

Survey

**STUDY MADE BY THE TEACHER
ONGARO CARLO
IN COLLABORATION WITH REFLEXOLOGISTS
324 CASES HAVE BEEN TREATED FROM 2001 AND 2012**

YEAR.....
SURVEY

AGE.....SEX...M...F.....

PROBLEM.....

STARTING DATE OF TREATMENTS.....

LAST TREATMENT.....

TREATMENTS NUMBER.....

1- FOLLOWING YOUR EXPERIENCE, WHICH IS YOUR OPINION ON REFLEXOLOGY TREATMENTS?

2- WHAT IS THE OUTCOMING RESULT?

- complete resolution
- partial resolution
- no resolution

3- ARE YOU SATISFIED?

- yes
- enough
- no

4- DID YOU HAVE ANY OTHER BENEFICIAL EFFECT?

- yes
- no

5-If yes, which ones? _____

6- WOULD YOU SUGGEST TO OTHERS THIS KIND OF MASSAGE?

- yes
- no

7-IN YOUR OPINION COULD THIS DISCIPLINE BE ENRICHED IF REGULATED..... ?

- yes
- no
- I don't know

DATA

LEGENDA: C-completa; P-parziale; M-mancata; S-sì; N-no; AB-abbastanza; NR-non risposto; NS-non so

	Question 2				Question 3				Question 4			Question 6			Question 7				2002-2003	2001-2002	2003-2004	2006-2007	2009-2011	2011-2012
	C	P	N	NA	Y	E	N	NA	Y	N	NA	Y	N	NA	Y	N	DK	NA	(numbers 1-58)	(numbers 59 - 106)	(numbers 107 - 148)	(numbers 149 - 215)	(numbers 216 -262)	(numbers 263 - 324)
1	1				1				1			1			1									
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32		1			1				1			1						1						1
33	1				1					1		1			1									

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	C	P	N	NA	Y	E	N	NA	Y	N	NA	Y	N	NA	Y	N	DK	NA	(numbers 1-58)	(numbers 59 - 106)	(numbers 107 - 148)	(numbers 149 - 215)	(numbers 216 -262)	(numbers 263 - 324)
34	1				1				1			1			1									
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	C	P	N	NA	Y	E	N	NA	Y	N	NA	Y	N	NA	Y	N	DK	NA																			
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	C	P	N	NA	Y	E	N	NA	Y	N	NA	Y	N	NA	Y	N	DK	NA																			
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	C	P	N	NA	Y	E	N	NA	Y	N	NA	Y	N	NA	Y	N	DK	NA											
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166	1				1						1				1										
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199		1			1				1			1					1							
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	C	P	N	NA	Y	E	N	NA	Y	N	NA	Y	N	NA	Y	N	DK	NA						
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319		1			1				1			1			1									
320		1			1					1		1			1									
321		1			1				1			1			1		1							
322		1			1				1			1			1									
323		1			1				1			1			1									
324		1			1				1			1			1									
total	###	###	4	4	###	38	1	0	###	36	12	###	2	1	###	15	32	2						

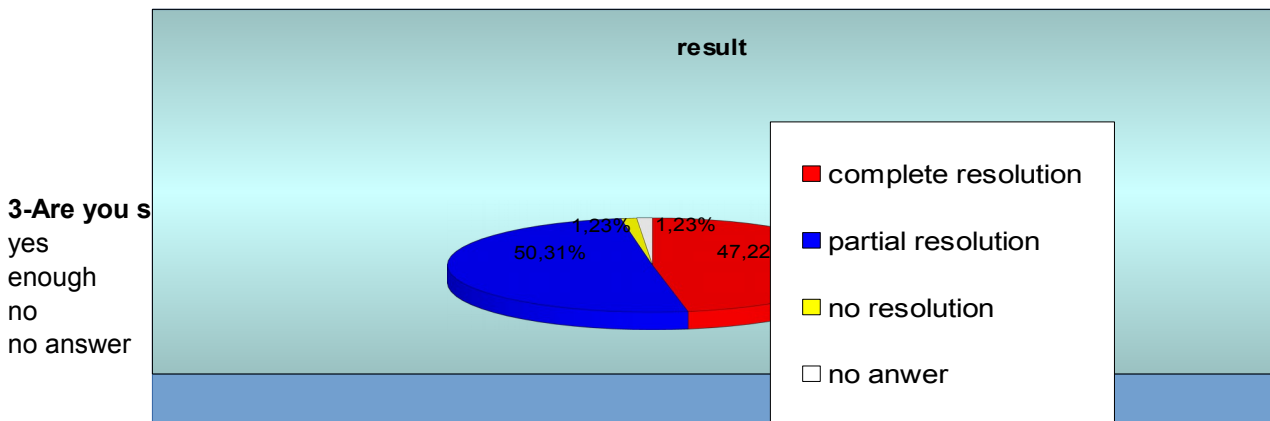
QUESTIONNAIRE FIRP RESULT

questionnaire replies **324**

years 2001

2- What is the outcoming result?

complete resolution	153
partial resolution	163
no resolution	4
no anwer	4

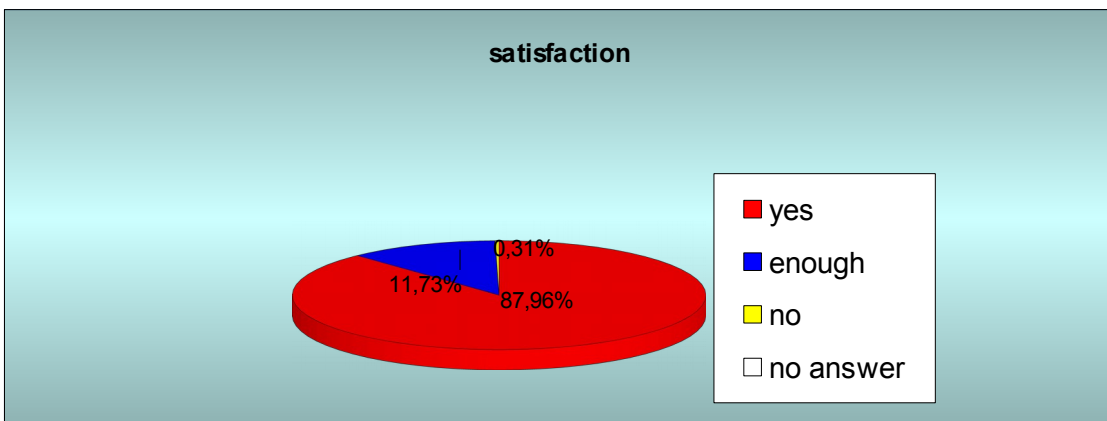


4-Did you have any other beneficial effect?

