

First remarks on the survey

Recently reflexology needs to define more clearly the work for its promotion and affirmation.

One of the topic is its acknowledgement by the medical world, having the chance to demonstrate to others, the effectiveness of this discipline, making it more reliable.

I must state beforehand that what's following is a survey made on people only treated with reflexology, and **not an epidemiological inquiry** , because all parties involved are anonymous, and for the lack of a medical board .

At first we've thought to carry out this survey among users of foot reflexology, availing of companies operating in the field of statistics.

Unfortunately, it was found that the costs were too high.

The solution was to reduce costs and at the same time try to be the most credible possible, engaging a group of reflexologists mostly part of the laboratory of research in Milan.

The work is absolutely anonymous, both for the operator and the patient, and the issues considered are wide-ranging.

The results regarding the number of people involved, make it clear that the judgment of this discipline and its effectiveness are very positive.

A) relevant is the data emerged from question number 2 (complete resolution of the problem 153 cases, partial resolution of the problem 163 cases, no solution 4 cases, and 4 cases no answer). All evaluations were expressed by the parties concerned

B) concerning question number 3, about 40% of respondents "partial resolution of the problem" (50,31%) was still pleased with the massage, even without a complete resolution of the beginning problem.

C) examining the percentages of question number 4, you can see that the person receiving reflexology mostly gets also unexpected benefits of another kind. They mainly concern greater serenity, tranquility, energy and general well-being.

D) from question number 6 you understand the propensity to publicize the effectiveness of this technique.

E) 84.88% of respondents who answered the question number 7, wants a framework of sanitary type for foot reflexology.

F) the problems are varied: some concern just the symptomatic aspect, others are more serious illnesses, such as Crohn's disease, syndrome Sjogren, epicardite, scleroderma ..

In conclusion, I am well aware that this work can not be compared to a real health investigation carried out by a doctor with the relevant health areas. Our goal, however, is only one, to present this "business card" to the academic and institutional world.

One thing is certain: the data expressed are comforting for us reflexologists, and health care institutions can not deny the positive impact that this holistic discipline has on the population.

Ongaro Carlo

head of the research laboratory in Milan