



## 'Shiatsu Shown to Improve Health'

Recent 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
- Can benefit specific conditions
- Suggests a role for Shiatsu in public health

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 aims primarily to promote wellbeing and to help prevent illness. Treatment involves an energetic evaluation of the client's current condition and symptoms, followed by stimulation of the meridian channels using gentle pressure of fingers and palms. Shiatsu effects change in the overall energy system and in the client's condition in a non-invasive manner.

### **Research Results.**

*The positive experiences and benefits reported in the study are consistent for the three countries. Interestingly, they are also maintained over time. The main effects reported by the participants were:*

- 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 joints including back pain and postural misalignments
- Improvement in energy and reduction of fatigue
- Overall improvement in, and confidence about, health
- Motivation to make positive lifestyle changes, particularly with regard to diet and exercise
- Improved psychological wellbeing
- Changes in the use of conventional medicine and medication

### **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; Most importantly, Shiatsu poses no significant risks to clients; the positive benefits are maintained over time; and there is a reduction in the use of conventional medicine, medication and working time lost due to ill-health. These are indicative of an added value and potential economic benefit from Shiatsu treatment.

### **Further Information.**

(1) The Executive Summary and the full report are available from

[www.shiatsu-esf.org](http://www.shiatsu-esf.org) and at:

[http://www.healthcare.leeds.ac.uk/pages/research/health\\_systems\\_evaluation.htm#](http://www.healthcare.leeds.ac.uk/pages/research/health_systems_evaluation.htm#)

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### **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 practitioners and teachers, students, and interested individuals. It is a Professional Association for Shiatsu Practitioners with 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:**

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