yes	276
no	36
no answer	12

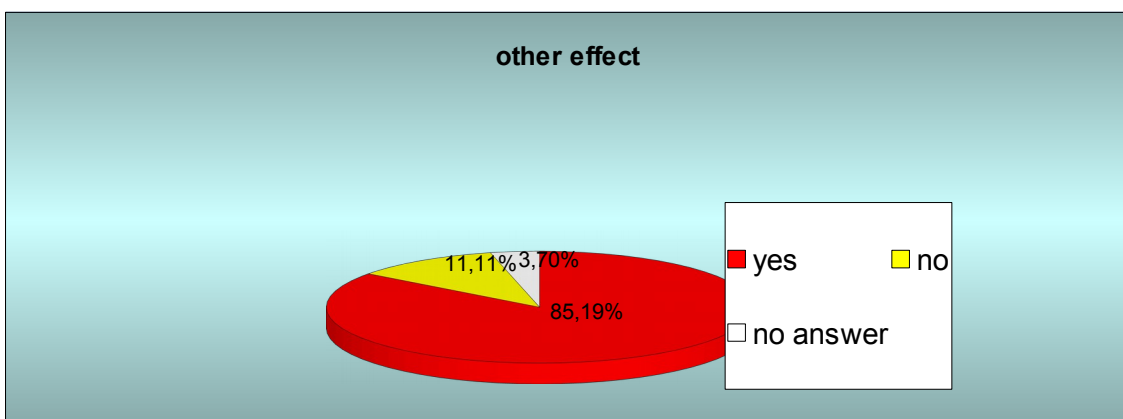
6- Would you suggest to others this kind of massage?

- yes
- no
- no answer



7- In your opinion could this discipline be enriched if regulated by the current italian medical system?

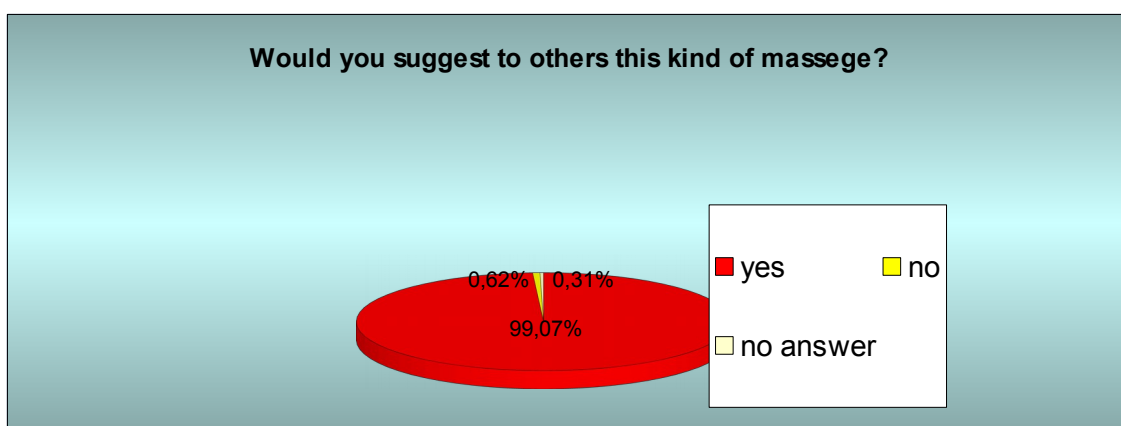
yes	275
no	15
I don't know	32
no answer	2



STATISTICS

AGE

Till 30	25
Between 30 and 50 years	115
Over 50	75
totale	215



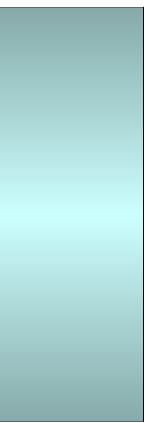
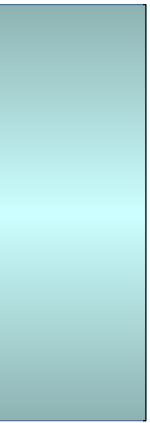
SEX

Male	60
Female	154
Not specified	1
total	215

Ongaro Carlo

/2012







2001-2012			Question 1	Question 5	card number	
age	sex	Number of treatments	PROBLEMS WITH COMPLETE SOLUTION	PATIENT'S OPINION		HEALING SIDE EFFECTS
1 67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2 49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
3 54	F	10	menopause			6
4 36	F	10	Back pain	It made me feel better, and I've solved my problem	Anxious pain	7
5 43	F	15	Articular inflammation	very good	relax	8
6 16	F	13	Headache	positive	I don't have any menses disease, anymore	12
7 47	F	15	nek pain, asthma	I feel good	I feel more relaxed, less anxious and I can sleep better	13
8 57	F	15	Back pain	I feel good	I don't suffer anymore from varicose veins, I urinate more and I feel more active	17
9 23	F	15	pain in the hips	I feel good, more agile and pains are much less insistent	I was used to have stomach pain. Disappeared	19
10 44	M	15	Cervical pain – stressed	I feel good, more active, I doze off much less than before, and I have a better digestion	My digestion is much better, I sleep longer and better, and no stomach pain anymore	22
11 63	F	16	High pressure, dejection, gastritis	very good		26
12 30	F	1	Headache, jaw and eye pain	Very effective	I feel more relaxed	29
13 42	F	10	sciatica and lumbar pain	positive		33
14 60	F	7	Brachialgia	good	more active	34
15 65	M	6	constipation	good	I feel better	35
16 36	F	6	abdominal pains	very good	complete relax	36
17 37	M	8	sciatica and lumbar pain	very good		37
18 65	F	15	right shoulder and arm pain, anxiety	personally I found it satisfactory	I've solved my intestine problems, and those concerning my hands articulations as well	38

