

Jin Shin Jyutsu®

Annotated Bibliography

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Introduction

Jin Shin Jyutsu (JSJ), translated as “The Art of the Creator through the person of compassion”¹, is a traditional form of acupressure therapy rediscovered by Jiro Murai in Japan in the early 20 century. It was introduced in the United States in the 1950s by Mary Burmeister, who had studied with Murai both in Japan and in the United States for a total of twelve years. Burmeister founded Jin Shin Jyutsu, Inc. to support JSJ training programs and offer resources to practitioners and the public. Jin Shin Jyutsu is a registered trademark.

JSJ recognizes that health and illness are associated with either the harmony or imbalance of our vital life force energy. The body contains energy pathways that feed life into cells and nourish internal organs. When one or more of these paths become restricted, the resulting stagnation can lead to discomfort, pain, or disease.

JSJ practitioners use light finger pressure on specific areas of the body called “safety energy locks” to balance and restore the flow of vital life energy. JSJ, a gentle, non-invasive treatment, is beneficial for a variety of conditions including relieving acute and chronic pain, increasing immune function, eliminating fatigue, reducing stress and anxiety, improving digestive function, decreasing muscular tension, promoting reproductive function, creating emotional balance, and much more.

The JSJ session begins with the patient discussing her/his history and symptoms with the JSJ practitioner. The patient then lies face up on a cushioned surface, remaining clothed. The practitioner listens to the energy pulses in the wrists, and then applies a harmonizing sequence—the stimulation of a combination of safety energy locks. This harmonizing sequence re-patterns blocked energy to address the causes of imbalance in the body. Treatments are generally 60 minutes, but times may vary according to individual needs. The JSJ practitioner teaches self-help techniques to assist the patient in maintaining the flow of energy.

There is a growing body of research on the use of JSJ that has shown it to be beneficial for a variety of conditions in the patient population. The following is an annotated bibliography of this research, patient testimonials, and additional resources.

¹ Burmeister, Alice with Tom Monte. *The Touch of Healing—Energizing Body, Mind, and Spirit with the Art of Jin Shin Jyutsu*. New York, New York, Bantam, 1997, p. 14.

Annotated Bibliography of Journal Articles

Lamke, D., Catlin A., Mason-Chad, M. (2014). “Not just a theory”: the relationship between Jin Shin Jyutsu® self-care training for nurses and stress, physical health, emotional health, and caring efficacy. *Journal of Holistic Nursing*, December 2014, v. 32, n. 4: pp. 278-289.

The purpose of this study was to evaluate the effect of training nurses in Jin Shin Jyutsu® self-care methods and to correlate the training with measurement of the nurses’ personal and organizational stress and their perceptions of their caring efficacy for patients. 20 participants received three 2-hour Jin Shin Jyutsu self-care training sessions. The training took place over a 1-month period, and participants agreed to practice the self-care daily. Two study instruments, one measuring organizational and personal stress and the second measuring caring efficacy, were completed before the first training, after the last training, and 1 month after the trainings had been completed. Analysis showed significant increases in positive outlook, gratitude, motivation, calmness, and communication effectiveness and significant decreases in anger, resentment, depression, stress symptoms, time pressure, and morale issues. Nurses reported fewer muscle aches, less sleeplessness, and fewer headaches.

Analysis of the Coates Caring Efficacy Scale measures showed statistically significant increases in nurses’ caring efficacy in areas of serenity in giving care, tuning in to patients, relating to patients, providing culturally congruent care, individualization of patient care, ability to decrease stressful situations, planning for multiple needs, and creativity in care. This study suggests that Jin Shin Jyutsu self-care may be a valuable tool for nurses, to decrease stress, both emotional and physical, and increase caring efficacy.

McFadden, K., Healy, K., Hoversten, K., Ito, T., and Hernandez, T. (2012). Efficacy of acupressure (Jin Shin) for non-pharmacological stress reduction in college students. *Complementary Therapies in Medicine*, v. 20, pp. 175-182.

This study used a randomized, placebo-controlled, single-blind design to investigate the use of a single acupressure treatment for stress reduction in healthy college students during a math stressor. Three different interventions were used—active Jin Shin acupressure, placebo acupressure, or an audio relaxation CD.

