

# THE SHIATSU WAY TO HEALTH



Relief and Vitality  
at a Touch

Toru Namikoshi

# Shiatsu Way To Health Relief And Vitality At A Touch

**Tokujiro Namikoshi**



## **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 beware's      **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

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 and well being

*Newsletter* ,1990      *Books on Japan in Western Languages Recently Acquired by the National Diet Library* Kokuritsu Kokkai Toshokan,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      [Whitaker's Books in Print](#) ,1998      **The Jan de Vries Guide to Health and Vitality** Jan de Vries,2011-04-08 This helpful and informative new publication by world renowned alternative health guru Jan de Vries is a straightforward and constructive guide to maintaining good health by natural means Packed full of useful tips and revealing new case studies the book covers a wide range of issues and offers advice on how to keep fit and healthy give up common addictions such as alcohol nicotine caffeine and sugar prevent allergies enjoy exercise and maintain a healthy digestive system Jan de Vries also suggests natural ways to cultivate healthy skin hair and nails relieve stress and boost the immune system He also provides some important new information on dealing with Alzheimer s disease Added to these tips there is further advice on how to standardise sleeping patterns ways to achieve optimum sexuality and fertility and the best means of obtaining an overall sense of health happiness and vitality in the long term      **Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access** Brian Luke Seaward,2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity

**Subject Guide to Books in Print** ,1997      **Forthcoming Books** Rose Army,2003      **The Pressure Point Healer: A Journey Through the Art of Shiatsu** Pasquale De Marco,2025-03-22 Embark on a transformative journey into the world of Shiatsu an ancient Japanese healing art that harnesses the body s natural ability to heal itself This comprehensive guidebook unveils the profound principles and techniques of Shiatsu empowering you to unlock your body s innate healing potential Through engaging narratives and expert insights this book delves into the history and origins of Shiatsu exploring its philosophical roots and the unique perspective it offers on the human body and its capacity for self healing Discover how Shiatsu can be effectively applied to address a wide range of conditions from common ailments like stress headaches and back pain to more complex issues such as anxiety depression and chronic pain Learn about the different techniques

employed in Shiatsu including finger pressure palm pressure and elbow pressure and how these techniques can be tailored to individual needs and preferences Explore the profound impact that Shiatsu can have on your emotional and mental well being promoting a sense of inner peace harmony and resilience Shiatsu is not merely a physical therapy it is a holistic approach that recognizes the interconnectedness of the mind body and spirit This book guides you in harnessing the power of touch to promote self care and empower yourself on your journey toward optimal health and well being With clear instructions and step by step guidance this book empowers you to incorporate Shiatsu into your daily life whether for self care family and friends or as a professional practitioner Discover how Shiatsu can enhance vitality longevity and overall well being promoting a life of balance harmony and fulfillment Embrace the transformative power of Shiatsu and embark on a journey of healing self discovery and empowerment This book is your essential guide to unlocking the profound healing potential within you If you like this book write a review      **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004      **Japanese Publications in Foreign Languages, 1945-1990** ,1990 Bibliografi opstillet efter emner Omfatter b ger trykt i og uden for Japan      **Whitaker's Book List** ,1988      □□□□□□□□ ,2003

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