

# **Shiatsu A Fully Illustrated Guide To Safe Effective Home Treatment**

SJ Ball

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Handbook world renowned shiatsu practitioner Shizuko Yamamoto and American shiatsu expert Patrick McCarty have come together to create an authoritative manual that is both simple and enjoyable to use This unique work is a comprehensive collection of acupressure techniques and natural healing remedies designed to bring about immediate relief from a variety of pains and illnesses Using easy to follow instructions and numerous photographs and illustrations this book guides you through the various applications of shiatsu massage The Shiatsu Handbook is divided into three sections Section one Foundation provides a history of shiatsu along with that of macrobiotics It examines the root causes of illness as well as fundamental principles of the natural forces that affect us all It shows you how you can draw upon the healing process within each of us Section two Tools explains how to give a complete shiatsu acupressure treatment including the loosening phase designed to increase circulation and relax the body and the whole body phase the pressing and massaging of the neck shoulders back abdomen and arms A discussion of the various touching techniques is also included The third section Balance shows you specific acupressure techniques for over 150 common ailments including allergies arthritis asthma colds fatique hay fever headaches high blood pressure sciatica and more Throughout the book the authors provide insights advice and practical tips based upon their own years of experience When properly done shiatsu is a safe and effective means of easing pain It can also create a feeling of well being vitality and relaxation It requires nospecial equipment and it can be done anywhere at any time You ll find The Shiatsu Handbook the perfect introduction to this time honored healing art Book of Shiatsu Paul Lundberg, 2014-02-11 A one of a kind guide to shiatsu providing step by step instructions for performing this unique and effective therapy 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 Menstrual and reproductive problems Muscular pain and tension Here you ll find more than 240 color drawings and photographs in a brand new accessible format demonstrating how to give both whole body and specialized massages diagnose specific conditions and work with the body s energy meridians to promote sustained health **Shiatsu** Oliver Cowmeadow, 2012-04-24 Developed from a traditional form of Japanese massage Shiatsu is and well being based upon the same philosophy and medical theory as acupuncture and other oriental healing methods Literally translated Shi atsu means finger pressure but practitioners also use their palms knees and forearms and employ stretching techniques These combine in a simple but effective form of treatment used to promote health and general well being as well as to cure illness and prevent future problems In this straight forward step by step guide Oliver Cowmeadow introduces us to the ways in which Shiatsu can be beneficial to both the person giving and person receiving Shiatsu A Practical Introduction clearly explains The role of energy in Shiatsu How to give the full body Shiatsu treatment How to eat an energetically balanced diet

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