They found significant reduction in college student stress using Jin Shin acupressure, but not more reduction than with the use of a matched relaxation compact disc. Heart rate variability (HRV) was greater for both acupressure groups (active and placebo) than for the relaxation group. An increased HRV can indicate better autonomic adaptation suggesting an added benefit of touch treatment in comparison to the relaxation intervention. The results of this study provide insight about optimal dosing of acupressure

treatment required to elicit a response in a healthy population.²

Searls, K. (2011). Effect of Jin Shin Jyutsu energy medicine treatments on women diagnosed with breast cancer. *Journal of Holistic Nursing*, December 2011, v. 29, n. 4: pp. 270-278.

The purpose of the study was to evaluate the effectiveness of 10 weekly treatments of Jin Shin Jyutsu (JSJ) for women diagnosed with breast cancer. Twenty-nine women participated in the study. Both qualitative and quantitative data were collected before and after the 10 JSJ sessions. The Roy Adaption model was used to analyze data. The results indicated that woman had a higher level of adaptation suggesting a movement toward improved health when defined as a state and process of being and becoming whole and integrated persons. 93% of women also indicated that JSJ was helpful and that their goals for JSJ treatment, namely wanting to feel better physically, wanting to feel better emotionally, seeking balance in life, and wanting to live a fuller life had been met by the end of their participation. These results suggest that JSJ energy medicine may be an effective intervention for women diagnosed with breast cancer, to help them survive and thrive.

McFadden, K., Healy, K., Dettmann, M., Kaye, J., Ito, T., and Hernandez, T. (2011). Acupressure as a non-pharmacological intervention for traumatic brain injury. *Journal of Neurotrauma*, v. 28, pp. 21-34.

A randomized, placebo-controlled, single-blind design assessed the effects of Jin Shin acupressure (eight treatments over four weeks) on cognitive impairment and state of being following traumatic brain injury (TBI).

Significant treatment effects were found comparing pre- to post- treatment change between groups. The active-treatment group showed greater reduction in P300 (event related potential component elicited in the process of decision making) latency and amplitude, as well as a reduced Stroop effect (interference in the reaction time of a task) on accuracy than did the placebo group. Additionally, the active-treatment group improved more than did the placebo group on the digit span test (measured as the sum of the maximum number recalled in digits forward plus maximum recalled in digits backward). The active group also indicated a larger reduction in subjective stress levels, as well as a significantly lower score on the Center for Epidemiologic Studies Depression Scale (CES-D) from pre- to post- treatment. Together, these results suggest an enhancement in working memory function associated with active treatments. Because acupressure emphasizes self-care and can be taught to novice individuals, it warrants further study as an adjunct treatment for TBI.³

² McFadden studies used Jin Shin Jyutsu flows from the original work of Mary Burmeister, founder of Jin Shin Jyutsu, Inc., as well as flows from other Jin Shin acupressure practices.

³ Ibid.

McFadden, K., and Hernandez, T. (2010). Cardiovascular benefits of acupressure (Jin Shin) following stroke. *Complementary Therapies in Medicine*, v. 18, pp. 42-48.

This study used a randomized, placebo-controlled single-blind design to evaluate the effects of a series of eight JSJ acupressure treatments on heart rate and blood pressure in stroke patients. Active acupressure treatment in chronic stroke patients reduced heart rate significantly more and significantly faster than did placebo acupressure treatment. Because decreased heart rate is an indicator of autonomic nervous system modulation and can be an indicator of the relaxation response, the authors propose that this modality could help reduce risk of further cardiovascular disease in this population.

A significant treatment effect on blood pressure was not found. A possible reason for this finding is that over the course of the study, 67% of participants were taking anti-hypertensive medications, thus making it difficult to ascertain if the lack of a significant blood pressure treatment effect is drug-related or not. Future studies with a sufficiently powered sample size could address these issues.⁴

Shannon, Ann R. (2002). Jin Shin Jyutsu outcomes on a patient with multiple myeloma. *Alternative Therapies*, v. 8, n. 5: pp. 128, 126-127.

ST, a 56-year-old male, was diagnosed with state II B kappa light chain multiple myeloma after being hospitalized with acute renal failure. ST received daily JSJ kidney flows for 8 days. Despite more than 90% odds to the contrary, ST gradually regained full renal function. Three days after his first Bone Marrow Transplant (BMT) ST sought JSJ treatment for severe, unremitting acid reflux. After a 21-minute application of JSJ Special Thumb function energy flow to harmonize acidity, the discomfort completely resolved and did not recur. Several days later, ST received a 1 hour JSJ Trinity Flow to address profound exhaustion. Normal energy levels returned and were self-sustaining, allowing him to resume his daily activities.

