

Subject:

Blood, Fatty Deposits In Blood

Study Conducted: Country: Institution:

China

Peoples Hospital of Xian Ning District,
Xian Ning Medical College

Citation:

Gui, S., Xiao, X., Li, Y., Fu, W., and Luo, D., "Impact of the Massotherapy Applied to Foot Reflexes on Blood Fat of Human Body." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 21-23.

Synopsis:

41 patients with hyperlipidemia were given foot reflexology. A control group, consisting of 31 patients, were given iodine-iontophoresis. Those who received foot reflexology reduced their cholesterol and monoglycerides.. Results: foot reflexology accompanied with a rational diet and physical exercise would help to prevent and treat hyperlipemia, arteriosclerosis, coronary disease and stroke.

Conclusion:

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

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