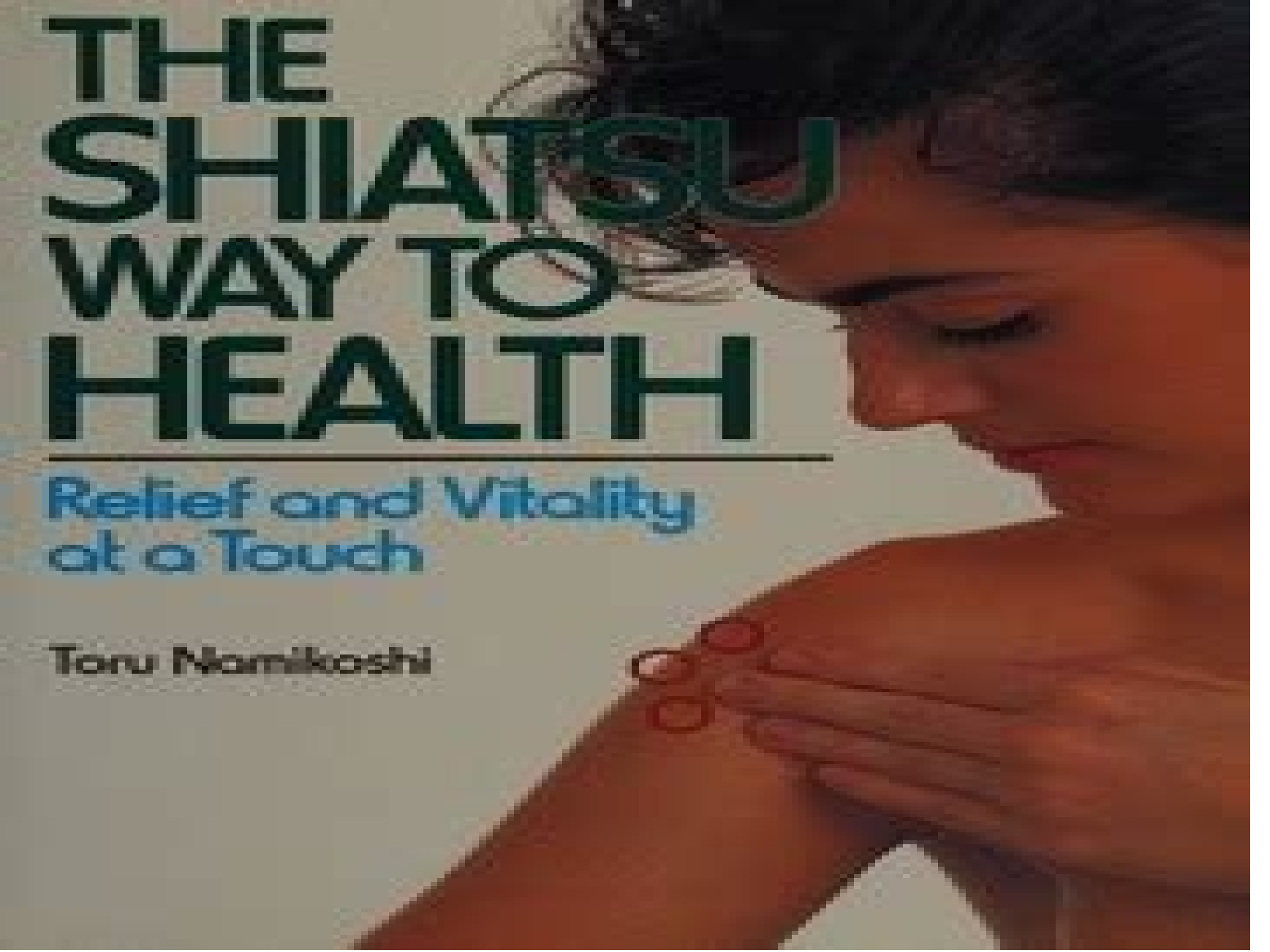


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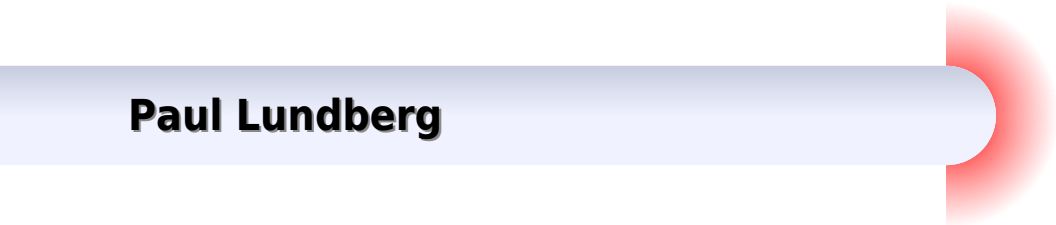


Relief and Vitality
at a Touch

Toru Namikoshi

Shiatsu Way To Health Relief And Vitality At A Touch

Paul Lundberg



Shiatsu Way To Health Relief And Vitality At A Touch:

The Shiatsu Way to Health Tokujirō Namikoshi,1988 *Shiatsu Way to Health* Toru Namikoshi,1988 This text presents an illustrated guide to shiatsu Aimed at modern lifestyles shiatsu is a simple way to relieve pain fatigue and stress that anyone can do at home or at work *Alternative Healing in American History* Michael Shally-Jensen,2019-07-19 This book examines alternative healing practices in American popular culture From traditional folk approaches to more recent developments it discusses the rise and fall of more than 100 popular approaches to addressing both physical ailments and mental health needs Offering insightful accounts of everything from aging prevention to voodoo Santer a *Alternative Healing in American History* An Encyclopedia from Acupuncture to Yoga situates each popular approach in the history and culture of health and wellness in America Moreover the book shows that orthodox medicine and unconventional approaches may have more in common than many people think because both are subject to the changing nature of the medical understanding and the strength of their appeal to consumers While the main focus is on remedies lying outside the medical mainstream the book also highlights how many widely accepted therapeutic treatments of the past for example the water cure hydrotherapy or lobotomy psychosurgery fell out of favor and were quickly forgotten Besides examining popular healing techniques the book also explores the changing nature of the medical marketplace and how once standard treatments e g leeching psychoanalysis have had their ups and downs The book comprises five chronological sections covering time periods from pre 1900 to the present *New Age Journal* ,1997 **The Publishers Weekly** ,1987 *Discovering the Body's Wisdom* Mirka Knaster,2010-12-29 In an attractive oversized format enlivened with illustrations