



Breast Cancer: Relief through Reflexology

Breast Cancer is one of the most common forms of cancer among women. Breast cancer typically begins in the glandular tissue of the breast, particularly in the ducts or lobules. Early diagnosis is extremely important in order to remove the cancer cells before they begin to spread. Mammograms can detect abnormalities in the breast tissue. More and more people are utilizing complementary therapies as a way of coping and dealing with a variety of health conditions.

Pilot Study Shows How Foot Reflexology Helped Women with Breast Cancer

Researchers from Michigan State University tested three types of complementary and alternative therapies - reflexology, guided imagery and reminiscence therapy - for women receiving chemotherapy during the late stages of breast cancer. Women receiving chemotherapy for late-stage breast cancer face a number of physical and emotional issues. Though this was only a pilot study, foot reflexology was shown to be the most effective complementary and alternative therapy. Reflexology - which is a specialized foot therapy that applies pressure to certain parts of the sole of the foot - was found to help women better cope with their treatment. Patients experienced a decrease in depression and anxiety, and an increase in quality of life. Foot reflexology helped these women cope better. Instead of dreading each visit to the treatment center, these women were comforted and given a foot reflexology treatment during their chemotherapy. They were not only given emotional support, but also were able to benefit from the physical benefits of reflexology, namely to increase circulation, release pain, stress and tension, and to boost the immune system. Reflexology simply helps to bring the body back into balance.

National Institutes of Health – Results of a 5 year study of women with breast cancer and reflexology. www.branchreflexology.com/NIH_Grant.html

This 5 year study is the largest federally funded grant ever awarded to Reflexology. It has established that Reflexology used in conjunction with standard medical care is beneficial to the patient.



How is Reflexology Beneficial

Reflexology is a scientific art based on the premise that there are zones and reflex areas in the feet and hands, which correspond to all organs, glands and systems of the body. Reflexology involves the activation of reflex points with applied pressure. These reflex points are connected to the meridian system, which is a set of pathways connecting all parts of the body, much like the circulatory system, except the meridian system exists as subtle energy rather than physical matter. A reflex point on the hand or foot corresponds to an organ or area of the body. Stimulating these points increases energy flow and allows for healing. For breast cancer, reflexology can be used to improve quality of life, relieve pain and provide relaxation. This does not mean that reflexology can cure breast cancer, only that it may serve to reduce symptoms and assist the healing process. Reflexology can calm nerves, ease pain, numbness, tingling and stiffness, help with nausea and reduce hot flashes. Stimulation of the endocrine system reflexes, in particular the pituitary, pineal, thymus and adrenal gland reflexes can assist in the reduction of inflammation and tenderness. The muscular and skeletal system reflexes, especially the neck, shoulder and other affected reflexes when stimulated ease the muscle tension so that swelling is reduced and mobility is increased. Circulatory, lymphatic and urinary reflexes are all stimulated during a reflexology session to nourish cells with essential nutrients and to remove toxic substances to assist with healing.

This information is for educational purposes. As a form of complementary therapy, reflexology can bring safe, natural and effective relief. Natural therapy of healing takes time, care, and patience.

This information is not meant to take the place of your regular physician and many informed doctors are now including natural methods of healing. It is still necessary to see your doctor.

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