

**Subject:**

Colon, Irritable Bowel  
Syndrome (IBS)

**Study****Conducted:****Country:Institution:**

China

The 3rd Massage Hospital of  
Nanchang City, Affiliated Hospital  
of Jiangxi College of Traditional  
Chinese Medicine (TCM),  
Worker's Hospital of the  
Geological and Minerals Bureau  
of Jiangxi Province

**Citation:**

Zhong, W., Liu, G., Liu, F., and Wen, W., "Observation of the  
Therapeutic Effect of Irritable Bowel Syndrome Treated with  
Reflexotherapy and Abdominal Massage." 1998 China Reflexology  
Symposium Report, Beijing : China Reflexology Association,  
pages 24-25.

**Synopsis:**

102 cases, both male and female, ages 16-69 years, had irritable  
bowel syndrome. Fifty-one cases were given 20 minutes of foot  
reflexology daily along with abdominal massage and Chinese  
herbs The other 51 cases, the control group, were only given  
abdominal massage and Chinese herbs.

**Conclusion:**

Foot reflexology, in conjunction with massage, was found to be  
effective for the relief of irritable bowel syndrome.

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