

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

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

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