

- HAS REFLEXOLOGY AN EFFECT ON INFERTILITY?
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- To determine the effect of reflexology on infertility 108 women under 35 years with no previous children, and that had attempted to become pregnant for more than two years were selected from 260 applicants. Forty-seven of the 108 withdrew. The remaining 61 women were given sixteen 45 minute reflexology treatments over a 7 - 8 month period. Treatments were given 2 times a week for 4 weeks, then 2 treatments before ovulation. Nine women (15%) became pregnant within six months after starting treatment. Of two thirds of the women who had menstruation problems 77% experienced an appreciable improvement, with the majority totally getting rid of the problems. Three quarters of all the women reported improvements in other ailments such as: muscle tensions, psychic imbalances, indigestion, poor circulation and general imbalance.