sidebar quotes personal accounts techniques to try and profiles of leaders in the field *Discovering the Body s Wisdom* is a basic resource for well being and natural health Body disciplines and therapies have enjoyed phenomenal growth in the past decade becoming a major alternative to mainstream medicine and traditional psychotherapy But with more than 100 000 practitioners and dozens of methods available in the United States alone how can consumers choose the right one for themselves Mirka Knaster s richly informative guide provides an overview of the principles and theories underlying the major Eastern and Western body therapies or bodyways It shows readers how to befriend their own bodies getting back in touch with their internal sources of health and wisdom It also describes more than 75 individual approaches answering such questions as How does each therapy work What can we expect from one session or a series What are the reasons for selecting this method How do we find a qualified practitioner What if any are the consumer bewares **The Book of Shiatsu** Paul Lundberg,2009-11-24 With shiatsu a Japanese word meaning finger pressure you can release and stimulate the energy flowing through your body using just your hands and fingers to awaken your body s natural healing modalities *The Book of Shiatsu* is the authoritative step by step guide to this uniquely effective therapy The techniques offered are simple and can be used to treat a variety of health problems particularly Arthritic conditions Backaches Emotional stress Headaches and migraines Intestinal disorders

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Newsletter ,1990 The New Book of Shiatsu Paul Lundberg,2014-04-07 The New Book of Shiatsu is the classic guide to the philosophy and practical techniques of the healing art of shiatsu Beautifully illustrated with clear step by step instructions and full colour photography the techniques in this book will help improve your health and well being bring relief to a wide range of common ailments and help you to combat stress by teaching you how to relax **Books on Japan in**

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