

Shiatsu Therapy For Horses Know Your Horse And Yourself Better Through Shiatsu Hardback

Explains the art of finger-pressure massage.

A revised edition of a very successful book. The new edition contains new chapters on the eye, the abdomen, female reproduction, ultrasonography and orthopaedics. The atlas is superbly illustrated throughout with colour drawings, photographs, and radiographs providing the reader with detailed information on the structure, function, and clinical application of all equine body systems and their interaction in the live animal. Already acknowledged by students and teachers as an essential resource for learning and revision, this fifth edition will be a valuable reference for veterinary practitioners and for those who own and work with horses. Equine Muscle Magic was designed for every horse owner in a user friendly, step-by-step fashion so that you can make profound changes in your horse's health and performance through massage. At the same time, you will build a multi-level connection in your human/horse relationship, deeper than can be imagined. Learn how to clear your mind, perform stretches for horse and rider success, and master the mechanics of a successful equine massage. A 10-minute massage will get you started. Then understand the importance of building a "Body Map," and finally be able to perform a one-hour, full-body massage for your specific equine discipline.

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

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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"?

Complementary Medicine for Veterinary Technicians and Nurses is the first resource on holistic veterinary care written specifically for the veterinary technician. Organized by treatment modality, the book offers practical information designed to help readers develop an understanding of each modality, assist with procedures associated with holistic medicine, and knowledgeably discuss treatment options with clients. Outlining the respective roles of technicians and veterinarians throughout, this book is a welcome reference for readers looking to expand their knowledge of complementary veterinary medicine and introduce additional treatment options in their practice.

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A long-awaited update of the classic equine massage reference Fully revised and updated, this new edition provides step-by-step instructions and

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more than 180 photographs and diagrams to help riders and professionals alike master equine massage techniques. This authoritative guide provides detailed information about massage movements, pressures, rhythms, and sequences. It includes:

- * An introduction to equine anatomy, physiology, and kinesiology
- * Practical information on stretching and hydrotherapy
- * Four new chapters covering equine myofascial massage, Equine TMJ (temporomandibular joint) Dysfunction Syndrome, Equine Muscular Compensation Phenomenon, and saddle fitting
- * A conformation check-up routine
- * Information about areas of stress specific to each discipline and different massage techniques and routines for different situations
- * A handy comb-bound format that lays flat for convenient use in the stable

Equine massage enhances the performance and quality of life of horses by increasing flexibility, reducing stiffness, improving attitude, and shortening recovery time from injury. In addition to its many health benefits, equine massage strengthens the bond between the horse and his owner, trainer, or groom. Using these techniques, you'll learn to "see" with your hands and sense areas that need special attention. Equine Massage, Second Edition is truly a hands-on guide to proven massage techniques that improve a horse's well-being.

Be prepared to answer certification questions about shiatsu, and develop the skills you'll need to become

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a successful practitioner! This comprehensive, easy-to-use textbook covers foundational information and methods, followed by more complex theory and practice. You'll learn how the channels (meridians) affect clients' health, how to conduct assessments, how to maintain proper body mechanics during practice, how to address imbalances in each of the Five Elements, and much more. Workbook-style exercises and questions at the end of each chapter improve your understanding and retention of the material. A title in the Mosby's Massage Career Development Series. Comprehensive textbook introduces you to all the essentials of shiatsu, offering a complete background on the history of shiatsu, relevant Eastern philosophies and Asian bodywork concepts, the channels (meridians), and proper body mechanics. A separate Theory and Practice section explores various assessment methods and how to evaluate assessment information, techniques and positions to address imbalances in each of the Five Elements, and advanced techniques. Includes all of the helpful learning features you expect from a Mosby's Massage Career Development Series title, such as a vibrant, full-color design, chapter outlines and learning objectives, key terms, workbook sections, and a companion DVD. Authored by a leading expert and certified practitioner with a background in shiatsu education and instruction. DVD packaged

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with the book contains over 90 minutes of video showing specific applications and techniques performed by the author, such as qigong, basic shiatsu techniques, jitsu and kyo, basic kata, including the hara techniques, and a standard treatment session. Each video clip on the DVD is referenced in the textbook with numbered icons that direct you to particular clips on the DVD. Over 330 full-color illustrations visually represent concepts and techniques. Special quote boxes interspersed throughout each chapter, contain thoughts and proverbs from Buddha, Eleanor Roosevelt, the Dalai Lama, Helen Keller, and many others.

