



Sub-fertility results

The following report shows the successful results that I have obtained in treating sub fertile clients over several years of reflexology, demonstrating the results of treatments with clients using just reflexology, reflexology in conjunction with other therapies, and reflexology in conjunction with medical intervention. I have removed the unsuccessful clients.

Starting with the group of clients that had received medical intervention, I will begin by examining the group of clients that used Clomid in conjunction with the reflexology treatments.

Reflexology with Clomid

As you can see from the table of results below, the modal number of treatments that it took to obtain pregnancy with the successful clients that I reviewed was 6.

However, in the case of one of the clients, the first pregnancy they obtained whilst receiving reflexology treatments was terminated due to the client experiencing an ectopic pregnancy (embryo grows outside the uterus). The client subsequently resumed reflexology treatments whilst continuing with Clomid, and became pregnant again on their eighteenth treatment. For the purposes of this report, I have counted both pregnancies as separately obtained pregnancies.

All three of the clients receiving Clomid became pregnant during the course of their treatments with me, with one of the clients becoming pregnant twice (even if one of the pregnancies was not carried to term). Although it could be said that all of these pregnancies were obtained primarily through the medical interventions that the client received, these results do indicate that reflexology may work well in tandem with medical interventions.

Reflexology with IVF

Out of all of the clients that I have reviewed so far, I have only experienced two clients who received IVF over the same period of time as their reflexology sessions. One client became pregnant fairly quickly (on her fourth reflexology session). Again, this could be attributed primarily to the medical intervention that the client was receiving:

however, it and the results obtained from those clients receiving Clomid seem to suggest that reflexology does not seem to have a negative effect upon clients attempting to get pregnant through medical interventions. The other client was unsuccessful.

Reflexology and Australian Bush Flowers

In total, I treated eight clients who started using Australian Bush Flower after an average period of 6 months to a year of continuous reflexology treatments. Of these, three became pregnant. One client had been prescribed Australian bush flowers before coming to reflexology and became pregnant after a month of reflexology. The other other two started Australian flower remedies after 8 months and one year of reflexology respectively. These clients became pregnant after 5 months and 3 months of combined flower remedies and reflexology. It would seem that this therapy combined with reflexology may be useful with more difficult cases of infertility.

Reflexology with no other intervention

This is the group of clients that seem to have produced the most extraordinary results, as the modal number of treatments that it took for these clients to become pregnant was 2 – which is less than for any of the clients receiving intervention (either medical or from other therapies). Indeed, all of the five clients that solely received reflexology became pregnant, taking an average of 4 treatments to become pregnant. This appears to suggest that, in my experience, using reflexology alone with no other interventions was the most successful method of encouraging pregnancy, although this is by no means an exhaustive study, and certainly could not be counted as empirical proof of this claim. However, these results are certainly encouraging, and lead me to believe that further study might produce interesting results. It has to be said though, that this group were a heterogeneous (mixed) group of diagnoses and therefore no scientific claim can be made from this data collection.

The last aspect that I wish to cover is that sub fertility is not always on the female side of the relationship. I often find it quite surprising that on the whole, the husbands of the sub-fertility client are quite reluctant to come for reflexology, as I personally believe that reflexology may be beneficial to the sub fertile male.

Avril Rushton MAR

Patient	Age	Length of time patient has been trying to get pregnant	Medical intervention	Other therapies used	Number of treatments	Pregnancy result	Notes
B	30	7 months	Clomid	None.	Pregnant on No. 14	Twin boys	Clomid tablets were started 4 months into treatment.
H	30	1 year (started clomid injections 5 months before reflexology started)	Clomid	None.	Pregnant on No.6 and again on No. 18	Boy	Ectopic pregnancy on No. 6 resulting in the loss of one uterine tube.
S	34	4 years	Clomid	None.	Pregnant on No.6	Boy	Clomid tablets were taken for one cycle. Patient also had a previous child of 5 yrs.
Y	34	3 years	Had discontinued one year of clomid tablets	None.	Patient discovered she was 6 weeks pregnant after 4 treatments	Boy	Patient had a previous child of 5 yrs.
P	30	2 1/2 years	IVF	None.	Pregnant after No.4	Twin girls	
C	32	3 years	Aspirin.	Australian bush flowers	Pregnant on No.4.	Girl	Previous unsuccessful IVF.
N	32	2 1/2 years	None.	Australian bush flowers	Pregnant on No.19	Girl	Previous unsuccessful IVF.
F	30	1 year	None	Australian bush flowers	Pregnant on No.17	Girl	
A	32	1 year	None.	None.	Pregnant on No. 11	Twin girls	
E	27	1 year	None.	None.	Pregnant on No.4	Girl	
J	27	1 1/2 years	None.	None.	Pregnant on No.2	Unknown	Ended treatment.
L	37	19 months (miscarriage 4 months previously at 10 weeks)	None.	None.	Pregnant on No.2	Girl	Has two previous children at 3 and 5 yrs.
U	29	6 months	None.	None.	Pregnant after one treatment	Unknown	Ended treatment.

Tracey Smith FAoR says:

These results show one reflexologist's personal experience of treating fertility clients and are a great way of auditing the results of a clinic. Ideally, however, in your audit the unsuccessful clients would also be represented to provide a true picture of the effect. Doing activities like this is not only fantastic for gaining CPD points (category 23) but can be used to promote your practice to further potential clients through demonstration of past results.