



Atlantic Canada Association of Reflexology Therapists

Diabetic Study 2023

Introduction: The prevalence of Type II Diabetes in Canada is rising. 30% of Canadians live with diabetes or pre-diabetes; 10% live with diagnosed diabetes, a figure that climbs to **14%** when cases of undiagnosed type 2 diabetes are included. A small anecdotal study of Type II Diabetes was conducted by the Atlantic Canada Association of Reflexology Therapists to determine the effects of foot reflexology on the symptoms associated with Type II Diabetes between February 1 and August 1 of 2023. Foot reflexology is a natural, non-invasive complementary therapy in which the therapist uses thumb and finger pressure to stimulate reflexes in the feet that correspond to all parts of the body to help the body achieve and maintain its ideal balance.

Method: The study was implemented in the locations of the therapists who participated in the study.

Sessions were performed once weekly for eight weeks. These were carried out in a systematic way with each therapist, after an initial warm up routine, stimulating the adrenal, thyroid, spleen, kidney, liver and pancreas reflexes, followed by treating all the known reflexes located on both feet, which included the six (6) reflexes mentioned above, and finally stimulating these six (6) reflexes again before ending the session. Therefore, these six (6) reflexes were stimulated three times during each of the eight (8) sessions.

Parameters

The study included 4 Type 2 Diabetics between the ages of 57 and 82. Of these 75% were female and 25% were male. 100 % of the participants require medications to control their blood sugar levels and for 50% that includes insulin. 75% were experiencing numbness or tingling in the feet before beginning

the sessions (neuropathy symptoms). 100 % were experiencing other health problems such as sciatic or back pain. 75 % expressed having low energy levels.

Variations

One of the 4 clients received the first 3 sessions closer together because of her condition and the rest of the sessions were completed on a weekly basis as determined for the purpose of this study.

Results

As the 8-week study proceeded, clients noticed changes in not only their diabetic symptoms, but other health concerns.

100% of clients saw a change in other health problems, ranging from improved sense of overall well-being, improved energy(100%), decreased pain (example, sciatic pain and back pain).

25% of clients saw an improvement in blood sugar levels .

100% of clients who were experiencing neuropathy in their feet saw an improvement in this.

Conclusion

The study was small but it demonstrated that of the clients who participated 100% noted improvements in some of their symptoms associated with diabetes and their overall health and feeling of well-being, suggesting that reflexology should be considered for further study as a possible complementary treatment option to improve the quality of life in people with Type II Diabetes.