CHAPTER 1: Definition and Outline OVERVIEW The Founding History of Aro-healing MASSAGES, THERAPIES, TREATMENTS Governing Bodies, Mission and Company Profile The Role of Massage, The Aro-healing Technique The Role of Touch, The Aro- Touch Technique, Aro-Reflex Stimulation Therapy What is Aro-healing, Advantages of using Aro-health massages Professional Massages Significance of Aro-healing Contents for Chapter 2: Whole Medical Systems Influencing the Body, Influencing the Mind, History of Massage, Massage Therapy, Massage as a way of relieving stress Different Types of Massage Therapies Different Types of Massage and Touch Therapy Techniques Therapy Discussion: Aromatherapy, Essential Oils (100 percent pure) Reflexology, How does it work,

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Can Reflexology do any harm Traditional Thai foot massage, Do you do traditional Thai foot massage, Possible reactions, Contraindications Acupressure, Acupressure is part of a Traditional Chinese System of Medicine Whole Medical Systems: In which Category does it Belong? 3 Categories.

Conventional Medicine, Complementary and Alternative Medicine and Whole Medical Systems. Whole Medical Systems: Acupuncture, The difference between acupuncture and acupressure, Acupuncture facts Ayurveda, Ayurveda mind and body type, Ayurvedic massage, Ayurvedic Oils and Medicines Traditional Chinese Medicine (TCM), Chinese Materia Medica, The diagnostic tools differ from those of conventional medicine Herbalism Herbology (Phytotherapy), Anthropology of Herbalism Naturopathy, 6 principles form the basis of Naturopathy, Natural treatment approaches; Homeopathy, Regulation of Homeopathic Treatments, Side Effects and Risks; Aro-healing Revised Complimentary Therapy (ARC), Aro-Technique Products and Product Ranges, Oils used by Aro-healing Therapy Discussions for Chapter 2: Aromatherapy is an ancient healing art which uses essential oils Reflexology An alternative medicine method Traditional Thai foot massage Based on Traditional Chinese massage of the feet Acupressure An ancient Chinese technique based on the principles of Acupuncture Acupuncture An

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ancient Chinese technique that works by releasing the body's vital energy, known as Chi Ayurveda In India, Ayurvedic medicine has complex formulas to balance "Vata", "Pitta" or "Kapha" Traditional Chinese Medicine (TCM) Uses a number of therapeutic approaches such as acupuncture and moxibustion, herbs and other natural products, and massage Herbalism Herbology (Phytotherapy) The study and use of medicinal properties of plants and plant extracts Naturopathy Ancient and modern therapies from other traditions Homeopathy A complete system of medical theory and practice Aro-healing Revised Complimentary Therapy (ARC) Aro-healing, Aro-healing Massage Therapy Contents for Chapter 3: Aro-Technique Products Why is an Aro-Technique Product different from other products; What does 'cold pressed' or 'first cold compressed' mean; Benefits of using ARO-TECHNIQUE PRODUCTS The Role of Aro-Technique Products and Product Ranges: Discussions from Newsletters; DEMONSTRATIONS AND DISCUSSIONS AT LAUNCHES AND PROMOTIONS The Role of 100 Percent Pure Aromatic Essential Oils; The Role of Aromachology and Somatology; Aromachology and Aromatherapy both promote the positive effects of fragrance on mood How to use essential oils; MASSAGE AROMATHERAPY, MEDICAL AROMATHERAPY, OLFACTORY AROMATHERAPY and COSMETIC

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AROMATHERAPY The Aro-Recipe Specimen; (All Aro-Technique Products and Product Ranges are trademarked The Role of the Website Presence; Aro-Technique Products that can be ordered through Aro-healing's website: (<http://www.aro-healing.com>); Website Products – Online Shop; Review: Permonlie Anti-wrinkle Cream - Guide on available anti-wrinkle products Massage Oils Other Massage Oils General information on facial massage Nappy rash Customer Reviews Definitions of barrier cream Usage - Key Points How do I tr

Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies

A comprehensive study of the impact of saddle fit on horse and rider health and performance.

Would you like to enable your horse to perform and feel better, to overcome old limitations and restrictions and reach its full potential? In this book, Jim Masterson, Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams, and for equine clientele competing in FEI World Cup, Pan American and World Games competitions, teaches a unique method of equine bodywork, in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect

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performance. This practical book: * has step-by-step instructions, photographs and illustrations * is ideally suited to accompany you to the barn, where you will practice the Masterson Method® techniques on horses. * includes chapters with Tips & Techniques, anatomical explanations and examples from Jim's practice help deepen your understanding. * has a "quick reference" section will point you to exercises that are specifically suited to your particular discipline, may it be dressage, endurance, eventing or barrel racing, or others in the vast realm of horse sports. By using these techniques, and knowing the responses to look for, you are able to: * achieve a release of accumulated stress in deep-seated key junctions of the horse's body that affects mobility, comfort, attitude, training and performance * restore muscular and structural balance, and natural alignment * enable your horse to perform optimally and respond to your training without stiffness and pain * achieve new levels of communication and trust with your horse that spill over into other areas of interaction.