The treatment priority during BMT hospitalization was to address the common side effects of (1) mucositis, (2) clearing and soothing the gastrointestinal tract, and (3) nausea. A pattern of 1-hour treatment each morning and evening was established. Despite having an 83% risk for moderate to severe mucositis, St was accessed at Grade 1 mucositis only once while hospitalized. In contrast to most BMT patients, ST also experienced no significant nausea throughout hospitalization. Abdominal cramping associated with diarrhea occurred on some mornings before JSJ treatment, however these symptoms consistently resolved during treatment. JSJ also successfully broke four incipient fevers, successfully normalized blood pressure, and resolved a migraine headache during his BMT hospitalization.

Clancy, D., Macen, M., Shlay, J. (1996). Jin Shin Jyutsu acupressure to improve quality of life in people with HIV/Aids. *Alternative and Complimentary Therapies*, v.2

⁴ Ibid.

n. 3: pp. 173-175.

This study was intended to determine if Jin Shin Jyutsu (JSJ) offered benefits for patients with HIV/AIDS. Twenty-four HIV infected subjects agreed to receive one JSJ treatment weekly for 20 weeks. A symptom assessment tool was completed at 1, 10, 20, and 24 weeks evaluating changes in nausea, vomiting, fever, fatigue, diarrhea, loss of appetite, abdominal bloating, night sweats, and difficulty in sleeping. The results indicated improvement ranged from 4% to 13.8% in various categories for the entire group. The areas that reached statistical significance were physical function, mental health, cognitive function, and health transition.⁵

⁵ The Clancy study used Jin Shin Jyutsu flows from the original work of Mary Burmeister, founder of Jin Shin Jyutsu, Inc., as well as flows from other Jin Shin acupressure practices.

Annotated Bibliography of Other Publications and Presentations

Plettner, S., Mills, P. J., (2016). Jin Shin Jyutsu Treatment for Pain and Stress Management. Poster presented at the Academy of Integrative Health and Medicine Conference.

Pain is a significant public health problem leading to loss of work productivity and increased healthcare costs.⁶ Patients with a variety of pain syndromes including but not limited to backache, fibromyalgia, headaches, post-operative pain, arthritis, chronic fatigue, and shoulder/neck pain (70 women and men, age range 26 – 95 years) were self referred or referred by UCSD staff and physicians.

Jin Shin Jyutsu (JSJ) treatments took place in ambulatory clinics and were 50-60 minutes in length. Questionnaires were used to obtain pain and stress ratings on a scale of 0 to 10 immediately before and immediately after treatment. JSJ treatment led to a significant decrease in pain ratings ($p < 0.001$) with mean ratings from 5.55 to 2.85. Stress ratings also dropped significantly ($p < 0.001$) with mean ratings from 4.92 to 2.71. Analysis was also conducted for patients who received weekly treatments. For these patients pain and stress levels were lower at the start of subsequent visits ($p < 0.05$), suggesting carryover effects from initial treatment. Jin Shin Jyutsu helped relieve pain and stress associated with a variety of diagnoses and can be used as a valuable adjunct therapy for helping patients manage pain and stress.

Bradley, J. M., Stone, S. A., and Weiss, H. L. (2013). Jin Shin Jyutsu energy therapy: a promising adjunct therapy in reducing pain, stress, and nausea in general cancer population. Poster presented at University of Kentucky Wellness Conference. Accessed on August 30, 2016, <https://www.jsjinc.net/ns/ups/web-articles/MarkeyCancerCenter-ResearchPoster.pdf>

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. Patients were seen in three settings: the Jin Shin Jyutsu (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 JSJ treatment and afterwards.

Overall, data was collected on 159 patients of whom 69% were female. For patients experiencing initial discomfort, the JSJ study showed that a single session had a significant impact. Decreases were observed during post sessions with mean decreases of 3 points for stress and 2 points for both pain and nausea. Females decreased their stress

Institute of Medicine Report: *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*, June 2011.

over 1 point more than men during the initial session. Patients who received at least 3 JSJ treatments had greater improvement suggesting an overall cumulative effect. The probability value for receiving benefit from both one or three sessions was $p > .0001$. Jin Shin Jyutsu helps relieve initial pain, stress, and nausea and should be explored more deeply as an adjunct therapy for cancer patients.

