

A woman with dark hair, wearing a white tank top, is shown in profile, performing a self-shiatsu technique on her neck. Her right hand is placed on the back of her neck, and her left hand is positioned lower on her back. The background is a soft, out-of-focus light brown.

# The Self-Shiatsu Handbook

Easy techniques  
for drug-free  
pain relief  
and to improve  
your own wellbeing

**Pamela Ferguson**

# Self Shiatsu Handbook

**Jane Alexander**



## Self Shiatsu Handbook:

*The Self-Shiatsu Handbook* Pamela Ferguson, 1995 Practical techniques you can apply yourself anytime anywhere for pain relief without drugs Illus Masunaga Shiatsu Manuals - 3rd month Shizuto Masunaga, 2023-03-08 In the 70s Shizuto Masunaga Sensei creator of Keiraku shiatsu meridian shiatsu delivered four week correspondence courses providing students with his own purpose written material We saw these course books during a visit to the Iokai Shiatsu Centre in Tokyo and given their valuable content decided to translate and publish them Other than their historical interest we believe the four volumes this is the second will be extremely helpful to shiatsu students practitioners and teachers alike The extensive topics covered in the four manuals range from the history of shiatsu the Japanese legislature on the subject how to execute pressure and the rules to follow basic techniques exercises for the shiatsu as first aid clinical shiatsu shiatsu for children and aesthetics *Self-shiatsu and dō-in* Antoine De Novi, 2021-11-19 The 21st century is the time of the spiritual as well as that of the body As Carl Gustav Jung beautifully put it the body is the soul perceived by the five senses The body can be defined thanks to its matter its physical and visible structure but also thanks to its invisible part or spirit mind The western world is slowly becoming more aware of the perception of the body while opening up to the concepts of energy and martial arts coming from Far East The body mind duality is not so present anymore Experimenting with the body allows one to find deeper perspectives in the understanding of oneself Yoga qigong or Shiatsu among other disciplines will allow the western world to discover the wonderful powers of the human body and its capacity to self heal Antoine Di Novi from his activity in his private practice his interventions with local associations and the corporate world will give you some of the keys and secrets of Self Shiatsu and Do in that are considered as health methods in Japan Do you want to improve your health maintain your vitality and help your whole family feel better Don't wait any longer Practicing shiatsu when you wake up will help you to boost your day After lunch it will help you to have a better digestion before going to bed to sleep better And it will also help relieve muscular strains in the back neck shoulders and even stress related tensions Just follow Lian Sakura Antoine's students along with Koturi the bird and Kuma the bear Exercise yourself at home or at work easily thanks to Izumi Asano's illustrations and Antoine's instructions **Masunaga Shiatsu Manuals 4th** Shizuto Masunaga, 2024-02-27 In the 70s Shizuto Masunaga Sensei a great master and the creator of Keiraku shiatsu meridian shiatsu conducted four month correspondence courses He sent his students the four manuals he had written to purpose Given their valuable content we decided to translate them from Japanese believing them to be of great help to students practitioners and teachers of shiatsu alike This fourth and last volume illustrates clinical shiatsu examining a series of common ailments and recommending the most appropriate meridian treatment from the illustration of the symptoms to how to assess and how to cure Each section is supported by figures giving the meridian pathways The final week also considers shiatsu for children and beauty The concepts are accessible to everyone and are useful for us as practitioners and for the recipients we practice on Shizuto

Masunaga was truly a master and his words always have something to teach us      **Five-Minute Healer** Jane Alexander, 2000 For busy people who want to maximize their health and vitality without revamping their daily schedules this beautifully illustrated guide offers quick tricks for boosting energy feeling your best and looking terrific Full color photos illustrations      *Masunaga Shiatsu Manuals - 2nd month* Shizuto Masunaga, 2020-04-21 In the 70 s Shizuto Masunaga Sensei creator of Keiraku shiatsu meridian shiatsu delivered four week correspondence courses providing students with his own purpose written material We saw these course books during a visit to the Iokai Shiatsu Centre in Tokyo and given their valuable content decided to translate and publish them Other than their historical interest we believe the four volumes this is the second will be extremely helpful to shiatsu students practitioners and teachers alike The extensive topics covered in the four manuals range from the history of shiatsu the Japanese legislature on the subject how to execute pressure and the rules to follow basic techniques exercises for health shiatsu as first aid clinical shiatsu shiatsu for children and aesthetics      ,  
*The Shiatsu Handbook* Shizuko Yamamoto, Patrick McCarty, 1986      *The New Chinese Medicine Handbook* Misha Ruth Cohen, 2015-10-15 Take control of your healing process and balance your mind body and spirit with these lessons in Chinese Medicine      **Healing with Pressure Point Therapy** Jack Forem, 1999-04-01 This comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies acupressure shiatsu reflexology acu yoga and trigger point therapy For each condition readers can experiment to discover which of these methods work best for them Forem offers therapies for more than 65 complaints from acne arthritis and weight control to eyestrain headaches and impotence More than 50 clear illustrations show readers exactly what they need to do A section of master drawings show the complete array of points and meridians the same ones used in acupuncture Then each section offers simpler drawings illustrating only the specific points needed for the condition being discussed Concise instructions on pressure techniques accompany the illustrations      **Handbook of Perinatal and Neonatal Palliative Care** Rana Limbo, Charlotte Wool, Brian Carter, 2019-11-11 The first resource of its kind this authoritative handbook holistically addresses the multidimensional aspects of perinatal and neonatal palliative care Written by an interprofessional team of renowned specialists it is both a text and an evidencebased reference for all members of the palliative care team This book helps individual team members forge interdisciplinary approaches to care assess current programs improve the quality of care and tailor new models of care Encompassing the perspectives of numerous multidisciplinary healthcare providers the book underscores the unique aspects of perinatal and neonatal palliative care with a focus on improving quality of life as well as comfort at the end of life It describes healthcare for neonates and pregnant mothers care and support of the family planning and decision making and effective support for grief and bereavement addressing all palliative and neonatal care settings Other chapters focus on the prenatal period after diagnosis of the expected baby s life threatening condition These include such topics as care of the mother delivering devastating news and advance care planning Each chapter contains photos figures and or tables and case