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
19	60	F	12	lumbar back pain and gastroesophageal reflux	good	I feel good	39
20	36	F	6	cystitis		Relax	41
21	62	M	5	periarthritis right shoulder	I've solved a trouble, of which I was suffering for years		43
22	40	F	20	inflammation of the urinary tract	I trust foot reflexology, because before that, I've been visited by several doctors, with no outcome	I don't suffer anymore from those night lumbar pains	46
23	33	F	5		Extremely relaxing, it made me think and consequently I was able to drive all negative thoughts away, which are the main cause of all our psycho-physical problems. Obviously this happens only if we really want it.	diuretic	47
24	33	F	12	pregnancy problems, water retention, circulation	very good	Psycho-physical relax	48
25	27	F	7	nek pain and allergy	positive	nervous system	60
26	39	F	10	generalized anxiety	ottimo	bowel regulariy, and nomore joint pains and contractures	62
27	55	F	8	coxoartrosi	tailored, no drugs to be taken, and very good relations with the therapist	less agitated, more relaxed, and improvement of my stomach conditions	64
28	34	F		cystitis	good	relax	65
29	33	M	7	nek and breastbone pain	super outcome, it exceeded all my expectations	general relax, and significant reduction of anxiety	66
30	47	F	11	feet sweating	nice sensation of general wellbeing	no headache or bronchitis	67
31	35	F	15	water retention	very good. After only 10 minutes treatment, I've already had to urinate	general wellbeing	68
32	58	F	12	inflammation of the tendon Achilles', joint pain, stress disorders	found fit, restores physical balance. person responsible and competent	After the session, I eat a full meal	69

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
33	28	M	10	depression – stress	very efficient	immune to others' nervous	70
34	49	F	8	stress	very good	more relaxed, I sleep better	71
35	28	F	4	epicardial inflammation, stomach ache	positive, It affects on my emotional state	general wellbeing	72
36	34	M	3	groin	positive. Different way to handle physical problems	relax and positive energy	73
37	49	F		ovarian cyst	enthusiastic and satisfied	relief from constipation	74
38	61	M	14	pains in my nek, arms and back	good, I'll talk to others	increase in physical vigor	75
39	55	F	15	high transaminase and diabetes	positive, I'll going on with my treatments	more serenity, more attention and more power	76
40	56	F	6	muscle tear	surprising for the rapidity of the response	Psycho-physical relax	77
41	42	F	in place	sciatica, urethritis and periarthritis	very good result, and no side effects	Psycho-physical relax	78
42	51	F	4	inflammation of my right shoulder	very good	less stress	79
43	34	F	7	dry and deep cough	effective and beautiful	elimination of liquids, increased urination, more energy	80
44	50	F	24	pains under my feet	relax	reapparance of the menstrual cycle	81
45	42	M	16	shoulder pain	good		82
46	8	M	15	bedwetting	positive		83
47	66	F	20	lumbar pain	very good		84
48	60	F	10	labyrinthitis	absolutely good	much better my psycho-physical state	95
49	56	M	10	widespread pain	very good	general wellbeing	107
50	39	F	9	hemorrhoids	absolutely positive, because very effective both physically and mentally	general psycho-physical wellbeing	109
51	54	F	14	headache, nek pains and stomach ache	technique a little slow but effective over time	very relaxed, over all after the treatment	110
52	30	F	12	nek pain and stomach ache	very positive, in particular I feel I have been helped in relation to my problems. Not only that, it was very relaxing, and now I often feel the need to repeat the sessions for affected those benefits	I feel much more relaxed and positive	111

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
53	38	M	2	tear in symphysis pubis area	very good	wellbeing	112
54	47	F	15	lumbar back pain, stress, constipation and pain in the groin	very good	General benefits	113
55	32	F	4	Gilbert's pityriasis rosea	positive,in addition to having started the resolution of my problem, I helped me relax and rebalance	more relaxed,improvement of diuresis and lymphatic stasis	115
56	36	M	10	Brachialgia	very positive		116
57	42	F	10	dysmenorrhea stress	relaxed and positive in 'tackle everyday problems	better digestion	119
58	32	F	10	cystitis	positive. It halps to feel better both physically and emotionally	bowel regulariy, more relaxed and a better psycho-physical balance	125
59	59	F	12	stomach ache	much more relaxed		126
60	53	M	8	sciatica and pains in my groin, thigh and leg	It is a tool of well-being by relieving problems both physical and moral, because it makes you feel better after 3 or 4 times already. It can always be used, while for medical therapies there are contraindications	improved the condition in the genital area	128
61	34	M	9	stomach ache, irregular bowel	It can avoid worsening the disorder with good permanence of the effects of sitting for several days.Surely it does better than all those pads I ws used to take	I have a more regular and nutritious diet, I sleep better and more at night	129
62	43	F	6	muscle problems in my nek, shoulders and beck	It helps to get better with alternative effective methods ,and well practiced gives a good inner energy	I face daily challenges with more power and tranquility	131
63	40	F	10	nek pain	the treatment has had a positive outcome, because it has solved my problem	It downloaded from my body any tension. More relaxed and more power	136
64	18	M	11	muscle contracture	very useful for pain relief	improvement in urine output, and relax	137
65	8	M	11	stutter	very positive	much quieter	138

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
66	42	F	18	back pain	very positive, I solved other problems in addition to back pain, such as digestion, bloating and more peaceful sleep	bloating, digestion, more peaceful sleep	139
67	45	M	15	I couldn't sleep at night	very good	bowel regularity, much more relaxed	140
68	45	F		back pain, headache, problems in my leaver and kidneys	positive, I don't need any painkillers any more		151
69	38	F	20	viral labyrinthitis	in my opinion, very positive	I feel very good physically, it has also halped my body	152
70	54	M	8	sciatica	great, I've solved problems that medicines, acupuncture, massage and other have not solved	kidney problems, otitis	153
71	38	F	12	circulation problems, anxiety, stomach	really very good	breathing and digestion	154
72	33	F	5	sinusitis, irritable bowel	positive, only after the session of foot reflexology I've have been told about the cause of my problem, that through traditional visits (otorhinolaryngologist, ultrasound) had not been identified	I feel quieter and relaxed	155
73	65	F		Sciatica tue to herniated discs	positive		156
74	30	F	8	hives	to be effective must be paired with something else. My hives disappeared because I passed the conflict I had inside me	in addition to the physical also the mind. Understand why it is a sign of healing	157
75	59	F	7	sciatica	good results, you should do more advertising and do not take many medications	alot	160
76	41	F	in place	pregnancy problems	good	the calm	162