Atlantic-Department of Integrative Medicine, Our Inpatient Program, Uniting Mind, Body, and Spirit (2010). Accessed on August 30, 2016
<https://www.jsjinc.net/ns/ups/web-articles/11I-PilotStudy.pdf>

This article references research done to analyze the results of the Inpatient Integrative Medicine Department at Morristown Medical Center in New Jersey. The department is operated by Atlantic Health System. It is a large Magnet-designated facility that offers multiple complementary therapies, including Jin Shin Jyutsu. JSJ is the most requested and practiced modality at the inpatient program. Analysis of 1,667 treatment interventions to 1,219 patients showed consistent reduction in patient's reports of pain, stress, and nausea after sessions across multiple departments in the hospital including but not limited to emergency care, ICU, pre-op and post-op.

Shannon, Ann. Jin Shin Jyutsu: new relief and prevention for mouth sores (mucositis). *Cancer Treatment: A Case Series* no date. Accessed on August 30, 2016,
<https://www.jsjinc.net/ns/ups/web-articles/7K-Mucositis.pdf>

From 40%-80% of oncology patients suffer with intense pain and debilitation, along with an increased risk of systemic infection and morbidity associated with mouth sores (mucositis) as a result of their cancer treatment. Ten patients were treated for mucositis and other side effects of treatment with Jin Shin Jyutsu (JSJ). They were also taught JSJ self-help techniques.

Nine out of ten patients treated for mucositis experienced rapid healing of active mouth sores as well as the prevention of further outbreak with ongoing treatment. Seven patients were stem cell bone marrow transplant (BMT) patients. One patient with allogenic BMT and four days of full body radiation had no significant mucositis with daily JSJ treatments during hospitalization. Another patient who relied solely on self-help after allogenic BMT and four days full body radiation showed no discernible benefit. All other patients relying primarily on self help for mucositis had positive results.

Patients also experienced a wide range of other benefits. In the two patients treated daily during BMT, minimal nausea and intestinal cramping occurred. One patient in crisis in the ICU was stabilized and released from the ICU within three hours of his first (JSJ) treatment; he then removed his oxygen tube within minutes of receiving a second treatment specifically for the breath. Six years after autologous MBT for lymphoma, one patient who received twice daily practitioner-administered treatments has shown no organ damage typical of the chemotherapy regimen used. She remains in remission, leading a very active life.

Sempell, P. (2000). Jin Shin Jyutsu and modern medicine, integrating the ancient healing art of Jin Shin Jyutsu with the modern medicine of heart transplants. *Massage and Bodywork*, April/May. Accessed on August 30, 2016, <https://www.jsjinc.net/ns/ups/web-articles/5H-HeartTransplants.pdf>

A trial program at the California Pacific Medical Center found that heart transplant patients reported experiencing extensive benefits from the JSJ sessions offered once or twice weekly throughout their hospital stay. Comments included "helped dramatically to reduce pain," "reduced anxiety and depression," "promoted a deep sense of relaxation," "aided bowel functioning," "helped reduce physical discomforts in the body," "helped improve mood," and "aided restful sleep at night."

Jin Shin Jyutsu during recovery from cardiac procedures during September and October 2000. Atlantic Mind Body Center, Morristown Memorial Hospital, Morristown, NJ. Accessed on August 30, 2016, <https://www.jsjinc.net/ns/ups/web-articles/11I-PilotStudy.pdf>

The goal of this study was to investigate the feasibility of using Jin Shin Jyutsu (JSJ) in the cardiac unit during recovery. Patients were given a 30-minute standard JSJ intervention and received it each weekday that they were on the unit. 168 treatments were given to 120 patients. At the time of discharge, they were asked, a set of standardized questions about their experience with JSJ. 78% felt that JSJ was helpful to them, 82% said they felt a difference after treatment, 100% said they felt comfortable with their practitioner, 85% said they would recommend JSJ to others, 43% said they would like to learn JSJ as a self-help tool, and 32% said they would continue JSJ as an outpatient for a fee. A majority of patients noted the positive effects of JSJ. It was well accepted by patients and staff, fit well into the delivery of care, and JSJ had no adverse outcomes.

