

PRESS RELEASE



Shiatsu Society (UK) - 'Shiatsu Shown to Improve Health' - July 2009

Research carried out by the University of Leeds on behalf of the European Shiatsu Federation establishes that Shiatsu treatment:

- improves health and wellbeing;
- is safe;
- helps specific health conditions;
- and suggests a role for Shiatsu in public health

Shiatsu (literally meaning -'finger pressure') is a practical hands on therapy, which is gaining in popularity. The roots of the healing art of Shiatsu can be traced back many centuries and its base of knowledge in Chinese medicine makes it a dynamic and practical therapy that can help to reduce the stresses and strains of everyday life. Shiatsu is a therapy that works on the individual as a complete being - not just the physical body but also on an emotional and/or mental level.

The philosophy underlying Shiatsu is that vital energy (known as Ki in Japanese) flows throughout the body in a series of channels called meridians. For various reasons Ki can stop flowing freely and this can produce certain symptoms. Shiatsu practitioners use a variety of techniques to improve energy flow to relieve symptoms such as pressing with palms or fingers and when appropriate, more dynamic rotations and stretches.

More/...

2/...

The study, carried out by Professor A.F. Long of the School of Healthcare, took place in Austria, Spain and the UK in 2006 and 2007.

948 clients participated in the study where their experience of shiatsu treatment and the effects of it were studied over a period of 6 months.

Shiatsu, like other oriental healthcare methods, has been practiced for centuries and purports primarily to promote wellbeing and to help prevent illness. Treatment involves an energetic evaluation of the client's presenting reasons and symptoms. Stimulation of the energy channels on the body's surface effects change in the energy system and in the client's condition.

Research Results – September 2008

The positive experiences and benefits reported in the study are consistent for the three countries. They are also maintained over time. The main effects reported are:

- Increased relaxation and a sense of calm
- Being more energised
- Being better able to cope
- A reduction in symptoms of stress and tension

Improvement of problems with muscles and joint including back pain and posture

- Improvement in energy and reduction of fatigue
- Overall improvement in and confidence about health
- Motivation to make positive lifestyle changes particularly to diet and exercise
- Improved psychological wellbeing
- Changes in the use of conventional medicine and medication

More/...

3/...

Some Health Policy Implications.

A potential role for Shiatsu in public health is strongly suggested due to its ability to improve general wellbeing, increase health awareness, and promote good health;

- Shiatsu poses no significant risks to clients;
- Positive benefits are maintained over time;
- Reduction in the use of conventional medicine, medication and working time lost due to ill-health are indicative of an added value and potential economic benefit from Shiatsu treatment.

References:

1. Long AF. The effectiveness of shiatsu: findings from a cross-European, prospective observational study. *J Altern Complement Med.* 2008 Oct;14(8):921-30.
Erratum in: *J Altern Complement Med.* 2008 Nov;14(9):1175 (available free online at <http://www.biomedcentral.com/1472-6882/9/19>)
2. Long AF. The potential of complementary and alternative medicine in promoting well-being and critical health literacy: a prospective, observational study of shiatsu. *BMC Complement Altern Med.* 2009 Jun 18;9:19.
3. Long AF., Esmonde L. and Connolly S. A typology of negative responses: A case study of shiatsu. *Complementary Therapies in Medicine* 2009 Jun 17(3): 168-175

Further Information.

For more information on the **European Shiatsu Federation Research** please call the Shiatsu Society on 0845 130 4560 or visit the press area at www.shiatusociety.org.

More/...

Notes to Editors

The Shiatsu Society

Established in 1981 the Shiatsu Society was set up by a small group of Shiatsu practitioners and teachers. Since then the Society has grown to form a network linking interested individuals, students, practitioners and teachers, and fulfils the role of Professional Association for Shiatsu Practitioners. Currently there are 1,700 members of whom a third are on the Register of Professional Practitioners of the Shiatsu Society (MRSS).

Key Shiatsu Benefits

- It relaxes mind & body
- It restores & balances energy
- It eases tension & stiffness
- It helps posture
- It promotes motivation
- It is compatible with other medical treatments

For further information, case studies or photography please contact:

**Samantha Haywood, Office Manager,
Shiatsu Society (UK), P O Box 4580, Rugby, CV21 9EL
admin@shiatusociety.org, www.shiatusociety.org**