

## The Self Shiatsu Handbook

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

Routledge International Handbook of Play, Therapeutic Play and Play Therapy is the first book of its kind to provide an overview of key aspects of play and play therapy, considering play on a continuum from generic aspects through to more specific applied and therapeutic techniques and as a stand-alone discipline. Presented in four parts, the book provides a unique overview of, and ascribes equal value to, the fields of play, therapeutic play, play in therapy and play therapy. Chapters by academics, play practitioners, counsellors, arts therapists and play therapists from countries as diverse as Japan, Cameroon, India, the Czech Republic, Israel, USA, Ireland, Turkey, Greece and the UK explore areas of each topic, drawing links and alliances between each. The book includes complex case studies with children, adolescents and adults in therapy with arts and play therapists, research with children on play, work in schools, outdoor play and play therapy, animal-assisted play therapy, work with street children and play in therapeutic communities around the world. Routledge International Handbook of Play, Therapeutic Play and Play Therapy demonstrates the centrality of play in human development, reminds us of the creative power of play and offers new and innovative applications of research and practical technique. It will be of great interest to academics and students of play, play therapy, child development, education and the therapeutic arts. It will also be a key text for play and creative arts therapists, both in practice and in training, play practitioners, social workers, teachers and anyone working with children.

The Book of Shiatsu is beautifully detailed with nearly 300 clear photographs and illustrations. The book provides simple step-by-step instructions for whole body shiatsu; it points out important acupressure points for specific symptoms, and it includes exercises for developing sensitivity and touch. The Book of Shiatsu also presents techniques for assessing personal physical condition, and methods for improving personal health, including dietary suggestions. With The Book of Shiatsu close at hand, you can experience the many unique qualities and benefits shiatsu has to offer.

A comprehensive, practical user's guide for Traditional Chinese Medicine.

Updated with the latest information A completely revised edition of the classic guide to PMS—the first book on this pressing health issue ever published in the United States Soon after Self-Help for Premenstrual Syndrome came out more than fifteen years ago, it was established as the definitive resource. In this third edition, you'll find accurate, up-to-date information on Symptoms and causes of PMS PMS and perimenopause Premenstrual magnification (PMM) Diagnosing PMS Treating PMS through diet, exercise, and stress management Vitamins, minerals, oil of evening primrose, and other nonprescription remedies Progesterone Antiprostaglandins, antidepressants, and diuretics Acupuncture and alternative therapies Psychotherapy PMS and its effect on sexuality, the family, and creativity Support groups Social and political implications of PMS Other resources, including information on using the Internet for further research With its practical advice, friendly approach, and comprehensive resource section, you'll find Self-Help for Premenstrual Syndrome an invaluable guide to the answers you need.

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.

Learn to treat pain naturally using evidence-based therapies with Micozzi's Common Pain Conditions: A Clinical Guide to Natural Treatments. This groundbreaking title provides in-depth information on current natural pain therapies that utilize the latest 21st scientific ideas, including the role of energy in medicine. Each chapter provides content on the biology and neuroscience, as well as social, psychological, and spiritual aspects of each natural treatment approach along with clinical data and pragmatic information about healing pain using these treatments. Whether your patients are suffering from anxiety, arthritis, back pain, chronic fatigue, depression, fibromyalgia, irritable bowel, migraine and tension headaches, phantom pain, post-traumatic stress, ulcers, or just general chronic pain and inflammatory conditions, this book offers the insights and evidence-based guidance you need to successfully treat pain naturally. Coverage of safe and effective natural treatments for common pain conditions provides a wide variety of options for treating the conditions that practitioners most encounter in practice. Evidence-based approach focuses on natural treatments best supported by clinical trials and scientific evidence. Experienced medical educator and author Marc S. Micozzi, MD, PhD, lends extensive experience researching natural therapies. Case studies illustrate specific points and provide clinical applications for added context. Sidebars and in-text boxes feature supplementary, brief background and observations in addition to covering specific topics in detail, and to help introduce complex and challenging topics. Psychometric Evaluation interactive appendix aids in matching each patient to the right, individualized specific remedies. Suggested readings and

references for each chapter provide great resources for further research.

