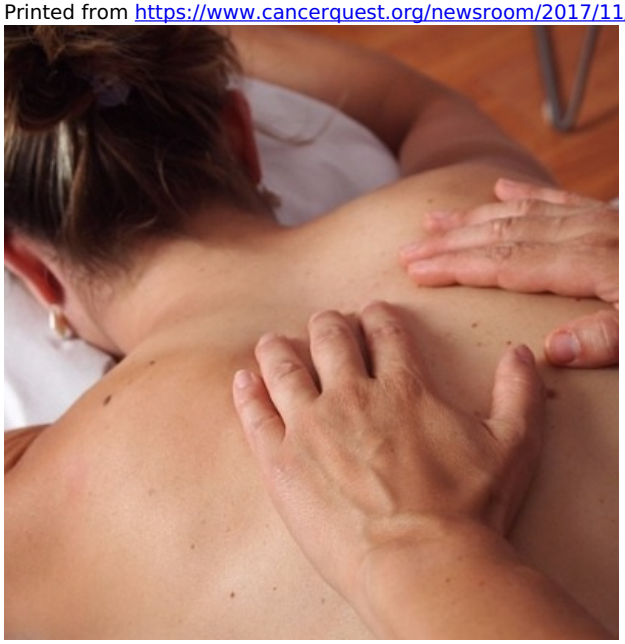
Massage Reduces Cancer-Related Fatigue

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Research at the Winship Cancer Institute of Emory University has demonstrated that getting weekly massages leads to reduced cancer-related fatigue. The study included 66 women with stage 0-3 breast cancer. Those women who got weekly massages reported clinically significant changes in their quality of life as measured by answers to standardized questions.

The results add to our existing knowledge about the benefits of massage, which include improvements to the immune system and reductions in anxiety.

Source
http://onlinelibrary.wiley.com/doi/10.1002/cncr.31064/abstract;jsessionid=32138...