

Subject:

Nerves, Hypertension

Study Conducted: Country: Institution:

China

Not indicated.

Citation:

Zhong, Z., "Exploration on the Treatment for Hypertension with Reflexology Applied to Adrenal Reflex." 1996 China Reflexology Symposium, Beijing : China Reflexology Association, pages 24-25

Synopsis:

A 61 year old male patient, with hypertension for more than 10 years that was treated with medicine, was given foot reflexology every other day for 10 sessions focusing on the adrenal gland to normalize the excessive adrenaline and norepinephrine that it secretes. After the third session, patient's blood pressure was lowered, his headache was relieved and his sleeping improved. Reflexology sessions were continued for 6 months until blood pressure was stabilized.

Conclusion:

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

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