Fully illustrated guide to massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain • Explains the hammering massage technique of Tok Sen, which sends vibrational energy deep into the fascia and muscles • Details how to use the 10 Thai energy meridians known as Sen Sib and the 12 muscle-tendon meridians of Chinese acupuncture in massage • Explains Meridian Detox Therapy and Gua Sha, which clears blood stagnation, promotes metabolism, and can prevent and treat acute illness Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. The authors explore the 10 Thai energy meridians known as Sen Sib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden hammer to send vibrational energy deep into the fascia and muscles along the Sen Sib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure than a massage therapist's fingers. The authors also explain Meridian Detox Therapy, which includes cupping, skin massage, and Gua Sha--the scraping of different parts of the body to clear blood stagnation, promote metabolism, and treat acute illness. The final book in the Chi Nei Tsang series, Chi Nei Ching offers advanced massage techniques to work with the energy meridians for optimum health.

If we're suffering from stress, have a headache or simply feel listless, most of us tend to reach for the aspirin. The Complete Self Massage Workbook offers a great alternative: 100 quick-and-effective exercises designed to relieve stress and other minor health problems. Drawing on Taoist studies as well as shiatsu, reflexology and Indian Head Massage, Kristine Kaoverii Weber shows you how to harness the healing power of self-massage. All the techniques are explained with step-by-step pictures alongside clear instructions, so they're easy to understand and perform. Plus, each exercise focuses on accessible areas of the body - hands and feet, face and head, neck, shoulders and lower back - making them ideal for use in the office, at home and even when travelling. This is the perfect self-help guide for anyone interested in improving their physical, mental and emotional well-being through the healing power of touch.

Akinobu Kishi is regarded as one of the leading exponents of shiatsu, and his theory and practice of Seiki Soho are explained for the first time in this important book. The book consists of a dialogue about the fundamental principles and practice of Seiki Soho, and will be essential reading for all shiatsu practitioners and students.

Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from The Original Body this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are therewith the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. Deeper Still goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. Deeper Still enables teachers to take their students to a deeper dimension. It also: provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

The Routledge International Handbook of Global Therapeutic Cultures explores central lines of enquiry and seminal scholarship on therapeutic cultures, popular psychology, and the happiness industry. Bringing together studies of therapeutic cultures from sociology, anthropology, psychology, education, politics, law, history, social work, cultural studies, development studies, and American Indian studies, it adopts a consciously global focus, combining studies of the psychologisation of social life from across the world. Thematically organised, it offers historical accounts of the growing prominence of therapeutic discourses and practices in everyday life, before moving to consider the construction of self-identity in the context of the diffusion of therapeutic discourses in connection with the global spread of capitalism. With attention to the ways in which emotional language has brought new problematisations of the dichotomy between the normal and the pathological, as well as significant transformations of key institutions, such as work, family, education, and religion, it examines emergent trends in therapeutic culture and explores the manner in which the advent of new therapeutic technologies, the political interest in happiness, and the radical privatisation and financialisation of social life converge to remake self-identities and modes of everyday experience. Finally, the volume features the work of scholars who have foregrounded the historical and contemporary implication of psychotherapeutic practices in processes of globalisation and colonial and postcolonial modes of social organisation. Presenting agenda-setting research to encourage interdisciplinary and international dialogue and foster the development of a distinctive new field of social research, The Routledge International Handbook of Global Therapeutic Cultures will appeal to scholars across the social sciences with interests in the advance of therapeutic discourses and practices in an increasingly psychologised society. Three experienced Shiatsu practitioners share knowledge and insights gained over thirty years of clinical practice and teaching to create a book they themselves would have wanted to provide practical guidance and philosophical

perspective on this healing art. The book's central themes are awareness, intuition and intention in the practice of Shiatsu and how this body-mind perspective can influence the wider health debate. A modern rendering of the ancient wisdom underpinning Shiatsu and Oriental medicine, this book goes beyond the technical details of Shiatsu as a specific therapy to the universal principles underlying it. Presenting Shiatsu from different perspectives, ranging from its philosophical underpinnings to the realities of daily practice, this text represents the fruit of the knowledge we apply and continually re-evaluate in our ongoing clinical work. The question and answer format is based upon classical tradition – the most famous text within traditional Oriental medicine, Huang Di Nei Jing, uses this method to illustrate complex ideas in an easy to read manner. The text is organically formed through questions formulated by our student and fellow practitioner Filippa Freed. These questions, stemming from her training and practice, facilitate a broad discussion that roams freely between technical principles, case studies and informal anecdotes.