A natural form of therapy used to re-establish the horse's Ki energy and its most likely effect on the atomic structure. Discusses energy flow along the skeletal frame and shows the importance of this flow to maintain and improve soundness. Includes before and after picture examples and other photos to help you detect energy disruptions. Of interest to all horse people - top

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professionals to the back yard horse lover. Includes a "Tribute to BARBARO" and energetic signs of his greatness!!!. A great book to give insight to the horse's powerful energy. Up to date with current times. Your horse wants you to read this book. They will love you for it. Also of interest to the human therapy and physics fields of study.

Natural Methods for Equine Health and Performance, Second Edition, presents a concise overview of a natural approach to horse care and management for the 21st century. Mary Bromiley has an excellent reputation for achieving results using natural methods for muscle re-education. This book will be useful to anyone who owns or routinely works with horses. Provides advice on natural horsemanship, contrasting the natural and domestic habitats. Covers a range of holistic methods of treatment, including acupuncture, massage, herbalism and homeopathy. Discusses developmental interaction between a horse and humans. Contains expanded coverage of physical development and nutritional requirements. Includes clear explanations of how and why schooling exercises used by the Classical School improve a horse's flexibility and performance.

In recent years, the benefit of massage, physiotherapy, and other touch therapies to horses has become better appreciated. Shiatsu is a traditional Japanese therapy based on pressure and stretches, the benefits of which you can share with your horse, enhancing his well-being and happiness. This book will familiarize the reader with the basic principals and techniques necessary to give a Shiatsu treatment that any horse will benefit from. Once

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a student has a taste for the philosophy behind the treatment a search for more knowledge begins. This book sets out to describe some of the various diagnostic techniques and philosophies. Finally, the reader can go a little further into understanding the physiology and psychology of the horse to enhance the treatment he or she is able to give and expand their equine knowledge. The author has been developing shiatsu techniques for dogs since 1982 when a friend asked her to help her elderly dog with his pain during his last days. Since then she has worked with hip degenerative problems, arthritis, problems associated with old age, and attitude problems. Her focus is to teach people techniques to use on their own dogs. The Shiatsu techniques in this book have been chosen for their simplicity, effectiveness and fun. They will benefit all dogs: young and old; sick or injured and well; working dogs and family pets; well balanced or insecure. This book is essential reading for all dog owners who wish to have a closer and happier relationship with their canine companions.

Horses perceive the world differently from humans because their senses developed differently through evolution to cope with different ways of living and surviving. Horses are essentially prey/flight animals. The horse's senses therefore determine how the world appears to him and how he reacts to it. As the horse's perception and understanding are v

There's nothing more satisfying than having a cat on your lap, purring loudly with complete contentment.

Whether you're the proud owner of a mischievous oggie or a sleek, pedigree princess, learning to use the gentle

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art of Catassage will have your favourite feline in seventh heaven. Cats are delightfully sensuous creatures, and frequently invite you to caress and pet them. Now, with this enchanting little book, you'll be able to express your love with real knowledge at your fingertips. Massage is a wonderful way of caring for your cat. It calms nerves, reduces fear, soothes aches and pains, improves muscle tone, promotes a gleaming, healthy coat, and creates an extra-special bond between you both. What's more, it's good for your health too - massaging your cat is a great way of getting relaxed, and can even lower your blood pressure. With detailed, practical, exercises and techniques on how to massage every area of your cat's body, from ears to paws, from tail to tummy, your pet will soon be glowing with health and well-being. The witty, affectionate, and oh-so-knowing illustrations by the well-known Swedish

One of PureWow's Best Beach Reads of Summer 2018 New York Times bestselling author Kristan Higgins is beloved for her heartfelt novels filled with humor and wisdom. Now, she tackles an issue every woman deals with: body image and self-acceptance. Emerson, Georgia, and Marley have been best friends ever since they met at a weight-loss camp as teens. When Emerson tragically passes away, she leaves one final wish for her best friends: to conquer the fears they still carry as adults. For each of them, that means something different. For Marley, it's coming to terms with the survivor's guilt she's carried around since her twin sister's death, which has left

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her blind to the real chance for romance in her life. For Georgia, it's about learning to stop trying to live up to her mother's and brother's ridiculous standards, and learning to accept the love her ex-husband has tried to give her. But as Marley and Georgia grow stronger, the real meaning of Emerson's dying wish becomes truly clear: more than anything, she wanted her friends to love themselves. A novel of compassion and insight, *Good Luck With That* tells the story of two women who learn to embrace themselves just the way they are.

