

Integrative medicine at the UK Markey Cancer Center

The doctors and medical practitioners at the UK Markey Cancer Center use a team-based approach to provide patients with the most effective care possible from start to finish.

Markey is proud to offer its patients the healing and restorative benefits of Jin Shin Jyutsu® physio-philosophy, free of charge thanks to a cornerstone grant from the Lexington Cancer Foundation. Jin Shin Jyutsu provides a simple and effective approach to healing and is a prime example of the many ways that Markey is working to give patients the most well-rounded and integrative approach to cancer treatment available today.

Your Markey physician, social worker or nurse can help schedule your appointment, or you can make your appointment yourself by calling 1-800-333-8874 (toll free), 859-323-1797 or via e-mail at jmbradley@uky.edu.



Jennifer M. Bradley

Jin Shin Jyutsu® practitioner

Markey's in-house Jin Shin Jyutsu practitioner is Jennifer Bradley. Jennifer developed a passion for the practice in 2002 when a close friend experienced its profound healing benefits.

Jennifer has completed more than 450 hours of combined formal Jin Shin Jyutsu course study and hands-on training in addition to her private practice and work with Hospice of the Bluegrass and Markey Cancer Center.

UKHealthCare

UK Markey Cancer Center
Jin Shin Jyutsu Treatment Suite
Ben F. Roach Bldg.
800 Rose St., Room CC111
Lexington, KY 40536-0293

INTEGRATIVE MEDICINE

Jin Shin Jyutsu®



UKHealthCare
Markey Cancer Center

What is Jin Shin Jyutsu?

Jin Shin Jyutsu is the ancient art of balancing the body's energy system, which facilitates healing and restores the body to a more harmonious state of being. Jin Shin Jyutsu practitioners use their hands to gently balance the flow of life energy in the patient's body. Jin Shin Jyutsu is a valuable complement to conventional healing methods.

The body contains pathways that feed life energy into all cells and functions. The stresses of daily life – habits, emotions, illness and physical activity – add up over time. They can have adverse effects on the natural flow of energy along these pathways, similar to the way stones inhibit the free movement of water in a stream.

When one or more of these pathways becomes blocked, it can lead to general discomfort in the local area or elsewhere in the body, resulting in physical and/or emotional symptoms. The art of Jin Shin Jyutsu clears the blocks in these energetic pathways, returning them to a more harmonious state.

To schedule a

Jin Shin Jyutsu session:

- > call toll free: **1-800-333-8874**
- > direct line: 1-859-323-1797
- > e-mail: jmbradley@uky.edu

What can I expect during a Jin Shin Jyutsu session?

A typical Jin Shin Jyutsu session lasts approximately one hour. The patient lies face-up on a comfortable, cushioned surface and stays fully clothed. The practitioner begins the session by “listening” to the energetic pulses in the wrist area. These pulses reveal information about the current state of the body's energetic system and help pinpoint the areas of stress or disharmony.

During treatment, the practitioner gently holds specific areas on the body called “safety energy locks” (similar to acupressure points) in various hand placement combinations known as “flows.” These flows help unblock pathways, restoring the body to a state of harmony. There is no massage or physical manipulation of the body. The touch is light with very little pressure.

The practitioner may also suggest self-help techniques for the patient to perform between sessions for further harmonizing. Self-help may be performed as needed and has no adverse side effects.

How will I feel during and after my session?

The experience of Jin Shin Jyutsu is unique to each individual and to each session. The most commonly reported effect is a feeling of deep relaxation of both the body and mind during and after the treatment. At times, the stomach may produce soft bubbling sounds that are simply a response to the body's release of toxins. Jin Shin Jyutsu's most pronounced effects are felt within the first eight hours of a completed session. Further long-term effects may be experienced and are unique to the individual.

If you are hoping to relieve the stress of cancer treatment or other existing health issues or if you simply wish to participate in the maintenance of good health and well-being, the Jin Shin Jyutsu services at Markey are a powerful healing tool that can prove helpful to all.