

## Subject:

Headache

## Study Conducted: Country: Institution:

Denmark

The Department of Social Pharmacy,  
The Royal Danish University of Pharmacy

## Citation:

Brendstrup, D., Eriksen, L., and Launso, L., "Reflexology Is An Effective Treatment for Headaches." Zoneterapeuten (Journal of the Danish Reflexologists Association, FDZ), Number 8, 1995

## Synopsis:

220 clients in a government study at the School of Pharmacy with headaches were given of foot reflexology session. After 3 months, 16% was cured, 65% stated that reflexology was helpful, 18% stated their headaches were unchanged and 19% stopped taking medicine.

## Conclusion:

The study indicates that treatment with reflexology is able to cure or help both tension headaches and migraines.

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