What does a horse think, what does it see, hear, smell and feel, and how do emotions affect the horse's existence? This book helps the reader take the first step on a journey of discovery. If we can understand the way horses see the world—in every sense of the word—we can unlock the key to their emotions and understand what prompts them to do certain things. By highlighting many characteristics of the horse that are often overlooked by owners and riders—for instance, that horses first see negativity using their left eye; or that they first smell objects using their right nostril—the book thus reveals many aspects of the horse that will be unknown to many and explains why and how this can help us with our training. It also explores how our own emotions and actions can affect the horse. The information is based on scientific research but presented in an

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easy-to-read format, and throughout the text there are practical tips for the rider and anecdotes of the author's experiences of working with both riders and horses.

Dr. Joyce Harman's best-selling book and DVDs on saddle-fit have received rave reviews and helped improve the lives of performance and pleasure horses all over the world. Now, due to popular demand, she's written the complete reference on saddle-fit and back health for Western disciplines. In this most thorough, comprehensive book, Dr. Harman, veterinarian and respected saddle-fitting expert, educates the reader about the horse's conformation—particularly the shape of the back, withers, ribs, and shoulders; saddle construction—the tree, bars, seat, skirts, fleece, gullet, and stirrups; and the rider's conformation. She explains how all these variables must be considered in order to keep the horse comfortable. In addition, read about correct use of saddle pads; fitting saddles for different sports such as reining, cutting, pleasure, and trail; and how to care for your horse's back, both over the short and long term.

Introducción al concepto de “terapia corporal”, donde se aplican diversas técnicas con el fin de mejorar el estado del paciente: el aspecto deportivo, la rehabilitación, el bienestar o el mejoramiento de la acción del cuerpo.

The burgeoning popularity of alternative medicine

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has created a growing need for professionally trained practitioners. This indispensable guide for prospective students is packed with resources, schools, and other educational opportunities in areas from Chinese medicine and massage therapy to chiropractic and applied kinesiology.

Shiatsu is a gentle, deeply effective holistic system of health care. It comes from Asia and has been developing for over 5000 years pressure to gently stimulate the body's natural healing ability. Touch is also an extremely important method of communication between individuals of one species and between species, and horses are particularly responsive to both the healing and the communicating touch of shiatsu.

"Maintain your horse's well-being with advice on everything from a healthy equine diet to emergency care...everything you need to keep your horse in top form is here."-cover.

The sport of Endurance Riding was established in the UK in the 1960's and was controlled by various organisations until Endurance Great Britain was created in 2001 to govern the sport, from the grass route leisure rider to the international teams. There has not been a book published in the UK covering endurance since 1999 and the author, Karen David, wished to address this. The book is aimed at all levels of endurance rider from the first timer to the seasoned campaigner, with encouragement and

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advice given throughout. The chapters cover: a history of the sport up to the birth of Endurance Great Britain; how endurance is organised and how to progress through the various levels; selecting a suitable horse; how to begin competing; how to ride a successful endurance ride; feeding and nutrition; alternative therapies; shoeing; training; transporting the horse incorporating UK Legislation; equipment; competing and the support team necessary to help the combination achieve their potential.

Horses perceive the world differently from humans because their senses developed differently through evolution to cope with different ways of living and surviving. Horses are essentially prey/flight animals. The horse's senses therefore determine how the world appears to him and how he reacts to it. As the horse's perception and understanding are very different to ours sometimes their reaction to events and their surroundings seem strange to us. In this book the author compares the horses sensory organs with those of humans to avoid misunderstandings as lack of knowledge can lead to many problems when dealing with horses. The five senses are covered in this book: hearing, sight, smell, taste and touch. Each section explains how the horses' sense works and then this is related to care, behavior and riding, explaining why some practices are appropriate and why some are not. The behavioral aspect of dealing with horses is

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emphasized throughout. The author is founder of the Equine Behaviour Forum and author of over 40 books on equine topics. She has an HNC in Equine Sciences and Management, is a Classical Riding Club Gold Award Holder and classical trainer, an equine shiatsu practitioner, and an Associate Member of the International Society for Equitation Science. This book is useful for all horse owners, horse breeders and trainers who wish to gain a better understanding of how the horse's senses function, and for veterinary students and practitioners.

Presents information on alternative therapies for animals, discussing the different types of treatments available and how they are used for a variety of ailments.

This is an updated, practical version of Dr. Stashak's top selling book Adams' Lameness in Horses, 4th edition. The material is heavily illustrated and provides a hands-on guide to common clinical problems. The authors present important guidelines for decision making and preventive measures. This is a hands-on, authoritative resource that clearly differentiates between important and non-important clinical situations.

An introduction to the Oriental therapy known as Shiatsu, an ancient method of hands-on healing which can be successfully applied to horses. Straightforward guidelines and drawings show

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beginners how to improve their horse's health and
well-being.

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