

Subject:

Heart, Heart Disease

Study Conducted: Country: Institution:

China

Reflexology Association

Citation:

Zi, Z., and Liu, Y., "Clinical Observation on Treatment of Coronary Heart Disease with Foot Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 38-41.

Synopsis:

125 cases, both male and female, ages 38-72, with coronary heart disease. were divided into 2 groups.. The control group, made up of in-patients, were given pharmacotherapy. The active group, made up of out-patients, were given reflexology Their feet were soaked before the session and they were given warm water to drink after the session. The active group did slightly better than the control group and after 2 months improved significantly.

Conclusion:

Foot reflexology was found to be effective for the relief of symptoms associated with coronary heart disease.

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