

Research: Effects of Foot Reflexology for High Blood Pressure

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Purpose: To study the results of using foot reflexology on patients with high blood pressure (HBP).

Population tested: 54 patients diagnosed with HBP, 34 females and 20 males. Age range from 34 to 75 years old.

Method: The 54 patients were divided in 4 groups according to the HBP medication they were receiving.

Group 1: 32 patients; prescription - Enalapril 5mg to 20mg/day

Group 2: 8 patients; prescription - Enalapril 5mg to 20mg/day plus a diuretic

Group 3; 2 patients; prescription - Propranolol 20mg to 60mg/day

Group 4: 12 patients; prescription - None. This group received only dietary guidelines.

The 54 patients presented with the following identified medical diagnoses:

Overweight: 25

Non-insulin dependent diabetes: 15

Dyslipidemia (Abnormal Lipids): 14

Hyperuricemia (Gout): 5

Obstructive Chronic Pulmonary Disease: 16

Protocol: Two different protocols were used consisting of (1) a generalized reflexology treatment and (2) a specific reflexology treatment for high blood pressure.

Placebo Protocol #1 - Reflexology areas treated: lung, lumbar spine, stomach

HBP Protocol #2 - Reflexology areas treated: predominant frontal cortex, sympathetic thoracic ganglions, kidney

Patients in Groups 1-4 were divided equally into two subgroups (a) and (b).

All subject in Groups (a) received Reflexology Protocol #2 for HBP

All subject in Groups (b) received Reflexology Protocol #1 General (Placebo)

All groups received foot reflexology treatments 2 times per week over 10 weeks for a total of 20 sessions.

The sessions included firm pressure of reflexology for a duration of 5 to 7 minutes in each area listed.

Results: After all 20 sessions were completed, Groups 1a, 2a, 3a, 4a (a total of 27 patients or 50% of all group subjects) who received the HBP Protocol #2, were able to achieve lowered blood pressure levels although their HBP medication was reduced to half the dosage.

The percentage of patients in the Placebo Groups 1b, 2b, 3b, 4b were able to reduce their intake of HBP medication as follows: 1b: 5%; 2b: 0%; 3b: 0%; 4b: 16%.

Conclusion: Based on the results obtained in this study, patients treated for high blood pressure, some of them with additional associated pathologies, had significant benefit from the specific HBP Protocol #2 compared to those patients who received the placebo Protocol #1. HBP Protocol #2 allows the patient to lower the HBP medication intake while still maintaining normal blood pressure.

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