Colon Cleansing Has No Benefits
A review of recent medical literature by researchers at Georgetown University School of Medicine has concluded that there is little evidence that colon cleansing provides any health benefits and overwhelming evidence that it can lead to harmful side effects including bloating, cramping, nausea, renal failure, and even death. Lead author Ranit Mishori, MD, says, “There can be serious consequences for those who engage in colon cleansing, whether they have the procedure done at a spa or perform it at home.” Mishori warns that colon-cleansing products are not monitored by the US Food and Drug Administration and that many who perform colon cleansing services in spas or clinics have no significant medical training. The study appeared in the August issue of The Journal of Family Practice.

Bodywork Relieves Hand Pain
The Touch Therapy Research Institute (TRI) at the University of Miami, in a study conducted in conjunction with Massage Envy, has concluded that massage therapy reduces pain and anxiety, improves sleep, and increases grip strength for various conditions of the hand. Subjects received 15 minutes of hand massage for four weeks and experienced positive results in relation to the control group, which did not receive massage. Tiffany Field, PhD, of TRI indicates that hand massage can provide relief for arthritis, carpal tunnel syndrome, tendinitis, and tennis elbow, among other conditions. The results were published in the April edition of Complementary Therapies in Clinical Practice Journal.

Teamwork to ID Skin Cancer
Patients aged 50 and over with a personal or family history of skin cancer are more likely to have their melanomas detected by a physician than those younger than 50 with no personal or family history, who are more likely to self-detect the skin cancer. This finding is from a study published in the June 2011 volume of Archives of Dermatology. Melanoma causes the majority of deaths related to skin cancer, but advanced detection helps provide the greatest chance of effective treatment. Massage therapists can be a key set of eyes in encouraging clients to bring any suspicious moles to the attention of their physician, especially for the younger demographic.