Lamke, D. (1992). The effects of Jin Shin Jyutsu on perceived stress in nurses. Accessed on August 30, 2016, <https://www.jsjinc.net/ns/ups/web-articles/9C2-MC13-PerceivedStress.pdf>

The study sample consisted of 34 nurses recruited from local hospitals. The study instruments consisted of a) a questionnaire rating perceived stress and somatic stress-related symptoms, b) a subjective response questionnaire asking subjects to describe their reactions to Jin Shin Jyutsu treatment, and c) a follow-up questionnaire asking subjects about changes resulting from treatments, and use of Jin Shin Jyutsu for self-help. Data analysis of subjective responses to treatments revealed that 62% of subjects reported feeling more relaxed; 53% reported feeling more centered, calmer, or integrated; 41% reported improved coping; 38% reported decreased pain or tension; 21% reported decreased headaches; and 15% reported improved sleep and increased awareness.

Jin Shin Jyutsu Self-care

Introduction

The Journal of Holistic Nurses recently published a Jin Shin Jyutsu self-care article stating: “Nurses trained in JSJ self-care showed significant increases in positive outlook, gratitude, motivation, calmness, and communication effectiveness and significant decreases in anger, resentment, depression, stress symptoms, time pressure, and morale issues. There were also significant increases in nurses’ caring efficacy and nurses reported fewer muscle aches, less sleeplessness, and fewer headaches.”⁷

Self-care practices are at the core of Jin Shin Jyutsu, and can facilitate an on-going journey “to KNOW (Help) Myself.”⁸ Daily Jin Shin Jyutsu applications renew and rejuvenate the body and mind, alleviate stress, and enhance the body's natural ability to heal itself. By learning a few basic holds and flow patterns patients are able to alleviate physical and mental symptoms, and experience a sense of overall well-being.

Annotated Bibliography of Jin Shin Jyutsu Self-care Articles

Blackford, M. (2014). Jin Shin Jyutsu, (an art of gentle touch) natural positive self-help for people with cancer. Accessed on August 30, 2016, <https://www.jsjinc.net/ns/ups/web-articles/JSJGentleTouch-SelfHelpCancer.pdf>

This is a self-help booklet that teaches daily JSJ applications that focus on the needs of cancer patients. Instruction focuses on managing radiation and chemotherapy treatments, balancing emotions and attitudes, and providing ways to alleviate the common side effects of fatigue, depression, lymphedema, breathlessness, nausea, toxic headaches, itching, mucositis, heartburn, constipation, diarrhea and pain.

Anderson, S. (2012). Care of self through hands on healing. *Nashville Psychotherapy Institute Newsletter*, v. 2, n. 3 pp. 2-3. Accessed on August 30, 2016, https://www.jsjinc.net/ns/ups/web-articles/NPIReflects_summer2012.pdf

Anderson postulates that depression creates an opportunity for the brain to adapt to life circumstances. She states: “I think depression itself is not an adaptation, but how one overcomes it may be... In other words, the learned therapeutic skills one employs to battle depression may increase the likelihood of recognizing and/or not becoming victimized by it in the future while understanding how one uniquely processes negative

⁷ Lamke, D., Catlin A., Mason-Chad, M. (2014). “Not just a theory”: the relationship between Jin Shin Jyutsu® self-care training for nurses and stress, physical health, emotional health, and caring efficacy. *Journal of Holistic Nursing*, December 2014, v. 32, n. 4: pp. 278-289.

⁸ Burmeister, Alice with Tom Monte. *The Touch of Healing—Energizing Body, Mind, and Spirit with the Art of Jin Shin Jyutsu*. New York, New York, Bantam, 1997, p. 17.

life circumstances.” She argues the benefits of practicing Jin Shin Jyutsu self-care increases self-awareness and is an important adjunctive therapy for treating depression.

Millspaugh, J. (2007). Self-help class at Morristown Memorial Hospital. Accessed on August 30, 2016, <https://www.jsjinc.net/ns/ups/web-articles/3C1-MC57-MMH.pdf>

Jin Shin Jyutsu instructor Anita Willoughby taught a self-care class with 230 participants at Morristown Memorial Hospital in New Jersey. Many of the students were nurses who received CEUs for their participation. The day was spent learning basic holds and flow patterns to address fatigue, mental and emotional imbalances, and to revitalize organ function energies within the body.

Haar, B. (1998). Self help with Jin Shin Jyutsu®: all you need are your own two hands. *Holistic Living*, Sept./Oct., pp. 42-47. Accessed on August 30, 2016, <https://www.jsjinc.net/ns/ups/web-articles/6G-SelfHelp.pdf>

This self-care guide teaches JSJ holds to help alleviate common complaints. Some examples include holding the thumb to support digestion and nervous function, holding the index to alleviate backaches and constipation, holding the middle finger to aid nursing mothers and alleviate anger, holding the ring finger to improve respiratory function and skin conditions, and holding the little finger to help relieve anxiety and improve heart function. Other practices included a Main Central flow to help balance hormones, as well as holding the inside of the knees to help abdominal, chest, and head complaints.