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
77	36	F		sterility	very good	regular menstrual periods, nervous system ok	163
78	64	M	5	lumbar back pain due to herniated discs	very valid, since the first session pain is almost disappeared. In subsequent sessions, I found a gradual improvement of the 'articulation and mobility.	kidney	164
79	61	F	in place	progressive systemic sclerosis with involvement of the heart, lungs, stomach, etc.	It saved my life. It allowed me to completely change, and gave me an incredible energy	depression, the sleep-wake cycle, the will to live is back	165
80	36	F	5	Right shoulder and arm pain	much more than positive		166
81	43	M	15	intestinal problems	very good	better quality of life	167
82	48	F	12	colitis	very good	less stress, general relax	170
83	66	M	20	periarthritis	very good	relax and calm	173
84	55	F	12	left vocal cord edema	very good and effective	General benefits	175
85	31	M	9	Stress	it is natural and affective		179
86	18	F	in place	intestine, memory and menstrual problems	really very good		180
87	58	M	in place		I had a great benefit for the paralysis in my right leg, and for many other things	epicondylitis, watery eyes, shoulder pain and other things that occasionally happen to me	181
88	27	F	9	inguinal sciatica	good because it has solved my problem	more relaxed and less nervous	182
89	59	M	in place	neck pain	It brought a marked improvement in my health	I feel more relaxed	184
90	39	F	in place	Sindrome di Meniere	after many attempts with medical care that have caused several other problems, with reflexology I solved all the problems associated with vertigo	relax	185
91	38	M	12	muscle problems, nek pain	positive	improvement, elimination psoriasis	187
92	36	F	Over 10	stress and bowel problems	positive		189

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
93	63	M	9	feet problems	very good	little pains in all my body	191
94	29	M	12	stomach ache	excellent, since it allows to obtain a remarkable balance of 'organism and therefore can act as a true prevention therapy if carried out regularly,	deep relaxation and more stable health	193
95	54	F	in place	general malaise, stress	exceptional because I regained awareness of my body, I feel a new energy, self-confidence	more optimistic, my life and my body have an other quality	201
96	25	F	10	Candida	very good	regular menstrual periods	203
97	37	M	6	right knee problems	I've had a good benefit already from the second treatment		204
98	29	M	11	ankle fracture. Rehabilitation after surgery	I feel better	I feel better my feet	207
99	54	F	18	neck pain and back pain	I feel better	epicondylitis, general relaxation	209
100	44	F	30	kidney failure and infections	positive	bowel regularity disappearance of an ovarian cyst	212
101	47	M	40	back and nek pain	I've had big improvements, so I could say that's very good	It improved the digestive system and general pains	213
102	52	F	3	legs pain	positive because it has solved my problem	more energy for daily activities	215
103	71	M	6	cramps fibrillation left leg	absolutely good		217
104	60	F		two herniated discs, neck and brachial pain, incontinence		better bowel, headaches and more energy	224
105	58	M	12	lombosciatalgia	more than good	I stopped taking drugs	225
106	46	F	10		is an experience that goes beyond the physical treatment, deep also from an emotional and psychological point of view	better psycho-physical awareness	226
107	56	F	10	Back-lets-arms pain	very good and healing	relax and calm	227
108	78	F	10	stomach ache	good	shoulders and knees	228

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
109	6	F	10	bedwetting	very good experience, because the child did not feel like a sick to care for, as it happened in the 'previous surgery. She was always very happy and sorry when the session ended	the girl with has calmed down, she is more willing to accept parents 'advice and or prohibitions .She does not take any more medication.	234
110	61	F	10	tingling and dizziness	very good. I don't have any problems more	better my stomach – heart problems	239
111	77			bursitis, due to trauma to my right shoulder	positive	calf right leg	240
112	74	F		arm and back pain	positive	hands	241
113	27	F	11	right shoulder pain	excellent the investigation side. I've solved my problems	I sleep better. anxious crises less frequent and more manageable	242
114	60	F	18	burning and constant pain in a precise area of the head for 7 years, resulting from to 'operation "gamma knife"	I have tried it as a last chace, without expectations and with much skepticism. My judgment was positively unexpected	general wellbeing, more energy and more optimistic	243
115	29	F	25	polycystic ovaries, menstruation almost absent	very painful in the first few treatments, to become bearable. After the treatment I was more energetic and less anxious. Meanwhile, the beneficial reached not only by the massage, but also by the relationship with the therapist	better back pain	244
116	36	F		irregular cycle, migraine, tension from posture	positive, after a few monthes I've had the first results. Ongoing maintenance	improved circulation and vitality	245
117	46	F	20	trigger finger and back pain	satisfactory	back pain	249
118	57	M	14	periarthritis insomnia and irritable bowel	very positive, on general wellbeing too	general wellbeing	250
119	74	F	12	leg pain due to muscle tear and more	even without drugs, you can solve alot of problems	now I can walk good, painless	256