To ensure a well-functioning immune system, the lymphatic system must be healthy. This book provides detailed information on the principles and practice of techniques from East Asian medicine which vitalize and move the lymphatic system to get the immune system working at its optimal level. These techniques include shiatsu, cupping therapy and gua sha. Highlighting the significance of the omentum (a layer of peritoneum that surrounds abdominal organs), the book describes the dynamic physiological attributes of this mostly ignored component of human anatomy. Using the author's decades of experience working in East Asian and Integrative medicine, he expertly builds a bridge between Western theories of the immune system with Asian bodywork's emphasis on abdominal treatment. Innovative and insightful guidance for students and practitioners working in Asian Healing modalities and lymphatic techniques.

Shiatsu Anma Therapy, DoAnn's Short & Long Forms, outlines the history, principles and practice of Shiatsu-Anma and Shiatsu, and teaches both forms of this Oriental massage, otherwise known as Long Form and Short Form, which have been developed by Dr. Kaneko, a pioneer in the field with over forty years experience. Used as a course book at the Shiatsu Massage School of California, and in many schools in the U.S. and beyond, the book, like its author, is considered to be an authority on the subject, and useful for both lay and professional practitioners of Shiatsu-Anma. The book includes a step-by-step guide, with illustrations, on how to practice Shiatsu-Anma and Shiatsu.

Explains the art of finger-pressure massage.

For busy people who want to maximize their health and vitality without re-vamping their daily schedules, this beautifully illustrated guidebook offers easy-to-follow tricks for boosting energy, feeling one's best, and looking terrific at any age. Original.

The Self-Shiatsu Handbook Perigee Trade

Reflexology is a complementary healing technique, second only to aromatherapy in popularity. The feet and hands are a 'map' of the organs of the body. Reflexology can be used to relieve symptoms and as a preventative health measure. It involves applying pressure to reflex points on the hands and feet, each point relating to a part of the body. The book explains how easy it is to use reflexology techniques every day at home, without a practitioner, to enhance your health and well-being. Part 1 illustrates basic reflexology techniques and explains how to apply them. Part 2 includes easy step-by-step routines especially devised to help improve confidence, build strength, relax, increase vitality, enjoy better sex, boost metabolism and speed up detoxification. Part 3 includes 22 common health problems such as headaches, toothache, backache, travel sickness and panic attacks and provides techniques for dealing with them. Devised with everyday health in mind, this book has something for everyone.

Experience the Healing Power of Massage With more than 650,000 copies sold, The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. In the comfort of your own home, you can Soothe away stress and tension Develop your body's unique healing powers Banish headaches and back pain Share the language of touch Experience optimum health and vitality Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

'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 sufferers, friends and relations and it may even save a life.

In this revised edition of his popular handbook, Dr. McIlwain offers his proven seven-step treatment program that includes the very latest in medications and specific exercises to reduce deep muscle pain, to increase strength and energy, and to alleviate stress and anxiety. 10 line drawings.

Based on Les Techniques Danielle Gagn and designed to improve symptoms of pain, fatigue, and anxiety, Zapping: Your Body at Your Service integrates Shiatsu and specially-designed exercises to quickly and easily stimulate increased energy in each part of your body, while also creating a calming effect. Author Danielle Gagn weaves together her experiences as a Shiatsu Therapist, a teacher in physical education, a gymnasium director, a lecturer at University, actress, and television presenter to demonstrate practical, simple, and profoundly effective tools to help you overcome tiredness and stress. Developed after seeing the positive benefits for herself, Gagn integrates 34 years of expertise and active experience in Shiatsu and exercise to offer indispensable techniques that will help you create a new style of life, one that will aid in realigning yourself using a daily self-care program to keep you on the path to full health. Inside this coloring book you will find exercises that encourage you to have fun expressing yourself while you integrate the affirmations described in Zapping: Your Body at Your Service. The illustrations help bring to life exercises and affirmations for self-love, de-cluttering your energy, and creating more calm in your life. While coloring, remember to do the exercises so that they become a natural part of your day!

An advanced, comprehensive book incorporating meditative psychology, massage and adjusting techniques into a holistic approach to

health.

Starting with a simple setting that can easily be accomplished with few special preparations, readers will learn, step-by-step, how to make a deep and meaningful connect with their partner's body. Using a combination of strokes from the most time-honored massage traditions, they will learn to be mindful of where their partner holds stress and tension. As the massage continues, readers will enter into a profound nonverbal dialogue with their partner, learning much from the simple act of contact with another body. All of the techniques are illustrated with black-and-white photographs. Elegant and refined, this book is a perfect gift for a special someone or a friend in love.