studies with clinical implications and critical thinking questions Also included is an extensive listing of relevant palliative care organizations Paintings and poetry provide an artistic backdrop to the authors inspiring words Key Features Addresses a growing need for specific provider resources in neonatal palliative care Covers the clinical and emotional aspects of palliative care for babies and their families Abundant resources for effective and compassionate family centered care Case studies with critical thinking questions Accompanying video clips of healthcare and family interactions Supplemental image bank included

*The Weekend Healer* Jane Alexander,2002 It s a rare moment when we can find respite from the day to day rush Even during the weekend we often feel locked into a fast paced groove the last thing we re thinking of is our health Coming to the rescue is *The Weekend Healer* an inspiring collection of seventeen programs designed to boost physical fitness and lift our spirits all in the space of a weekend and all in the comfort and privacy of our own home Fun easy to follow and beautifully illustrated in color each plan offers natural and effective ways to make positive lifestyle changes that can last far beyond three days Among the weekends presented here you ll find Ways to detox your body through cleansing breathing and diet All natural beauty recipes for facials moisturizers and masks Exercises ranging from yoga to chi kung Simple meditation techniques to ease undue anxiety or stress This weekend take care of the most important thing in your life you Pre- and Perinatal Massage Therapy Carole Osborne,Michele Kolakowski,David Lobenstine,2021-03-03 This is the third edition of a highly successful guide to using massage therapy through all stages of the birth process from pregnancy through labor and birth and into the long postpartum period It is primarily for massage therapists but is also intended for physical therapists other manual therapists and bodyworkers nurses and midwives physicians and doulas any professional who wants to integrate more therapeutic touch in their work The text combines what anyone who works with pregnant people needs an exhaustive distillation of current scientific knowledge alongside hands on recommendations specific techniques and business success from almost a century of the authors combined experience The reader will gain a detailed understanding of what is happening to the body during pregnancy and beyond how massage techniques can impact those changes and very concrete applicable strategies for how to work with maternity clients to make them feel better Amidst this abundance of detail about what to do the authors also explore the flipside what therapists need to modify and avoid to ensure that their work with pregnant and postpartum clients is safe how to recognize high risk factors or other complications how best to adjust treatment and how to work with medical healthcare providers throughout the process

**Books on Japan in Western Languages Recently Acquired by the National Diet Library** Kokuritsu Kokkai Toshokan (Japan),1996 **Dossey & Keegan's Holistic Nursing: A Handbook for Practice** Mary A. Blaszk Helming,Deborah A. Shields,Karen M. Avino,William E. Rosa,2020-11-23 Dossey Keegan s *Holistic Nursing A Handbook for Practice* Eighth Edition covers basic and advanced concepts of holism demonstrating how holistic nursing spans all specialties and levels This text is distinguished by its emphasis on theory research and evidence based practice essential to holistic nursing

**Overcoming Stress** Patsy

Westcott,1997 More than ever people are turning to complementary therapies for relief from the stresses and tensions of everyday life Each of the four titles in this series show how to adopt a more natural approach to health improve personal well being and create a healthier lifestyle These books offer expert advice on yoga and meditation exercises to overcome stress methods for stay fit and strong during throughout pregnancy step by step guides to massage strokes and aromatherapy techniques

**The Asthma Handbook** Jenny Lewis With The National Asthma Campaign,2012-01-31 Asthma has become something of a modern epidemic Twenty years ago it affected one in ten people Now one if five children and nearly as many adults suffers from it And despite better more effective drugs to combat the problem the death rate is not going down Around 2 000 people die from the complaint each year DAILY MAIL TUESDAY APRIL 26 1994 With no known cure for asthma this comprehensive guide seeks to give practical help to all age groups in dealing with the growing problem listing the many known triggers for the condition and giving advice on how to avoid them And following the style established by her two previous titles THE ASTHMA HANDBOOK contains case histories showing how individuals cope with asthma as well as the various treatments available both conventional and where sensible complementary Packed with essential information such as what to do when faced with an asthma attack THE ASTHMA HANDBOOK is THE guide for suffers friends and relations and it may even save a life

Elle ,1995      **New Woman** ,1997      Older Than My Mother Augusta Hicks Gale,1996

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