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
120	53	F		lumbar back pain and fibromylgia	net improvement, so good judgment	improving the quality of life, included psychological and humoral	259
121	42	F	4	breathing problems	very good and non invasive treatment	better psychological balance	260
122	33	M	4	cystitis	positive		264
123	54	F	6	lumbar pack pain, left ear pain	It is an alternative to anti-inflammatory drugs, longer lasting effects, no contraindications and side effects	more relaxed and more energy	266
124	52	F	28	epicondilite dx e sx	more than positive, given my excellent results, strongly I suggest to everybody to try reflexology	without pain, my quality of life has returned excellent, both physically and mentally	267
125	67	F	34	weakness in my right leg due to sciatica	two children	benefits in all my back long	268
126	57	F	7	neck pain	positive, excellent result		270
127	35	M	7	back pain lumbar	funny		271
128	59	F	10	lumbar back pain and fibromylgia	very good	I suffered from continuous nocturnal awakenings, which are now almost completely disappeared	273
129	58	F	13	sinusitis in hypertrophy of the right inferior turbinate	positive and usefull	neck pain resolved	274
130	30	M	10	stomach ache	big satisfactions	improved mood and positive life	277
131	46	M	8	gastritis and low back pain	is an alternative to traditional medicine and avoids the use of medicines	better vitality and sense of wellbeing	279
132	53	F	8	pain for inclusion stimulator, fecal incontinence and urinary problems caused by nerve damage after childbirth	satisfied	in addition to the resolution of the specific problem, I found a more general relaxation.	280
133	25	F	8	backpain, irregular cycle	good	no more insomnia	285
134	38	M	5	inflammation of the nerves and muscles of the left leg	surely very positive, I got unexpected results. the normal physiotherapy has never solved the problem completely	rates of muscle recovery are shorter	290

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
135	67	M	22	Right facial hemiparesis due to cerebral ischemia right side. hypertension	very positive opinion. I know the holographic nature of specific parts of the foot, which represent the total reflection of the whole block copolymer even to the least components	regained easy storage memory, with good progress intuitive mind	291
136	38	M	6	persistent pain in my right knee	very effective		292
137	31	M	20	severe headaches	fully positive, after about two months of treatment I had complete resolution of my problem. I also gained more energy and overall well-being	energy, wellbeing relaxed and good mood	294
138	47	F	15	herniated disc and headache	very good	more calm and better sleep	295
139	66	M	4	tingling in the legs	very good		296
140	63	F	3	sense of flicker into the whole body	resolutive	balance and inner peace	297
141	39	F	30	ovarian endometriosis	disappearance of menstrual pain and the birth of a child that did not come.	complete body and psychologic relax	304
142	36	F	30	depression – stress	complete resolution of my problem. I became a better person	I gained confidence in myself, I see the world in color	305
143	42	M	50	oligoteratozoospermia	very good non- invasive treatment	as a result of these treatments, my wife had a twin pregnancy	306
144	30	F	14	dysmenorrhea retroverted uterus and allergy	good and birth of two children	general wellbeing	307
145	34	F	24	amenorrhea	menses and birth of two children	general wellbeing	308
146	43	F		I couldn't get pregnant	thanks these treatments I was able to relax myself, and I shure that it has undeniably halped because the birth was really very quick.	muscle relaxation	309
147	21	F	15	uterus cervical injury	good, and definitive resolution	general wellbeing, pregnancy	310

1	67	M	9	herniated disc and leg pain	I've had a good improvement	I feel more active and my digestion is much better	1
2	49	M	15	Back pain		I feel less anxious, more active and I sleep better	5
148	44	F	24		with those treatments and rest, I become fertile again, and overall I've had a baby	general wellbeing	311
149	34	M	24	panic attacks	conclusive. I also feel more life force and relaxed	general wellbeing	312
150	40	M	24	aspermia	increase in spermatozoa and also their mobility, but over all we've had a baby	I feel calm, and general wellbeing	313
151	34	F	24	irregular cycle	regular mens	my period days are shorter than before	314
152	32	F	40	non ovulatory cycle	very good treatment, either for my problem, or for a general psycho-physical wellbeing	general psycho-physical wellbeing, and pregnancy	315
153	23	F	20	non ovulatory cycle	very good treatment, and consequent pregnancy	general psycho-physical wellbeing, and pregnancy	316

1 sex not specified	
F	104
M	48
tot	153
24	Till 30
72	Between 30 and 50 years
57	Over 50
153	

			2001-2012	domanda 1	domanda 5	n° scheda	
age	sex	number of treatments	PROBLEMS WITH PARTIAL SOLUTION	JUDGEMENT	SIDE EFFECTS		
1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
3	38	F	15	back pain	pain has very decreased	more active	better
4	37	F	15	nek pain, aphthae and menstrual pains	good	I sleep better at night	9
5	35	F	15	general malaise in joints	relaxed	openness, and my pains are much more bearable	10
6	76	M	10	right side pain	positive	more active, I sleep better and I can urinate more	11
7	47	F	15	left shoulder pain	I bear better my pains	relaxed	14
8	46	F	12		painful		15
9	57	F	12	osteoarthritis widespread, legs pain	pains in my legs are disappeared	much better, I sleep longer and I feel less tired	16
10	46	F	10	anxious, depressed and back pain	I didn't get what I was hoping	I urinate much	18
11	60	F	15	osteoarthritis widespread	fortunately I don't have any widespread pain	better evacuation, before I was very constipated, and I sleep better at night	20
12	37	F	15	osteoarthritis widespread	I bear better my pains	I sleep more relaxed	21
13	53	F	23	carpal tunnel and sciatica	I've solved all my problems, instead of carpal tunnel	I sleep better at night, I feel active, I've a good digestion and relaxed	24
14	32	F	16	menstrual problems, lumbar pains and sciatica	painful but effective	quieter, more relaxed	25
15	41	F	8	gastritis, nek pain	good, complete resolution of my nek pains, but only partial resolution of gastritis	relax, and lighter legs	27
16	48	M	12	gastritis	positive		28
17	75	M	12	back pain	very good, I know I cannot heal, but I don't suffer anymore of swelling and cramps	I sleep better at night	30
18	40	F	10	neuralgia	good	pleasant sensation of taking time for myself	31
19	56	M	15	lymphatic circulation	positive	less tired	32
20	62	F	15	back pain lumbar	positive, even if I can understand that it cannot resolve completely my problems, of which I'm suffering for many years	no more back pain, and benefits in circulation	40

