

“To determine the benefit, if any, of the various complementary modalities, we study their effects using the following four health assays:” (1) Autonomic nervous system: heart variability monitor, (2) Cognitive function: “word pair selection biases,” (3) Immune function: “energy panels in vivo,” (4) Quality of life: “mood scales profile.” (Oz, Mehmet C., Whitworth, Gerard C., and Liu, Eric C., “Complementary Medicine in the Surgical Wards,” *Journal of the American Medical Association*, Vol. 279, pp. 710-711, March 4, 1998)

### **Patient Support**

Reflexology classes are being made available for patient support, educating the patient to do things for themselves that will be helpful. Reflexology classes for incontinence at Suburban Hospital in Bethesda, Maryland. Southpoint Hospital in Chagrin Falls, Ohio and Avera Queen of Peace Hospital’s Wellness Center in South Dakota teaches classes in reflexology.

A study of reflexology and low back pain has finished at The Centre for Research in Health Care in Liverpool which pursues high quality research for health care outcomes for local populations.

### **Weight Loss**

The Aimin (love the people) Fat Reduction Hospital in northern China “has been a leading brand in an upstart industry popularising Chinese medicine as a shortcut to slim down ... “Some clinical studies have discounted the role

of acupressure, acupuncture and reflexology in weight loss while doctors and dieticians in the West have condemned sham practitioners of hokum, ‘new age’ treatments. ... “But Shi Lidong, director of the hospital, said hitting the right pressure points can help redress the body’s imbalance by stimulating the metabolism and curbing the appetite. ... “First, it effectively controls the desire for food and reduce hunger. Second, it reduces the digestive system’s ability to absorb food,” he said. ‘At the same time it also speeds up the digestive system’s ability to break down fat.’”

Formerly a military hospital, the clinic has opened branches in Thailand, Singapore, and Malaysia. In addition to a Chinese clientele, some 200 foreigners a year receive “acupuncture in the morning and light dance aerobics in the afternoon, interspersed with well-balanced meals and counselling.” (“Obese come to China to fight the flab,” Reuter’s, Beijing, August 21, 2003.)

---

### **Reflexology Use in Birthing**

#### **Women and Infants Hospital**

Dr. Granai of the Women and Infants Hospital in Providence, Rhode Island states that the animal companionship and foot massage programs offered to chemotherapy patients are not alternative medicine. “We are doing things that are humanistic, commonsensical, yet very practical. No medical claims are made for these interventions. ... “For

examples, therapists offer foot massages, but don’t use the term reflexology, which implies an alternative-healing system. ‘We wouldn’t ever tell a patient we were going to heal them, but that it may provide relaxation to help them get through their treatment,’ said Dawn Buchanan. After a year 93% patients receiving the foot massage reported that “it reduced their stress and that they felt better during treatment with massage than during previous chemotherapy.” While only 55% of the physicians anticipated the program would help patients at the start, a year after the program began “100% of the physicians felt that the program had benefits to patients and staff as well as personal benefits to the physicians. (Ince, Susan, “Complementary care eases chemotherapy experience,” *The New York Times Syndicate Medical Tribune*, February 19, 1998) (Kunz, Kevin and Kunz, Barbara, *Reflexions*, Vol. 19, No. 4, Fall/Winter, 1998, p. 8)

### **Midwife Use**

Midwives of the Central Coast of New South Wales in Australia “are conducting a randomized single-blind controlled trial on the effect of reflexology on foot and ankle edema in late pregnancy (over 32 weeks). A total of 80 women are randomized into” one of three groups: normal pregnancy visit (control), relaxation reflexology (placebo) or lymphatic drainage reflexology (treatment). The sessions are 15-20 minutes at least once a week. The information gathered are pre- and post-treatment measurement of the ankle and instep, and blood

pressure. The women answer a questionnaire at each session about comfort, changes in mood/feelings, and changes in relationship with midwife.”

One quarter of the midwifery staff at the hospital are trained in reflexology, a 40-hour certificate course on reflexology and uses in midwifery practice endorsed by the national midwifery board. The staff trained with Susanne Enzer, author of *Maternity Reflexology* (1997) and *Reflexology; A Tool for Midwives* (2000). (“Midwifery around the World, Midwives of the Central Coast of New South Wales, Australia, Midwifery Today E-News, Vol. 3, Issue 7, February, 14, 2001)

### **United Kingdom**

Nurses and midwives utilize reflexology for birthing and complications of birthing. Reflexology can be used “to increase strength of contractions, to calm down contractions if they’re extremely painful or to regulate them if the muscles of the womb are not working harmoniously” ([www.babyworld.co.uk/information/birth/pain\\_relief/complementary\\_therapies.asp](http://www.babyworld.co.uk/information/birth/pain_relief/complementary_therapies.asp)) It is reported that labor can be induced by reflexology more effectively than rupturing the membranes and the length of labor can be shortened with the patients frequently sleeping between contractions. Reflexology is seen an excellent way to deal with many problems including to help expel the retained placenta and to help relieve urinary retention after delivery. Such results are reported at the Reflex-

ology Department of the National Maternity Hospital in Dublin, Ireland Started in 1995 following demands by doctors, patients and midwife practitioners, all now find reflexology use totally positive and the benefits enormous. Reflexology uses include obstetric and gynecological, pre and post natal depression, endometritis, and PMS. Reflexology is also used in various other departments at the hospital by at least 50 of the staff who are trained reflexologists.

---

### **Reflexology Use by Dentists**

More dentists in New York are using foot reflexology to calm patients’ fears of dental work. “Techniques like reflexology and foot massage alleviate the fear and help relax dental patients” according to a recent report on “CBS This Morning.” Michael Kroschak of the Dental Phobia Treatment Center of New York “believes that the key to reducing patient anxiety is relaxation: ‘We do anything it takes to get the patient comfortable and ally any fears they have over the dental environment.’” The Center uses reflexology, warm comfort pillows, aromatherapy, and virtual reality goggles. (December 15, 1998, “*CBS This Morning*.”) Kunz, Kevin and Kunz, Barbara, *Reflexions*, Vol. 19, No. 4, Fall/Winter, 1998, p. 7