

## **SHIATSU AND HEART PROBLEMS**

### **RESEARCH:**

#### **Lower Back Pain**

Brady LH. Henry K. Luth JF. Casper-Bruett KK.

The Effects of Shiatsu on Lower Back Pain.

Journal of Holistic Nursing. 19(1):57-70, 2001.

The purpose of the research was to explore the effects of Shiatsu on the pain and anxiety associated with chronic lower back pain.

**Results:** Reports of pain decreased significantly after each treatment, reported pain immediately after treatment was significantly lower than it was reported to be two days later. State anxiety decreased after each treatment.

#### **Angina Pectoris**

Ballegaard S. Norrelund S. Smith DF.

Cost-benefit of combined use of acupuncture, shiatsu and lifestyle adjustment for treatment of patients with severe angina pectoris.

**Results:** Patients in the ASLA group reported a marked improvement in life quality and degree of disease.

Acupuncture & Electro-Therapeutics Research. 21 (3-4): 187-97, 1996.

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