

Clinical Studies General Benefits of the Use of Relaxation 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

Substantial Back Pain Relief after Herniated Disc Surgery using a combination of relaxation imagery and sound healing

Study presented recently by Austrian researchers at the 10th World Congress on Pain