

**USING JAPANESE FINGER PRESSURE
FOR THE RELIEF OF HEADACHES,
BACK PAIN, AND HYPERTENSION**

A BEGINNER'S GUIDE TO
Shiatsu



Patrick McCarty

Beginners Guide To Shiatsu By Mccarty Patrick 2006
Paperback

Raymond Pawlett



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Beginners Guide to Shiatsu Patrick McCarty, 2006-06-01 Beginner's Guide to Shiatsu is a concise guide to the basics of shiatsu Japanese finger pressure also called acupressure massage It clearly explains what shiatsu is and how it can be used Shiatsu is an Asian technique of healing and relaxation that has been successfully used for centuries Based on the idea that channels of energy flow through the body shiatsu was developed to keep these pathways flowing freely to maintain maximum health Using easy to follow illustrations the author shows you how to relieve headaches back pain stress and other common ailments In addition he provides a simple system of diagnosing possible organ problems and offers nutritional guidelines based on the macrobiotic diet *Macrobiotic Shiatsu Workbook* Patrick McCarty, Shizuko Yamamoto, 2006-07-01 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 *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'll find *The Shiatsu Handbook* the perfect introduction to this time honored healing art

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maximum health Using easy to follow photographs and illustrations the authors show you how to give an extremely effective treatment session in 20 minutes In addition there are hints and suggestions to add techniques if you have extra time Complete with photographic summary of the entire treatment routine and 14 Meridian charts *A Beginner's Guide to Shiatsu* Patrick McCarty,1995 How to give a complete treatment including diagnosis the 20 most useful pressure points and best foods Shiatsu a Beginners Guide Raymond Pawlett,2002-07-01 **The Shiatsu Handbook** Shizuko Yamamoto,Patrick McCarty,1986 *Shiatsu* Raymond Pawlett,2001 Whole Health Shiatsu Shizuko Yamamoto,Patrick McCarty,1993 **Shiatsu for Beginners** Nigel Dawes,1991 *Shiatsu* Gerry Thompson, **Shiatsu for Beginners** Dr Sawyer Diego,2024-07-25

SHIATSU FOR BEGINNERS Are you ready to dive into the world of Shiatsu and unlock its healing potential Do you want to discover the foundational techniques of Shiatsu therapy to improve your well being Looking for a comprehensive guide that simplifies Shiatsu practice for beginners Curious about how Shiatsu can enhance your health and promote relaxation Unlock the transformative power of Shiatsu with **SHIATSU FOR BEGINNERS** the ultimate guide designed for those new to this ancient Japanese healing art Whether you re a complete novice or someone looking to refine your skills this book offers a clear step by step approach to mastering Shiatsu techniques that can enhance your physical and mental well being In this book you ll discover

Introduction to Shiatsu Understand the history principles and benefits of Shiatsu Learn how this time tested practice can contribute to holistic health and wellness

Basic Shiatsu Techniques Explore fundamental Shiatsu techniques including finger pressure palm pressure and body positioning Detailed illustrations guide you through each method to ensure accurate application

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Shiatsu for Common Ailments Discover how Shiatsu can address common health issues such as stress tension back pain and digestive problems Practical advice on targeting specific areas for relief

Self Shiatsu Practices Master self care techniques with easy to follow exercises that you can incorporate into your daily routine Enhance your well being with practical tips for applying Shiatsu techniques on yourself

Setting Up a Shiatsu Space Learn how to create a conducive environment for Shiatsu practice Tips on setting up your space for optimal relaxation and effectiveness

Shiatsu Session Protocols Understand the flow of a typical Shiatsu session from initial consultation to closing Learn how to structure a session to provide the best results for clients or yourself

Advanced Techniques and Variations Explore more advanced Shiatsu techniques and variations that build upon the basics Enhance your skills with in depth guidance on these advanced methods

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Why Choose SHIATSU FOR BEGINNERS This comprehensive guide is meticulously crafted to provide a complete and accessible

introduction to Shiatsu With clear instructions practical advice and expert insights you ll gain the confidence and knowledge needed to start your Shiatsu practice Whether you re seeking to improve your own health or looking to assist others this book is your go to resource for all things Shiatsu Don t wait to start your journey into the healing world of Shiatsu Equip yourself with the knowledge and techniques to make a positive impact on your health and well being SHIATSU FOR BEGINNERS is the perfect companion for anyone eager to explore the art of Shiatsu and its benefits Transform your life and achieve holistic wellness today with SHIATSU FOR BEGINNERS your essential guide to mastering Shiatsu and enhancing your well being

The Shiatsu Workbook Nigel Dawes,1991 *SHIATSU FOR BEGINNERS* SAWYER. DIEGO,2024

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