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
21	31	F	12	premenstrual headache , lumbar back pain postpartum	benefits to both problems, both during the treatments , and for long lasting effects	relax after treatments	42
22	78	M	4	lumbar pain, sciatica and nek pain	good	I can walk better and more relaxed	44
23	68	F	6	arthrosis, fracture of the medial meniscus	good, almost complete healing, as before treatments I couldn't even walk	pain in my hands is disappeared	45
24	53	F	?	I need relax, very agitated and frigid	more than good	I sleep better at night	49
25	40	M	10	back pain due to spinal compression, nek pain	interesting treatment because thanks reflexology I don't have any back pain more	I can moove better and general wellbeing	51
26	69	F	25	arthritis, uveitis	very good treatments	I feel like an other person	52
27	23	F	10	hernia spongiform	it has proved very valuable	psychological	54
28	44	F		headache	very positive, over all because I've eliminated my daily Aulin and Bentelan during my period	relax	55
29	46	F	12	swollen legs	I feel better, urinate more and feel lighter	more active	56
30	23	F	18	right and left wrists, pain from tendinitis	treatments have been very helpful, both for my problems and also for other aspects. Satisfied	good relaxation, better breathing,it has regularized my menstrual cycle and some pains have subsided, such as inflammation in the right knee	57
31	44	M	25	frequent headaches of various origins, migraine	good	relaxation, I fell better	58
32	39	M	molte	migraine	reduces symptoms,	less frequent migraine	59
33	48	M	8	lumbar pains	positive		63
34	76	M	8	osteoporosis	enough positive	muscle relaxation, better digestion and less pain	85
35	37	F	10	constipation, syndrome of 14 th day	good, surely helpful	I sleep better at night, regular bowel	86
36	26	M	12	anxiety attacks and panic	good	complete disappearance of the leeks from arms and fingers	87
37	63	F	15	syndrome of Sjogren with big problems on my eyes	less bone pain, more aqueous humor in the eyes		88
38	42	F	12	ulcerative gastritis constipation	Relaxing treatment , more quieter	I sleep better at night, more positive	89
39	66	M	50	psoriasis	very good results, very satisfied	less agitated	90

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
40	37	F	11	nek and arm pain	positive, general wellbeing during treatments	general relaxation	91
41	36	F	10	headache dizzines	positive, t is a subject that deserves to be deepened	less anxiety crises	92
42	35	F	7	pain in my legs, stomach pain	Relaxing	quieter, I've solved my stomach pain	93
43	50	F	11	lumbar back pain, vaginitis epicondylitis	much relief, no drugs	less tension more serenity	94
44	33	F	10	abdominal pains	positive	psychological wellbeing	96
45	74	F		spotted retinopathy	positive, my disease has stopped, and the liquid below the retina disappearad	improved residual visual capacity	97
46	64	M	16	dialysate	positive,I began to urinate again		98
47	57	F		back pain, tingling in the legs	good	tingling in my legs has quitted, , better bowel, more relaxed	99
48	57	F	16	hypertension	very good	Psycho-physical relaxation	100
49	53	F	45	Chron's disease	good	relax, no more hemorrhoids	101
50	30	F	10	stomach pain, chronic anxiety	positive	relaxing, my bowel problem has been partially solved	102
51	64	M	10	lumbar back pain, legs pain	positive, I feel my diseases are lighter		103
52	44	M	8	stress	positive		104
53	47	F		headaches, back pain and colitis	good		105
54	40	F		lumbar back inflammation, sciatica	if you keep on having treatments, very positive	relax, wellbeing	106
55	45	F	10	cervical trauma	following treatments, I found a good improvement	I 've got positive results in my lumbar and sacral back part	108
56	35	F	10		very good, feeling of immediate wellbeing	general wellbeing, more energy	114
57	28	F		nek pain	relaxing, beneficent	general physical relaxation	117
58	38	M	8	stomach pain	you can reap good benefits from it	general relaxation	118
59	43	F	10	pains in my shoulders and arms	I think it is a very valuable treatment	general benefits, and muscles less painful	120
60	64	F	20	frozen shoulder	it has relieved my shoulder pain. Now I can moove my arm more easily	relaxation and wellbeing in all over my body	121
61	40	F	10	nek pain	positive	better bowel and better breathing	122
62	70	M	10	connective inflammation	positive	less pain and more relaxed	123
63	27	F		back pain	I've experienced very good benefits	I sleep better at night, general relaxation, lighter legs, and I urinate more	124

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
64	51	F	10	widespread pain in my column	surely positive	I feel quieter and I urinate much more	127
65	49	M	7	headache, heaviness on waking	it is a valid non-scientific therapy that bodes well		130
66	31	F	15	nek pain	surely positive for general wellbeing		132
67	48	M	10	stress tension	I've had gradual and deep improvements , for instance a better sleep		133
68	31	F	15	emotional stress	positive	general relaxation	134
69	26	F	8	water retention	surely it is a treatment that gives both inner and beauty results, less heavy and a lot of wellbeing. To be repeated!!	Psycho-physical relaxation	135
70	62	F	7	diabetes instability	I don't know		142
71	30	F	12	stomach	At the beginning I was a bit skeptical, because I didn't know what reflexology was. Now I can say that it is a valid treatment if associated to traditional medicine	anxiety	143
72	29	F		obstinate constipation	surely it is a pleasant and relaxing treatment, combined with other measures, can be helpful to annoying health problems	general relaxation	144
73	51	F	5	Cervical arthrosis, lubar beck pain and sciatica	effective against pain. I've had benefits on my nek already from the third treatment	I'm more relaxed after treatments. Without pain, all over my back is relaxed	145
74	39	F	12	nek pain	much better than taking drugs	My legs are lighter, and now I evacuate everyday. Before reflexology, only once each 6 – 7 days	146
75	24	F		water retention, lazy bladder	improvement of microcirculation, deflation of the bladder and calves lighter	better mood and relax	147
76	43	F		nek pain	immediately I've found wellbeing and general relaxation. Column and joints are more elastic	Psycho-physical relaxation	148
77	56	F	10	strengthening of previous treatment	helpful both for soul and body	better bowel and better breathing	149

