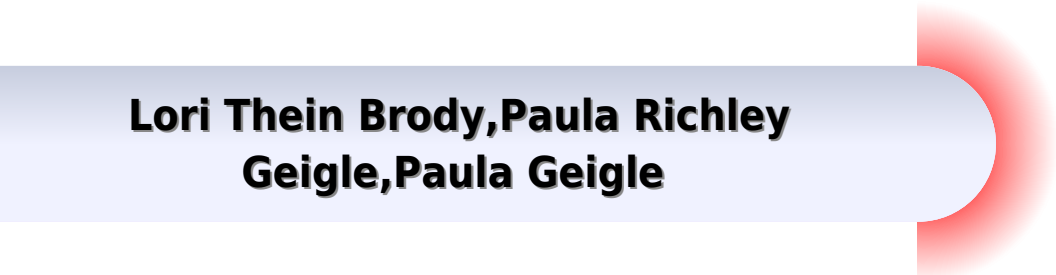




Shiatsu Stretching

**Lori Thein Brody, Paula Richley
Geigle, Paula Geigle**



Shiatsu Stretching:

SHIATSU+STRETCHING Toru Namikoshi, 2007-06-14 Este es el nuevo sistema de estiramientos que aunque se originó en Estados Unidos ha alcanzado una inmensa popularidad en todo el mundo. Pero el riesgo de una lesión muscular resultado de un estiramiento rápido y súbito ha sido motivo de preocupación. Por esto la combinación del Shiatsu con el stretching goza de gran popularidad. Ambas disciplinas han evolucionado a partir de acciones casi instintivas realizadas para aliviar el malestar o relajar el cuerpo. La persona que frota, presiona o amasa un músculo entumecido o dolorido está practicando shiatsu y la persona que estira los brazos y las piernas en la cama cada mañana o levanta los brazos por encima de la cabeza y flexiona la espalda está haciendo estiramientos. El libro escrito por un experto de renombre mundial presenta un nuevo sistema que combina la presión digital con los ejercicios de estiramiento para relajar los músculos al mismo tiempo eliminando el riesgo de dolor o lesión. De forma clara y acompañado con muchas ilustraciones y dibujos el autor nos enseña qué es el shiatsu, cómo hacer estiramientos, los efectos físicos que produce las técnicas del shiatsu y las del estiramiento, cómo aplicar shiatsu y estiramiento en la espalda, en la cabeza, en la cara, en el tórax, en la región abdominal y las aplicaciones terapéuticas de esta disciplina: cefalgia, neuralgia, parálisis facial, insomnio, asma, lumbago, ciática, estreñimiento, gastralgia, etc. El autor Toru Namikoshi es director adjunto de la Japan Shiatsu School.

Finding Your Voice Barbara Houseman, 2002 Finding your voice can be used as a resource by actors at all levels from students and young professionals to established and experienced actors. Drama teachers in schools and committed amateur actors who want to increase their vocal skills and understanding will also find it invaluable.

The Balanced Body: A Guide to Deep Tissue and Neuromuscular Therapy, Enhanced Edition with Navigate Advantage Access Ruth Werner, 2020-06-25 Now in vibrant full color this fully updated and revised Fourth Edition of Scheumann's The Balanced Body: A Guide to the Integrated Deep Tissue Therapy System reflects the latest research in the field and brings a beloved technique manual up to date with current standards for evidence informed practice. This user friendly resource helps students develop a clear understanding of a sequential progressive bodywork approach for the entire body. The Fourth Edition retains the original book's innovative approach to the integration of a variety of massage therapy approaches and adds new material that brings Scheumann's work into a modern context. New sections on research updates on recent pain and fascia science, updated coverage of pathologies and new material on client endangerment work along with an enhanced array of teaching and learning resources make The Balanced Body an important resource for both new and seasoned massage therapists.

Touch and Stretch Toru Namikoshi, 2000-04 No more bad backs, stiff necks or sore shoulders. Now a revered shiatsu expert shares his leisurely yet effective technique for alleviating muscular discomfort and other conditions. Combining Japanese digital pressure massage (shiatsu) with gentle stretching exercises, his system extends and limbers muscles simultaneously thus avoiding the usual muscular pains or injuries. This invaluable book provides easy instruction for warm ups, basics and optimal manual manipulation. A clear text and profuse diagrams cover multifold

health benefits from inducing calm to improving circulatory and nervous systems to preventing such ailments as arteriosclerosis insomnia ringing in the ears and headaches A special section offers tips on adding fun to daily treatments At last you can look and feel better with a regimen that requires no special equipment and needs so little space or time it can fit even the busiest schedule

Becoming a Complementary Therapist Linda Wilson, 2000 Complementary medicine is a rapidly expanding field of employment This book examines the personal qualities needed to become a successful practitioner guiding the reader through the maze of therapies and training courses

Aquatic Exercise for Rehabilitation and Training Lori Thein Brody, Paula Richley Geigle, Paula Geigle, 2009 DVD contains demonstration of basic stroke problems and corrections discussed in the book

The Balanced Body Donald W. Scheumann, 2007 CD ROM includes 20 massage technique video clips 10 Acland anatomy video clips anatomy figures from the text chapter quizzes

The Complete Idiot's Guide to Acupuncture & Acupressure David Sollars, 2000-08-09 You re no idiot of course You know that for centuries acupuncture and acupressure have been among the most effective alternative medical treatments available Now you ve decided to try one of them but before you volunteer to be a human pincushion you have just a few questions So let s get to the point The Complete Idiot s Guide to Acupuncture and Acupressure offers a comprehensive look at these effective solutions in their various forms and functions In this Complete Idiot s Guide you get An introduction to the tools of the trade including needles magnets and exercise The lowdown on what to expect at your first treatment and how to relax and enjoy it Treatments for everything from acne to menopause Words of wisdom plus warnings and definitions to make the acu path easy to follow

Managing Multiple Sclerosis Naturally Judy Graham, 2010-06-24 A totally revised and updated edition of the first book to offer a holistic approach to slowing the progression of MS Provides guidance on special diets and nutritional supplements exercise alternative therapies and the effects of negative and positive thoughts on MS Explains how to reduce toxic overload from mercury and chemicals Includes life wisdom and coping strategies from others who suffer with MS Judy Graham is an inspiration Diagnosed with multiple sclerosis when she was just 26 years old 35 years later Judy Graham is still walking working and has successfully birthed and raised a son who is now an adult In this totally revised and updated edition of her groundbreaking Multiple Sclerosis first published in 1984 she shares the natural treatments that have helped her and many others with MS stabilize or even reverse the condition Beginning with the effects of diet she explains that many people with MS have been eating the wrong foods and shows which foods are good and bad how to recognize food sensitivities and how to correct nutritional deficiencies using dietary supplements She also looks at reducing the body s toxic overload whether from mercury amalgam fillings chemicals or medications She presents the exercises with proven benefits for MS she has found most reliable and appropriate such as yoga pilates and t ai chi and explores alternative therapies that provide relief and support to the body s efforts to control MS including acupuncture reflexology shiatsu reiki and ayurveda Most important are the insights she provides on the effects of negative thoughts on MS She demonstrates how a positive

mental attitude can actually slow down or even reverse the progression of this disease Judy Graham is living proof that as devastating as a diagnosis of MS is life can still be lived to its fullest *The Complete Idiot's Guide to Massage* Joan Budilovsky,Eve Adamson,1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress improve circulation and soothe aching muscles

Shiatsu Stretching Book Review: Unveiling the Power of Words

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