

# **Jin Shin Jyutsu: New Relief and Prevention for Mouth Sores (Mucositis) in Cancer Treatment: A Case Series**

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**INTRODUCTION:** 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. With no adequate treatment or preventative agents available to treat mouth sores, current and medical literature cites the need for the continued search for more effective treatment approaches. Given the burden of pain and health deterioration that mouth sores can cause, such interventions would easily be cost effective.

**METHOD:** In the course of normal private practice, ten patients were treated for mucositis and other side effects of treatment with Jin Shin Jyutsu(JSJ), a non –invasive energetic healing art distantly related to acupuncture. Self help tools were used by some patients.

**MUCOSITIS RESULTS:** 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 allogeneic BMT and four days of full body radiation had no significant mucositis with daily practitioner administered JSJ treatment throughout BMT hospitalization. Another patient who relied solely on self help after allogeneic BMT and four days full body radiation showed no discernible benefit. All other patients relying primarily on self help for mucositis had positive results.

**OTHER RESULTS:** A wide range of other benefits were experienced by patients who were treated for other side effects of cancer treatment. 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 Jin Shin Jyutsu 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.

**CONTINUING RESEARCH:** As a result of the above case series, a \$10,000 grant has been obtained from Kaiser Permanente to treat mucositis in 6 Acute Myelogenous Leukemia patients undergoing induction chemotherapy at Sunnyside Hospital this summer. Those results will be included in a Kaiser application for a two-year clinical trial study from the National Center for Complementary and Alternative Medicine.

**For further information on the case series of Jin Shin Jyutsu, contact  
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