Complete with charts and drawings to understand Shiatsu, Macrobiotics, and the principles of Traditional Chinese Medicine. Includes: Full-body Japanese finger-pressure treatment and self-massage (Do-In) routines, Face Diagnosis, Sources of Energy (Qi), over 50 Natural Home Remedies, Energy Centers and more.

Hands have been used for healing since the beginning of humankind. Doin-ankyo, the Oriental hand-healing method, was developed in China five thousand years ago. At that time in China, it was the basis of all medical practice, whose traditional purpose was to restore the natural healthy state of the mind and body. The hand-healing method uses natural ki energy and is still the best way to achieve that healthy state. It was brought to Japan and became shiatsu, hand-pressure therapy. In the hands of a master, shiatsu therapy is pure magic. But how does a beginner make the leap from books and charts to true healing power? In the book, Ryokyu Endo explains that the magic of shiatsu comes from the inner spirit of the healer. Using simple, straightforward language, Endo describes the fundamental concepts of Eastern philosophy that inform all holistic medicine—yin and yang, ki, meridians and empathy—and shows how anyone can use Taoist principles to master the art of shiatsu. Beginners will welcome the detailed, step-by-step instructions of whole-body shiatsu, including a separate guide to shiatsu for children. Higher-level practitioners will expand their diagnostic skills through the meridional diagrams and explore Endo's theory of twenty-four meridians running through the body. From the basics to advanced therapeutic techniques, this book is an excellent companion to a lifetime of shiatsu study.

Includes established theories and cutting-edge developments. Presents the work of an international group of experts. Presents the nature, origin, implications, an future course of major unresolved issues in the area.

One of the world's leading shiatsu authorities explains the basics of acupressure massage and demonstrates techniques for using feet and toes to achieve a balanced, deep massage

A groundbreaking self-defense and fitness book for women by a ballerina-turned-self-defense expert. Learn how to become your own weapon of self-defense and fitness so that you can create and target your best life. After ballerina Avital Zeisler was savagely attacked as a young woman, she lived in fear—until she took action to train with experts in self-defense from around the world. Seeking a method specific to women and using Krav Maga as a base, she created her own self-defense program: the Soteria Method. It was an immediate sensation, and is now in demand by everyone from corporate executives to Hollywood stars—such as Amanda Seyfried, Megan Boone, and Keri Russell, to name a few—who seek her classes both for the self-defense and for the intense, body-sculpting workout. Unique and empowering, Weapons of Fitness will help get you into incredible shape—and just might save your life.

Take Five' helps you tap the roots of an ancient diagnostic system of medical philosophy known as 'The Law of the Five Elements', based on Wood, Fire, Earth, Metal and Water and their respective seasons Spring, Summer, Late Summer, Autumn and Winter.

Atlas of Shiatsu presents clear, detailed descriptions of the twelve main meridians used in Shiatsu practice. The study of the meridians is a difficult aspect of Shiatsu training and this highly-illustrated atlas explains and illustrates their positions within the body. The description of each meridian is supported by 15-30 illustrations. Clear and detailed descriptions of each of the twelve main meridians used in Shiatsu practice Highly illustrated, with 15-30 illustrations supporting the description of each meridian Attractively designed The first atlas of shiatsu

Acupressure is no longer looked upon as a fad. Its proven efficacy in treating certain ailments has been firmly established. This book first 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 affects us all. It contains a comprehensive collection of acupressure techniques & natural healing remedies--offering immediate relief from a variety of pains & illnesses. Using easy-to-follow instructions, this book guides you through the various applications of Shiastu massage. It shows you how you can draw upon the healing process within each of us. When properly done Shiatsu is a safe and effective means of easing pain. It can be done anywhere, at any time. You will find this book the perfect introduction to this time-honoured healing art. Techniques for over 150 common ailments, including allergies, arthritis, asthma, hay fever, headaches, etc. are included for overall physical and mental health. The aim of the book is to create a concise book on natural healing based on actual experience that reduces confusion and suffering and promotes a preventive attitude towards health.

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.

The ancient art of shiatsu provides an easy, practical, and drug-free method of pain relief. Written by a well-known, highly respected shiatsu instructor, this complete and accessible guide teaches readers how to use simple finger pressure techniques to relieve physical symptoms and discomforts.

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