

# Richard P. Brown, MD

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## *Psychopharmacology*

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Re: Regulation of Reflexology in New York State

As an Integrative Psychiatrist combining medication and mind-body techniques, I am aware of and understand the scope of reflexology as an effective healing method that is very different from massage.

Reflexology has been offered by NYSRA (New York State Reflexology Association) members to people whose physical and emotional health has been affected by 9/11 and its aftermath as well as for Hurricane Sandy Relief. This has been done through STWS (Serving Those Who Serve, [www.stws.org](http://www.stws.org)) a non-profit, where I am Chairman of The Board, and through CRREW (Community Relief and Rebuilding Through Education and Wellness, [www.crrew.org](http://www.crrew.org)).

It is also used by corporations for de-stress, for individuals for preventive care, pain management, in palliative care, and in hospice settings.

At the beginning of his Presidency, President Obama called for community groups to give input for health reform, including the use of integrative and complementary medicine. STWS' proposal stated that reflexology should be included in the integrative health modalities offered for not only relief from man-made and natural disasters but for general health. Reflexology has been an important part of our package which has made an important impact on several thousand 9/11 responders. I highly recommend the regulation of reflexology in New York State, as it exists already in about 30 US states in order to protect the public and to guarantee the integrity of this much needed healing modality.

Sincerely,

Richard P. Brown, MD  
Associate Professor of Clinical Psychiatry  
Columbia University