

Subject:

Asthma

Study Conducted: Country: Institution:

China

Nanjing Medical College

Citation:

Wang, Y., "A Case of Asthma Cured by Foot Massage." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, page 40.

Synopsis:

A 10 yr old male with asthma, and varying symptoms over 6 years was given 30-40 minutes of foot reflexology daily. After the first session, his asthma and cough got worse and he had fever. After the second session, the symptoms subsided and disappeared on the 4th day. The patient continued these sessions for 3 months and has been free of asthma attacks since.

Conclusion:

Foot reflexology was found to be effective for curing and preventing recurrence of asthma.

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