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
78	32	F	8	constipation due to stress	helpful		150
79	23	M	15	low immunitary system, diaphragm	good	muscle relaxation and nervous system balance	158
80	49	F	10	incontinence,premenopausal	very good, sensation of feeling better is immediate	relax	159
81	35	M	10	insomnia stress	very good results	I'm more hungry	161
82	39	F	10		very good, sensation of feeling better is immediate	Psycho-physical wellbeing	171
83	40	F	7	recurrent headache	very good, sensation of feeling better is immediate	disappearance of dysmenorrhea	172
84	53	F	20	lumbar scoliosis	less in pain, improved blood circulation, muscle stiffness attenuated	relaxation, I sleep better at night	174
85	42	F	16	stomach pain, depression	positive	knowing an other lifestyle, and other eating programmms have the charm of a new thing that I did not know	176
86	44	F	10	vasomotor rhinitis	positive, significant improvement	improvement of my body functionalities and better psychological state, more serenity	177
87	61	F	7	lumbar and sacral pain due to break from osteoporosis	positive		178
88	57	F	5	shoulder pain	good, I should do it more often, but it is too expensive	breathing, urinating and one arm	183
89	63	F			very good, sensation of feeling better is immediate	general benefits in all over my body	186
90	72	M	15	research of physical and nervous relaxation	it fits for a general rebalancing of the body	more energy	188
91	46	F	15	microcirculation, injuries retinas, slight tremors in the limb	absolutely positive, even if some times I've had headache for 12 or even 24 hours after treatments	posture, less tensions in back and neck, almost complete remission of tremors	190
92	66		10	herniated disc in the cervical region	enough positive	digestive effects	192
93	55	F	13	nervous system to fix	some way good, some way very good	it si a very good treatment to relax and get advice	194

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
94	55	F	12	many and present for many years: back pain, sore throat, cough, cervical and stomach pain	absolutely positive, It goes to the root of the problem by removing energy blockages also present for years. It renews completely the way we perceive the physical, psychological and mental	general wellbeing, more energy	195
95	41	F	10	insomnia, stress digestive problems	very good and effective	no more premenstrual pains	196
96	21	F	11	stomach pain	it is a good experience to learn better your body. You are going to take a different approach with your body	more body awareness	197
97	49	F	10	bladder incontinence	good, reduced incontinence	relax and I sleep better at night	198
98	44	F	20	right shoulder articulation, and ileum ischial inflammation	effective, without danger side effects	less frequent migraine	199
99	62	M		pain right ankle	good		200
100	47	F	15	epilepsy	good	osteoarthritis headaches	202
101	71	F	19	rheumatoid arthritis	good		205
102	42	F	8	back pain	it was my first time with reflexology. After beginning soreness, I was able to relax myself and welcome the treatment, benefiting at the end of each session	relaxation	206
103	71	F	10	arthritis	good	I can walk better	208
104	19	F	5_6	memory	good		210
105	34	F	a lot	back pain headache	in my case it turned out effective, but also pleasant and relaxing	general welfare, activation of circulation, light legs and limitation of constipation	211
106	30	F	30	thyroid amenorrhea		general wellbeing	214
107	69	F	16	pains in my back and bowel, knees, heads and feet problems	very good	less anxiety crises	216
108	50	F	35	depression	I'm very satisfied, because also my psychiatrist has noticed an improvement in my psychological state	recovery of sensibility of my left big toe	218
109	65	F		right knee pains	positive	lighter ends	219
110	43	M	8	back pain, kneep pains	positive		220

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
111	38	M	15	candida	It triggers a chain reaction of general positivity. When there is no session you realize there's something missing, and when there is, my feet are happy	I've solved, back pain, headache and bad mood	221
112	39	F	15	rectal prolapse and hemorrhoids	satisfying experience and very positive. An unexpected finding of great humanity and sensitivity	I'm finding a balance thanks to constant work on cranial nerves. It is taking off the best part of me	222
113	55	F	18	left shoulder blocked	very positive experience, because I've partially solved my problem, but I feel quieter	quieter and relaxed	223
114	59	F	10	surgical removal of a tumor in the apparatus reproductive	it is a very good curative treatment for problems concerning stress and joints pains, relaxing	very relaxing, I've solved my insomnia	229
115	35	F		cervical pain, candida	positive	relax, I got pregnant	230
116	53	F	6	menopause disorders	it decreased intensity of my hot flashes, especially at night. Also it decreased agitation and nervousness	general benefits in all over my body	231
117	45	M	8	gastroesophageal reflux	better digestion, improved breathing, and reduction of weight and sense of oppression at chest level		232
118	37	F	10	irritable bowel	very good	emotional	233
119	45	M	15	shoulder periartthritis	functional treatment both physiological and psychological. You can create a relationship of empathy with the therapist that goes beyond "reflexological iter"	less nervous, relaxation	235
120	54	F	12	autoimmune disease, rheumatoid arthritis	complex procedure, and partly decisive, given the complexity of the disease	greater lightness in my legs, general relaxation, and decreased tingling in my feet toes	236
121	63	M	15	rheumatoid arthritis with psoriasis	very good	I can walk better and no more pain at the soles of my feet	237
122	39	F		migraine and cervical pain (malocclusion)	very good, competent, and professional, holistic approach to the pathology	deep relaxation	238
123	34	F	6	tired legs, insomnia	very good, very relaxing	I can sleep the all night long, especially the night after treatments	246

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
124	80	F	14	trigeminal problems, high blood pressure, circulation, swollen feet	very good	enhanced durability in daily activities, improved circulation, inflammation of the trigeminal almost gone	247
125	56	M	10	psychological block in flow of energy	I've got a stimulus for greater awareness of the problem in the course		248
126	50	F			positive		251
127	53	F		cervical pains, insomnia	positive, even if I think that those treatments are good if alongside traditional medicine		252
128	23	F	20	Chron's disease	I think that reflexology gives benefits, and I feel also more relaxed. I thinks it would be interesting investigate more deeply to understand what mechanisms acting on the massage	I feel more energetic	253
129	13	M	8	irritable bowel syndrome, insomnia	I think it is a very helpful treatment. You feel good and in harmony with your body. I suggest it to everybody and I hope reflexology will be accepted by the medical system, so that much more people can avail the benefits	more energy, better digestion	254
130	46	F	10	headache and ear pain	very positive. Healing without drugs is a blessing	better digestion, and better menses	255
131	41	F	20	amenorrhoea	very good		257
132	32	F	8	irregular menstrual cycle	helpful if constant	more restful sleep and better evacuation	258
133	47	F	6	bile reflux and various allergies	very positive if done with regularity. My biggest disease (reflux) has had a big improvement	more energy	261
134	72	M	6	after surgery	very good	I urinate more, better blood circulation, and more restful sleep	263
135	49	F	30	coxitis with strong crippling pains for about 2 years	very good, because reflexology took away the pain, allowing the intervention then of the osteopath	relaxation and less water retention	265
136	50	M	18	cervical pain	general benefits, and good improvement in my nek pains	general relaxation, less stress	269

