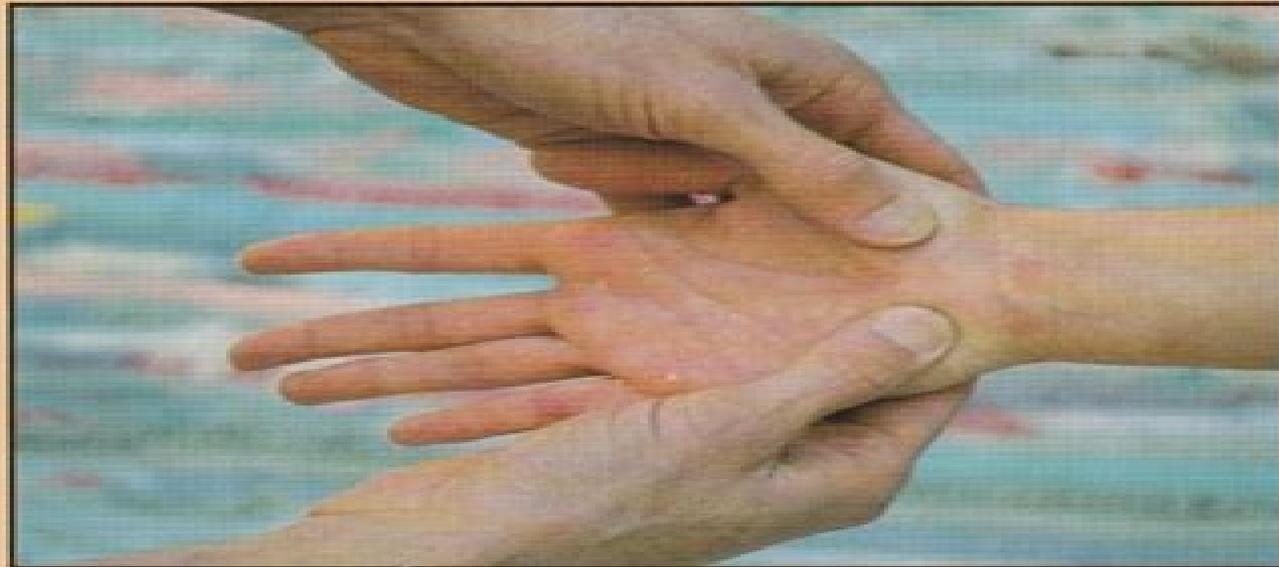


The
SHIATSU
Handbook



A PRACTICAL GUIDE TO ACUPRESSURE

Shizuko Yamamoto
& Patrick McCarty

The Shiatsu Handbook

Jim Cleaver



The Shiatsu Handbook:

The Shiatsu Handbook Shizuko Yamamoto, Patrick McCarty, 1996 In *The Shiatsu Handbook* world renowned shiatsu practitioner Shizuko Yamamoto and American shiatsu expert Patrick McCarty have come together to create an authoritative manual that is both simple and enjoyable to use This unique work is a comprehensive collection of acupressure techniques and natural healing remedies designed to bring about immediate relief from a variety of pains and illnesses Using easy to follow instructions and numerous photographs and illustrations this book guides you through the various applications of shiatsu massage The *Shiatsu Handbook* is divided into three sections Section one Foundation 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 affect us all It shows you how you can draw upon the healing process within each of us Section two Tools explains how to give a complete shiatsu acupressure treatment including the loosening phase designed to increase circulation and relax the body and the whole body phase the pressing and massaging of the neck shoulders back abdomen and arms A discussion of the various touching techniques is also included The third section Balance shows you specific acupressure techniques for over 150 common ailments including allergies arthritis asthma colds fatigue hay fever headaches high blood pressure sciatica and more Throughout the book the authors provide insights advice and practical tips based upon their own years of experience When properly done shiatsu is a safe and effective means of easing pain It can also create a feeling of well being vitality and relaxation It requires no special equipment and it can be done anywhere at any time You will find *The Shiatsu Handbook* the perfect introduction to this time honored healing art

[The Shiatsu Handbook](#) Shizuko Yamamoto, Patrick McCarty, 1986

The Self-Shiatsu Handbook Pamela Ferguson, 1995 Practical techniques you can apply yourself anytime anywhere for pain relief without drugs Illus

The Shiatsu Handbook Frank Jackson, 2023-06-11 Shiatsu is a Japanese bodywork technique that entails applying pressure to specific points on the body to promote healing relaxation and general well being The Japanese term shiatsu translates to finger pressure which is the primary technique utilized in this modality Shiatsu is founded on the principles of traditional Chinese medicine and combines acupuncture acupressure and massage techniques Shiatsu practitioners believe that vital energy known as Qi pronounced chee circulates through a network of meridians or energy channels in the body The body is healthful when the flow of Qi is balanced and harmonious Nevertheless when the flow of Qi is obstructed or disrupted it can result in physical or emotional discomfort pain or illness Shiatsu seeks to restore the body's Qi balance and promote natural healing The recipient remains completely clothed and reclines on a comfortable mat or futon during a typical shiatsu session Concentrating on specific points along the meridians or energy pathways the practitioner applies pressure and manipulates the recipient's body using their fingertips palms elbows and knees Shiatsu may also involve massages joint rotations and other techniques for relieving stress enhancing circulation and promoting relaxation

