

De effecten van voetreflexologie op pijn en algemeen welzijn.

Voetreflexologie wordt nog altijd beschouwd als een alternatieve behandelwijze waarvan de effecten niet of nauwelijks bewezen zijn.

Toch worden in heel veel wetenschappelijke studies uitstekende resultaten van voetreflexologie op pijn en op algemeen welzijn ruimschoots ondersteund.

De onderstaande lijs geeft slechts een deel weer van deze studies.

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