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Ancient form of massage offers new hope for healing

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Jennifer Bradley performed Jin Shin Jyutsu massage on Moonyeon Colville at the Lucille Parker Markey Cancer Center. Colville is receiving radiation for a recurrence of breast cancer. Jin Shin Jyutsu is being researched at UK to determine whether it helps cancer patients who have pain and nausea.

Charles Bertram | Staff

Japanese massage technique predates acupuncture

By Mary Meehan — mmeehan1@herald-leader.com

The room has the familiar trappings of a healing massage space — low lights, gentle music, soft white sheets on a cushioned table.

But what is different is the near-absence of movement.

Jennifer Bradley sits quietly for minutes at a time, barely touching her patient, Moonyeon Colville, who lies silently, breathing deeply.

Bradley is practicing Jin Shin Jyutsu, an ancient Japanese healing technique that predates acupuncture. The goal of the light-touch massage is to get the energy of the body flowing in the best way possible, Bradley said.

"We think of it as kind of a jumper cable," she said, "a spark to get the energy going."

Bradley, who began offering Jin Shin Jyutsu as a volunteer at the Markey Cancer Center, worked with center director Dr. Mark Evers to secure a \$49,500 grant from the Lexington Cancer Foundation.

Through the grant, the center is offering five free Jin Shin Jyutsu sessions to any Markey patient. Evers and Bradley also are conducting research to evaluate the effect of the treatment on pain, nausea, fatigue and other complications common to cancer treatment. Patients can be referred by a doctor or social worker or can make appointments themselves, Bradley said.

Colville, who is receiving radiation for recurring breast cancer, was one of the first to sign up.

"I'm very interested in energy healing and meditation," Colville said. "I was very excited that something like this was available."

Colville said she could tell the difference after the first session. She got through an entire afternoon of errands after a radiation treatment and realized that she wasn't suffering from her usual fatigue.

Cancer treatment can be a trauma to your body, she said.

"It's sort of like an electrical box and you get short-circuited," she said. Jin Shin Jyutsu serves as the much-needed electrician.

Dr. Jay Hayslip, a Markey oncologist, said he has referred several patients to Bradley. Hayslip said he doesn't make it a practice to refer patients for complementary treatments such as massage, but Bradley's professionalism impressed him, and he likes the idea that the Jin Shin Jyutsu is meant as a complement to other treatment, not a replacement.

Bradley came to learn the ancient art after her mother-in-law developed a brain tumor. The family was told that she had weeks to live. Instead, she survived nine months.

Bradley, whose sister had been treated with Jin Shin Jyutsu, took classes to help care for her mother-in-law, who suffered extreme headaches.

By using the healing practice, Bradley said, she was able to help alleviate her mother-in-law's headaches until the day before she died.

Inspired by the relief Jin Shin Jyutsu provided, she continued her studies.

She now has more than 450 hours of formal training, and the former jewelry buyer for Tiffany & Co. ultimately opened a studio in Lexington.

Bradley has offered the free sessions at Markey for about 10 weeks. The grant runs for a year. She said word is slowly spreading about it, and more patients are coming her way.

She understands that some people are hesitant to try something new, something unknown. They often are surprised to learn that unlike with traditional massage, patients don't have to disrobe. Jin Shin Jyutsu is performed over the clothes.

As part of each one-hour session, Bradley said, she tries to teach clients some basic self-healing methods that they can use at home.

"It's a nice empowering way to help yourself," she said.

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Study Suggests Touch Therapy Helps Reduce Pain, Nausea in Cancer Patients

By [Allison Perry](#)

Jun 25, 2012

LEXINGTON, Ky. (June 26, 2012) — A new study by the University of Kentucky Markey Cancer Center shows that patients reported significant improvement in side effects of cancer treatment following just one Jin Shin Jyutsu session. Jin Shin Jyutsu is an ancient form of touch therapy similar to acupuncture in philosophy.

Presented at the 2012 Markey Cancer Center Research Day by Jennifer Bradley who is the Jin Shin Jyutsu integrative practitioner at Markey, the study included 159 current cancer patients. Before and after each Jin Shin Jyutsu session, Bradley asked patients to assess their symptoms of pain, stress and nausea on a scale of 0-10, with 0 representing no symptoms.

The study found that in each session patients experienced significant improvement in the areas of pain, stress, and nausea with the first visit and in subsequent visits as well. The mean decreases experienced were three points for stress and two points for both pain and nausea.

"I was pleased to see quantitatively the improvements that patients noted in these primary areas of discomfort," said Bradley. "It was interesting to note that regardless of age, sex or diagnosis, cancer patients received a statistically significant improvement in the side effects from treatment. It is encouraging to note that Jin Shin Jyutsu made improvements in these areas without adding additional unwanted effects that so often occur with medication interventions."