Testimonials⁹

Asthma

"My friend had a twenty-year history of asthma. I showed her how to hold her ring fingers to strengthen her respiratory functions. She remarked on being able to breathe more freely after holding them and decided to receive some Jin Shin Jyutsu sessions from me. I focused on balancing the second depth. After three sessions, she said she felt like a new person. She didn't need any medication or vaporizers since receiving Jin Shin Jyutsu. Also, she said she could feel her lungs become more clear for the first time."

Epilepsy

"I had experienced grand mal seizures for eighteen years. My convulsions were extremely severe, and most of the time my seizures came upon me while I slept. I'd wake up seconds before I started convulsing. I learned from classes on Jin Shin Jyutsu that by holding my sevens (on the underside of the big toes), the energy blockage creating seizures could be cleared. One dawn, after an extremely stressful week, I awoke feeling the aura of a seizure upon me. Quickly, I grabbed my big toes and held them for dear life. As my body started to convulse, I tightened the grip on my toes until my knuckles turned white, so the force of the convulsions would not pull my fingers away. To my amazement, the tremor quickly abated before it reached its usual full force, and it did not render me unconscious as it always did. I lay in bed for some time, continuing to hold my big toes until I felt confident enough to sit up and get a cup of tea. After the experience, I was elated and felt that I was in control of my body for the first time in years. I was astounded that the Jin Shin Jyutsu worked so quickly and so easily."

Psoriasis

"I had an outbreak of red eruptions that covered both of my palms. My dermatologist diagnosed me with psoriasis and prescribed an oral antibiotic and a topical cream. In my research on psoriasis, I learned that it is a stress-induced disease. I was under intense personal stress at the time, feeling a deep sense of sadness and feeling "out of tune" with myself. I believed that my psychological condition was having a negative effect on me physically--an issue not addressed in my experience with conventional medicine. I began Jin Shin Jyutsu treatments to unblock my energies and help my body self-heal."

"After 2 treatments in I had completely clear skin on my palms. My dermatologist was amazed at my progress, stating that he had expected my outbreak to take months to clear. In my continued treatment, I was taught self-help to reduce stress, reduce headaches and take time for myself. I have not had a reoccurrence of psoriasis since!"

⁹ The first two entries are from the Jin Shin Jyutsu, Inc. testimonial page at <https://www.jsjinc.net/pagedetails.php?id=testimonials&ms=8> and the remaining entries are from patients of the author.

Injured Tooth

“My 3-year old son sustained major trauma to his front left tooth when he fell down a flight of stairs. Two weeks after the fall his tooth started to turn gray and as the days passed it became darker and darker. My dentist said the tooth would probably need to be removed. I took him to get a Jin Shin Jyutsu treatment. The treatment helped both the pain subside, and the color of the tooth begin to return. The practitioner taught me how to do a self-help flow to help his tooth. I started to do the flow twice a day. The tooth eventually healed and returned to its normal white color. Jin Shin Jyutsu saved my son’s tooth!”

Broken Wrist Bone

“I experienced the healing energy of Jin Shin Jyutsu in an unexpectedly powerful way. I fell, breaking my right wrist radius in several places and cracking and chipping my ulna. I was able to receive a Jin Shin Jyutsu session less than 3 hours after the injury. After 45 minutes of totally focused concentration, I felt my bone move! The treatment encouraged the radius to resume its natural position. This was confirmed by x-rays taken a few days later. The orthopedic surgeon was astounded to see the difference in the x-rays taken immediately after the injury and those taken after the Jin Shin Jyutsu session. I am grateful that I had such a great start to my complex recovery process.”

Migraine Headaches

“I started to get migraine headaches when I was in junior high school. It was the worst pain I had ever felt in my life. The only solution my doctor could offer at the time was Tylenol with Codeine—essentially, sleep. The headaches eventually occurred with less frequency, but in college I had a resurgence of them again. Unfortunately, I had bad reactions to the new medications available to me so I continued to suffer through the immense pain and the severe symptoms. A friend told me about Jin Shin Jyutsu. Fortunately, I was able to get an appointment the next time I felt the aura of the migraine headache begin. In 25 minutes the JSJ practitioner had completely drained my headache by simply holding my feet! I could not believe that I had suffered all those years and lost so many days of my life when a simple form of acupuncture could help me so quickly! I was able to do this for the next 3 headaches and eventually I stopped getting them!”