[Shiatsu 2 Handbook: Continuing the Journey](#) Stuart Forsyth, 2001

Shiatsu a Beginners Guide

Raymond Pawlett,2002-07-01 **Shiatsu** Chris Jarmey,Gabriel Mojay,1991 The definitive Shiatsu guide and reference for the beginner student and practitioner of this increasingly popular therapy and for anyone with a serious interest in bodywork

SHIATSU MASSAGE HANDBOOK BLUE BOLT. MEDIA,CARITA R. VARGAS,ELIAS M. HAKEEM,GREGORY D. WEST,JASON. PFLEDDERER,WARACUY.,2025 *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

Shiatsu Applications Handbook Stuart Forsyth, **The Psoriasis Handbook** Jenny Lewis With The Psoriasis Association,2012-01-31 Psoriasis is a common and sometimes painful skin condition affecting more than 1 5 million people in Britain Brought to most people s attention in Dennis Potter s THE SINGING DETECTIVE it can vary in severity from simply being a mild nuisance to being so bad that the sufferer has to be admitted to hospital With no known longterm cure this comprehensive guide seeks to give practical help to all age groups describes the different types of psoriasis and lists the possible causes Following the style established by Jenny Lewis s three previous titles THE PSORIASIS HANDBOOK contains invaluable case histories showing how individuals cope with psoriasis as well as the various treatments available Packed with essential information THE PSORIASIS HANDBOOK is THE guide for suffers friends and relations Shiatsu Long Form Handbook Jim Cleaver,2014 Principles and Practice of Manual Therapeutics E-Book Patrick Coughlin,2002-05-13 Part of the Medical Guides to Complementary and Alternative Medicine Series this comprehensive resource offers brief yet thorough coverage of alternative and complementary hands on therapies including Chiropractic Healing Touch Therapeutic Touch Reiki and massage Focusing on manipulative techniques and their therapeutic applications to common and un common disorders it addresses both Eastern and Western approaches to the discipline Ideal for comparing and contrasting the various forms of manual therapeutics it describes the basic philosophy and theories of the different methods as well as the techniques themselves It also provides an overview of the principal manual therapies practiced worldwide the theories and rationale behind them and practice algorithms Provides comprehensive coverage of the full array of manual techniques with applications to common basic principles and language the specific techniques performed by practitioners the educational background of practitioners and applicable basic and clinical research Appendix provides contacts resources and references for each therapeutic modality allowing the reader to engage in further investigation Serves as a vocabulary lexicon of manual therapies

Shiatsu Gerry Thompson, *Shiatsu Short Form Handbook* Jim Cleaver,2014 **Discover Shiatsu** Catherine Sutton,1997-09 *Shiatsu Massage Handbook* ELIAS M. HAKEEM,2025-07-15 Relieve Stress Soothe Pain and Restore Balance Right at Your Fingertips Discover the Healing Power of Shiatsu the Ancient Art of Finger Pressure If you ve ever wished for a simple way to ease headaches loosen tight muscles or unwind from stress without medications or costly therapy Shiatsu may be the solution you ve been looking for Shiatsu Massage Handbook is a practical beginner friendly guide to the Japanese art of healing through finger pressure Using techniques rooted in thousands of years of Eastern wisdom this

book teaches you how to target key points along the body's energy channels to relieve discomfort, calm the nervous system and restore natural flow right from home. Inside you'll discover What Shiatsu is, how it works and why it's used for stress and pain. Step by step routines to release tension in the neck, back, shoulders and head. Pressure point maps for everyday relief, headaches, fatigue, anxiety and more. Self treatment sequences and partner routines for shared healing. Breath work and posture tips to enhance the effect of every touch. BONUS 5 minute stress reset practices for use at home, work or before sleep. Whether you're new to bodywork or simply seeking better balance and healing, this handbook empowers you to use your own hands to support wellness naturally, safely and effectively. You don't need a spa. Just your fingers, focus and the desire to feel better. Scroll up and grab your copy now, healing is already in your hands.

Tappan's Handbook of Healing Massage Techniques Frances M. Tappan, Patricia J. Benjamin, 2005. The 4th edition of Tappan's Handbook of Healing Massage Techniques continues to be an authoritative and comprehensive resource for massage therapy courses. This book lays the theoretical groundwork and provides detailed descriptions of techniques for Western and contemporary massage, Asian bodywork therapy and applications for special populations. Whether you are a licensed massage therapy practitioner, another health related professional or simply interested in basic massage therapy techniques, this is the book for you. New to this Edition: Accompanying CD ROM provides instructional video of the most common massage techniques to provide readers with a visual aid to accompany chapter content. Includes the Wellness Massage Pyramid which introduces a new model for the understanding the broad scope of massage therapy based on the wellness perspective. End of chapter Study Outlines provide students and instructors with useful tools for identifying, understanding and learning the content of each chapter. Chapters on the effects of massage and clinical applications of massage provide extensive documentation of research. New chapters on Hydrotherapy and Thermal Therapy and Asian Bodywork Therapy are included. New Appendix A: 25 Forms of Therapeutic Massage and Bodywork provides students a survey of the 25 most important forms of massage and bodywork with sources of additional information.

The Shiatsu Workbook Nigel Dawes, 1991. *The Asthma Handbook* Jenny Lewis, 1995. Offers practical help to sufferers.

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The Shiatsu Handbook Introduction

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