 - 25 year olds had an average time of First

stage labor of 5 or 6 hours. The 26 - 30 year olds seemed to have the longest labors. In total, the average first stage was 5 hours, second stage 16 minutes, and third stage 7 minutes. This is compared to textbook figures of 16 to 24 hours' first stage, and, 1 to 2 hour's second stage.

Easier Births using Reflexology



By Gabriella Bering Liisberg, "Tidsskrift for Jordemodre", No. 3, 1989.

Of 593 women who gave birth at Gentofte county hospital in 1988, 103 chose reflexology as an alternative to both pain killing drugs and to labor stimulating and inducing drugs. Of sixty-eight women who chose reflexology with no analgesic drugs, sixty one(89.71%) stated that reflexology had helped reduce pain., six (8.82%) felt no effect, and, one had increased pain in spite of reflexology treatment. Four of the sixty-one women who were helped by reflexology also required pain medication. Of forty-nine women who chose reflexology to stimulate labor, twenty-four gave birth without additional drug treatment. Fourteen women who were candidates for surgical delivery, received reflexology treatment between 30 and 60 minutes of birth. Eleven (78.57%) were then able to discharge the placenta. The other three had it surgically removed.

All participants, except one, found the reflexology treatments extremely pleasant.

Has Reflexology an Effect on Infertility?



By Leila Ericksen, FDZ Research Committee, Denmark

To determine the effect of reflexology on infertility 108 women under 35 years with no previous children, and that had attempted to become pregnant for more than two years were selected from 260 applicants. Forty-seven of the 108 withdrew. The remaining 61 women were given sixteen 45 minute reflexology treatments over a 7 - 8 month period. Treatments were given 2 times a week for 4 weeks, then 2 treatments before ovulation. Nine women (15%) became pregnant within six months after starting treatment. Of two thirds of the women who had menstruation problems 77% experienced an appreciable improvement, with the majority totally getting rid of the problems.

Three quarters of all the women reported improvements in other ailments such as: muscle tensions, psychic imbalances, indigestion, poor circulation and general imbalance.