Mental Illness, Clinical Depression and Anxiety

“I had been suffering from clinical depression and extreme levels of anxiety for about a year before I started Jin Shin Jyutsu treatments. This not only gravely affected my mood and general sense of well-being, but also produced many physical symptoms that made it very challenging for me to function normally throughout my day. I would wake up every morning nearly retching from anxiety. I could not eat until nighttime because that is when the nausea and constriction in my throat and stomach would finally start to subside. I felt this constant dizziness in my head and tremendous weakness throughout my body. I was crying much of the time and felt very hopeless. I was terrified I would never find my way out of this very difficult place. I often felt suicidal.

Gradually I noticed a change in my general state after I started Jin Shin Jyutsu. I definitely felt the power of the relaxation during each session. It was as if this energetic calm was cascading through me. My body felt peaceful and my mind became more tranquil. Having those sessions on a regular basis was instrumental in redirecting the energy of my body into a more relaxed state where I was no longer suffering from the symptoms of the tremendous anxiety. Eventually I was able to come out of that very dark realm and I know Jin Shin Jyutsu was a big part of that healing process. A decade later, I am still doing fine.”

Heart Palpitations and Chest Pain

“I was diagnosed with a heart murmur when I was 17 years old. I'm now 34. I have been an athlete my entire life. My heart murmur never bothered me during physical exercise. However, last year when I began training for a marathon I experienced pain in my chest, tingling in my left little finger, and heart palpitations so severe I was forced to stop running. I was concerned I would not be able to run the marathon so I began weekly Jin Shin Jyutsu treatments.

Soon after I noticed my heart palpitations and the pain in my chest and little finger decreased significantly. I was able to complete my training and run the marathon without ever having to stop! I also learned simple self-help applications to practice on myself to help strengthen my heart. I am running another marathon this year and I have yet to be slowed down because of my heart. I'm going to continue my treatments and I have no doubt that I'll be able to complete my next marathon without any complications.”

Resources

Organizations

Jin Shin Jyutsu Incorporated
8719 E San Alberto Drive
Scottsdale, Arizona 85258

Phone: 480.998.9331

Email: info@jsjinc.com

Universities

University of Kentucky, Markey Cancer Center
<http://ukhealthcare.uky.edu/markey/jsj/>

University of California, San Diego
<http://cim.ucsd.edu/clinical-care/jin-shin-jyutsu.shtml>

Books

Burmeister, Alice with Tom Monte. *The Touch of Healing—Energizing Body, Mind, and Spirit with the Art of Jin Shin Jyutsu*. New York, New York, Bantam, 1997.

Riegger-Krause, W. (2014). *Health is in Your Hands: Jin Shin Jyutsu Practicing the Art of Self Healing*. New York, NY: Upper West Side Philosopher, Inc.

Videos

Bradley, J. (2012, November). *Jin Shin Jyutsu at the UK Markey Cancer Center*. Retrieved from https://www.youtube.com/watch?v=99nrmCufq_c on August 30, 2016.

Bradley, J. (2014, June). *Jin Shin Jyutsu at the UK Markey Cancer Center, Self-Help*. Retrieved from https://www.youtube.com/playlist?list=PL3R1sIQwcvVdQKSwXHjiKu9p_LtKyVFKs on August 30, 2016.

Radio show

Christo, P. (2013). "Jin Shin Jyutsu: a Simple Japanese Touch Therapy, Part I". *Aches and Gains*: Baltimore, Maryland. Retrieved from <http://www.paulchristomd.com/jin-shin-jyutsu-a-simple-japanese-touch-therapy-part-i/> on August 30, 2016

Christo, P. (2013). "Jin Shin Jyutsu: a Simple Japanese Touch Therapy, Part II". *Aches and Gains*: Baltimore, Maryland. Retrieved from <http://www.paulchristomd.com/jin-shin-jyutsu-a-simple-japanese-touch-therapy-part-ii/> on August 30, 2016.

Additional References and Resources

Crotty, T. (2014). “Jin Shin Jyutsu Energy Medicine, Evidence, References, & Resources” <http://www.im4us.org/dl639>