
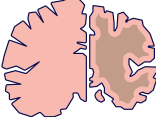


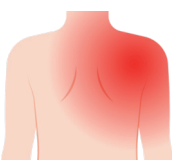




Natural Health Practitioners of Canada
Praticiens de la Santé Naturelle du Canada

BENEFITS & SAFETY OF SHIATSU

While more research is needed, shiatsu has had few reported side effects. The few reported include mild headaches, fatigue, and slight soreness after sessions. However, it also offers many benefits:

	Pain Relief: Shiatsu has been shown to help improve symptoms and quality of life for individuals with low back pain when combined with other treatments.
	Depression Management: When added to standard treatments, shiatsu significantly reduced depression in individuals with mild to moderate Alzheimer's disease.
	Enhanced Sleep: Hand self-shiatsu has demonstrated positive effects on sleep efficiency, including better sleep depth, falling asleep more easily, and staying asleep longer in young people, veterans and their families, and athletes.
	Headache Relief: Shiatsu has been found to be more effective than amitriptyline in reducing the number of painkillers taken per month for those with chronic headaches.
	Fibromyalgia Management: Individuals with fibromyalgia had reduced pain intensity and improved pain symptoms when shiatsu was used alongside standard medications instead of using medication alone.



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DISCOVER THE EVIDENCE



As part of our dedication to efficacy, we stay up to date on peer-reviewed studies for holistic health practices.

Scan the QR code to read through a comprehensive collection of research studies on the benefits and safety of shiatsu.