Funded by a grant from the Lexington Cancer Foundation, Jin Shin Jyutsu is considered part of an integrative treatment plan available at the UK Markey Cancer Center. Bradley offers Jin Shin Jyutsu to all cancer patients at no charge. Patients may self-refer, though half are referred by their physician or Markey staff.

During a Jin Shin Jyutsu session, patients receive light touches on 52 specific energetic points called Safety Energy Locks as well as fingers, toes, and midpoints on the upper arm, upper calf and lower leg in predetermined orders known as "flows." Patients remained clothed except for shoes and all hand placements are done over clothing.

Sessions were performed in the Jin Shin Jyutsu Treatment Room, Chemotherapy Outpatient Clinic, or in the patient's hospital room. The study also noted that the greatest overall improvement came from sessions held in the Jin Shin Jyutsu Treatment Room, where sessions are generally of a longer duration.

The study did not include controls for several parameters including the time between sessions or location and duration of service. Bradley's next study will control more of these variables, and her team will access patients' medical records over the time period of their participation to evaluate changes in patients' medication usage for cancer and symptom management of pain, stress and nausea.

"The American Cancer Society has noted that quality of life is an issue for all cancer patients; those undergoing treatment, late stage patients, and cancer survivors," Bradley said. "There is a need for additional research to develop evidence-based interventions that have a positive impact on the quality of life for all of these individuals without adding to their burden. From what I have seen in my office and the results shown in the study, I believe that Jin Shin Jyutsu has great promise in this area."

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<http://uknow.uky.edu/node/24247>

Jin Shin Jyutsu Energy Therapy - A Promising Adjunct Therapy in Reducing Pain, Stress, and Nausea in General Cancer Population

Jennifer M Bradley, Jin Shin Jyutsu Integrative Practitioner,
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Stacey A Slone, BSRF, Markey Cancer Center

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Cancer patients' quality of life is a constant concern. Uncomfortable symptoms of pain, stress, and nausea are three areas of discomfort that cancer patients experience separately or in tandem during their cancer regimen. Symptoms may be managed with medication, but may also contribute other unwanted effects. There is a need for integrative therapies that address cancer patients' uncomfortable symptoms without adding to their burden. Jin Shin Jyutsu (JSJ), similar to acupuncture in philosophy, is the ancient art balancing the body's energy system utilizing light touch rather than needles. JSJ harmonizes energetic pathways resulting in deep relaxation of the body and a decrease in distressing physical and/or emotional symptoms. Jin Shin Jyutsu sessions are hypothesized to be an effective adjunct therapy to decrease patient's levels of pain, stress and nausea; and that more than one session given over time would result in a continuation of improvement in these symptoms.

All individuals who were currently being seen at the Markey Cancer Center were eligible, whether experiencing active cancer or in remission. Patients were self referred or referred by Markey nursing staff, social work, or physicians. Patients were seen in three settings: the JSJ Treatment Room, the Markey Chemotherapy Outpatient Clinic, or the Markey Hospital. Treatment length varied from 15 minutes to one hour, depending on location of service.

Patients were asked to assess their symptoms of pain, stress, and nausea on a 0-10 scale prior to treatment and afterwards. Treatment consisted of light touch on specific energetic points called Safety Energy Locks in predetermined orders known as "Flows". The practitioner assessed and determined treatment by listening to the patients' verbal descriptive of their symptoms and by listening to the energetic "pulses" at the patient's wrist area.

Overall, data was collected on 159 patients of whom 69% were female. Patients ranged in age from 7 to 81 with a mean age of 54 years. Breast cancer was the most common diagnosis given which accounted for 22% of the patients. However, almost 28% did not give a primary diagnosis. For patients experiencing initial discomfort, the JSJ study showed that a single session had a significant impact on the decrease of pain, stress, and nausea during the time of the individual sessions. Patients with pain at the beginning of the session (n=101) experienced a 1.89

point relief in pain, $p < 0.0001$. Similarly, those with initial stress ($n=122$) had a 3.14 point decrease, $p < 0.0001$ in stress. Although only 43 patients reported initial nausea, they also saw significant relief of 1.91 points, $p < 0.0001$. Females decreased their stress over 1 point more than men during the initial session, $p=0.01$.

Because the timeframe between sessions was not controlled, it is difficult to ascertain the cumulative benefit of Jin Shin Jyutsu sessions. Further study is planned in 2012 limiting time duration between JSJ sessions as well as demographic, diagnosis, treatment protocol, and quality of life assessment utilizing the SF-36 measuring device. Jin Shin Jyutsu helps relieve initial pain, stress, and nausea and should be explored more deeply as an adjunct therapy for cancer patients.