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
137	18	F	10	lumbar pain	I've had pain in the treated areas during treatments, but I've almost solved my problems	general relaxation and wellbeing. Better digestion	272
138	25	F	10	carpal tunnel syndrome and nek pain	good	less stress	275
139	39	F		amenorrhea tinnitus	very positive both from the physical point of view (reappearance of the cycle) and psychological. It helped me to take better care of myself and to recognize my needs	it helped me to relax and sleep better	276
140	42	F		rheumatoid arthritis	good judgement, with less joints pain	my body is more relaxed	278
141	1,7	M	9	Bacterial meningitis, ear and balance the affected parts	at the end of medical treatment the child was not able to stand on his own feet (before being struck by the disease he walked independently). After a few sessions resumed to take some steps with balance difficulties. Today he can walk long stretches with sufficient stability	as he is a very jung patient, we are not able to confirm all those reached steps, but we see that he is less nervous and he likes receiving reflexology	281
142	33	F	10	polycystic ovaries, irregular cycle, facial skin inflamed	my judgement is positive, over all for the general wellbeing sensation after each treatment	less nek pain, relaxation	282
143	64	F	16	back pain, general malaise	very good, to do regularly	wellbeing	283
144	75	F		nervous system, cranial nervs ear	very good experience, marked improvement of knowledge and relationship with my body	less pain, relaxattion, better psycho-physical balance	284
145	32	F		nek pain	I had improved after one month of treatments. For more than one month I have taken no drugs against headache, but after that I had pain again		286
146	26	F	8	nasal polyps	I've had much more benefits than drugs I was used to take in the last two years, and in less time		287
147	61	F	8	?	good even without big problems	general balance	288
148	44	F		migraine and chronic daily headache	I think it is very effective and much relaxing	relaxation, I fall asleep more easily, draining	289

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
149	36	F	10	headache	positive, because the frequency and intensity of the crisis fell	I feel less tired and with more energy	293
150	56	M	20	paresthesia lower lip and chin, high PSA and neck pain	relaxing and I would suggest it to other people. I've had improvement	I'm relaxing, with more energy and at night I'm snoring less	298
151	28	F	12	headache and spastic colitis	good	less physical and mental fatigue	299
152	47	F	12	lumbar and cervical protrusion	very good	peace of mind, vanished the night legs cramps, more energy	300
153	33	F	About 20	headache, vestibulitis (vulvodynia) hiatal hernia	good		301
154	55	M	30	mouth paraesthesia at night or during sleep. Neck pain and	positive. Pending final solution	on sleep, more energy	302
155	57	F	since March 2010 every week	sarcoidosis and scleroderma	very good.. No drugs anymore, and my life is like that of a healthy person	I sleep better, better digestion and bowel, more energy	303
156	37	F	30	continuous inflammation of the mouth. Ovarian stimulation	positive, not only concerning my problems	general wellbeing, and pregnancy	317
157	42	F	16	panic attacks and back pain	resolutive therapy for some problems. For the rest it is an excellent adjuvant	general wellbeing, and less anxiety	318
158	39	M	30	back pain, digestive difficulties	positive	general wellbeing and psycho-physical improvement	319
159	49	F	12	pollen allergy and consequent asthma and rhinitis	effective treatment, it allowed me to suspend the antihistamines, although the symptoms of allergy are not completely disappeared		320
160	80	F	10	general rebalancing	good, rebalancing	relax	321
161	56	F	15	lymph edema	very good . Lymphatic and circulatory improvement	no more sciatica	322
162	26	F	more than 30	muscle pain due to trauma and rib fracture, inflammation in the airways, stress	useful in various aspects	better legs circulation	323

1	43	F	10	always tired	better	more active	2
2	32	F	10	anxiety	panic situations are slowed down	I sleep better at night	3
163	66	F	14	gastroesophageal reflux	very good alternative treatment to allopathic medicine	more relaxed	324

1	unspecified sex
F	126
M	36
tot	163
22	Till 30
80	Among 30 and 50
61	Over 50
163	

2001-2012

Question 1

	age	sex	Numb. Of treatments	PROBLEMS WITH NO SOLUTION	JUDGEMENT
1	65	F	10	osteoarthritis widespread	I didn't have the complete resolution of the problem
2	35	M	4	frequent diarrhea	I've had a few positive results
3	74	F		parkinson	it helps me, but it isn't conclusive for my illness
4	75	M	19	Parkinson	I haven't had any benefit yet, but I know that for somebody was useful

F 2

M 2

2001-2011

Question 1

	age	sex	Numb. Of treatments	PROBLEMS WITH NO ANSWER	JUDGEMENT
1	24	M	107	Multiple sclerosis	very satisfied
2	66	F	5	Morbo di Parkinson	very good
3	33	M	12	left side cervicalbrachialgia and headache	I feel 90% better

52	F	8	water retention, anxiety, stiff back	I've a good opinion: while the treatments I was able to relax, and after I felt a general wellbeing in all over my body. At night I could sleep better and in the morning I felt more freely. Bladder and intestine were stimulated
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4

F 2

M 2

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1 Till 30

3 Among 30 and 50 years

4 Over 50 years

8

Question 5	card number
SIDE EFFECTS	
I sleep better and evacuate well. I can urinate more	23
	141
	168
	169

Question 5	card number
SIDE EFFECTS	
Laboratory tests are more balanced, and I feel more comfortable	61
	50
no more drugs (only if there is emergency), and I don't have to run to first aid like before	53

lighter legs

262