

## Subject:

Blood, Serum Level Changes

## Study Conducted: Country: Institution:

China

The Second Affiliated Hospital of Zhejiang College of Traditional Chinese Medicine

## Citation:

Qiang, Z., Ping, W., Bo, S., Kefeng, N., Zhixing, W., Huasong, L., Dong, S., Zhenxiang, L., "The effect of Reflexotherapy on the Changes of Serum IL-1B, IL-6 mRNA Gene Expression: A Clinical and Experimental Study." 2002 China Reflexology Symposium Report, pages 49-53.

## Synopsis:

60 young people (mean age: 40.2 years) and 68 older people (mean age: 65.7 years) were chosen to evaluate the effect of reflexotherapy on the changes of serum IL-1B, IL-6mRNA, which are important immune regulators with multiple functions that could affect the functional activities of various systems of the body by acting on the nervous-endocrine system. The participants were randomly divided into Young Control Group, Young Therapy Group, Old Control Group, and Old Therapy Group. Serum IL-1B, IL-6 content of the participants were tested before and after reflexotherapy.

## Conclusion:

The old groups showed higher levels of IL-1B, IL-6 content compared to the young groups. Both IL-1B, and IL-6 content in the Old Therapy Group decreased significantly after reflexotherapy. The young people showed no significant changes of serum IL-1B, IL-6 content and can be a promising method for anti-aging.

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