

Benefits

Clinical Findings Summary of Relaxation Response Techniques

- **Increased Comfort, Reduction in Anxiety and Adverse Consequences of Chemo**, specifically patients showed decreases in nausea and anxiety during chemo
Vanderbilt University, Journal of Consulting and Clinical Psychology: 1991 Aug; 59 (4): 518-25
U of Akron, U of Toledo, Oncology Nursing Forum, vol. 26., no. 1, 1999
- **Reduction in Length of Stay**
Study at the University of California
- **Reduced Blood Loss During Surgery**
Study at the University of California
- **Fewer Post Op Complications**
Study at the Mind/Body Medical Institute, Harvard Medical School, Behavioral Medicine, volume 5, pages 111-117, 1989
- **Decreased Use of Pain Medication**
Study at the Mind/Body Medical Institute, Harvard Medical School, Journal of Cardiopulmonary Rehabilitation, Volume 9, pages 316-324, 1989
Columbia Presbyterian Medical Center, J. Cardiovascular Surgery, 1997; 38: pp. 69-75
- **Lowered Blood Pressure**
Study at the Mind/Body Medical Institute, Harvard Medical School, Journal of Cardiopulmonary Rehabilitation, volume 9, pages 316-324, 1989
- **Patients More Relaxed**
Columbia Presbyterian Medical Center, J. Cardiovascular Surgery, 1997; 38: pp. 69-75
- **Reduction in Visits to Physician and HMO**
Study at the Mind/Body Medical Institute, Harvard Medical School, The Clinical Journal of Pain, volume 2, pages 305-310, 1991 and Behavioral Medicine, volume 16, pages 165-173, 1990