

NATIONAL FOUNDATION FOR  WOMEN LEGISLATORS, INC.

**NFWL National Policy Committee on Health & Empowerment**

**Resolution: Encouraging the use of Reflexology as one approach for women's health care and wellness issues, in conjunction with the support the Committee has previously shown for a holistic, comprehensive, and patient-centered approach to care.**

**(Ratified November 2012)**

**WHEREAS**, Reflexology is a non-invasive complementary discipline involving the use of alternating pressure applied to the reflexes within the reflex maps of the body located on the feet, hands and outer ears; and

**WHEREAS**, the art and science of Reflexology is based on the work of three 20th century medical doctors: William FitzGerald, M.D. (USA); Joe Shelby Riley, M.D. (USA); and Paul Nogier, M.D. (France); and physio-therapist Eunice Ingham (USA); and

**WHEREAS**, Reflexology is recognized by many state governments as being *separate* from the profession of massage therapy or any other type of licensed Complementary and Alternative Medicine (CAM) profession; and

**WHEREAS**, Reflexology distinguishes itself from other disciplines in that training is conducted through separate and unique educational programs; Reflexologists use distinctive Reflexology charts or maps, and clients remain clothed during a session; and

**WHEREAS**, the efficacy of Reflexology is documented by over 300 global research studies including a 3.1 million dollar grant from the National Institutes of Health's National Center for Complementary and Alternative Medicine (NIH-NCCAM) to study the effects of Reflexology on women with breast cancer undergoing chemotherapy and is being considered for renewal; and

**WHEREAS**, the efficacy of Reflexology is documented by over 300 global research studies including a 3.1 million dollar 5 year grant in 2005 from the National Institutes of Health's National Cancer Institute (NIH-NCI) to study the effects of Reflexology on women with breast cancer undergoing chemotherapy, which was renewed for 2.9 million in 2011 for a second 5 year study; and

**WHEREAS**, anecdotally and with one Israeli study (1997) Reflexology has been shown to have a positive effect on post traumatic stress disorder (PTSD) from military service and other traumatic situation such as spousal abuse or acute and chronic physical conditions; and

**WHEREAS**, frequently reported benefits by clients include stress reduction, relaxation, pain management, health enhancement, and improved quality of life; and

**WHEREAS**, many members of the National Foundation for Women Legislators have personally experienced the benefits of Reflexology through participation in NFWL's Annual Health Fair Day; now

**THEREFORE BE IT RESOLVED**, that the National Foundation for Women Legislators' National Policy Committee on Health & Empowerment joins the state and national organizations in encouraging the use of Reflexology as one approach for women's health care and wellness issues, in conjunction with the support the Committee has previously shown for a holistic, comprehensive, and patient-centered approach to care.