

## Subject:

Breasts, Milk Production

## Study Conducted:

## Country:

China

## Institution:

Second Hospital of the Tianjin Traditional Chinese Medical College Hospital affiliated with the Traditional Chinese Medicine Research Institute

## Citation:

Zhang, J., "Foot Reflexology in the Treatment of Hypogalactia." 1996 China Reflexology Symposium Report. Beijing : China Reflexology Association, pages 66-67.

## Synopsis:

A 32 year old woman with hypogalactia in right breast and galactotasia in the left breast, resulting in an inadequate milk supply, was given 3 sessions of foot reflexology focusing on lymph glands, heart, stomach, pancreas, duodenum, large and small intestines, ovary, uterus, breast, pituitary, thyroid and sex glands. After the sessions, there was enough milk to feed the infant.

## Conclusion:

Foot reflexology was found to be effective for the relief of hypogalactia.

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