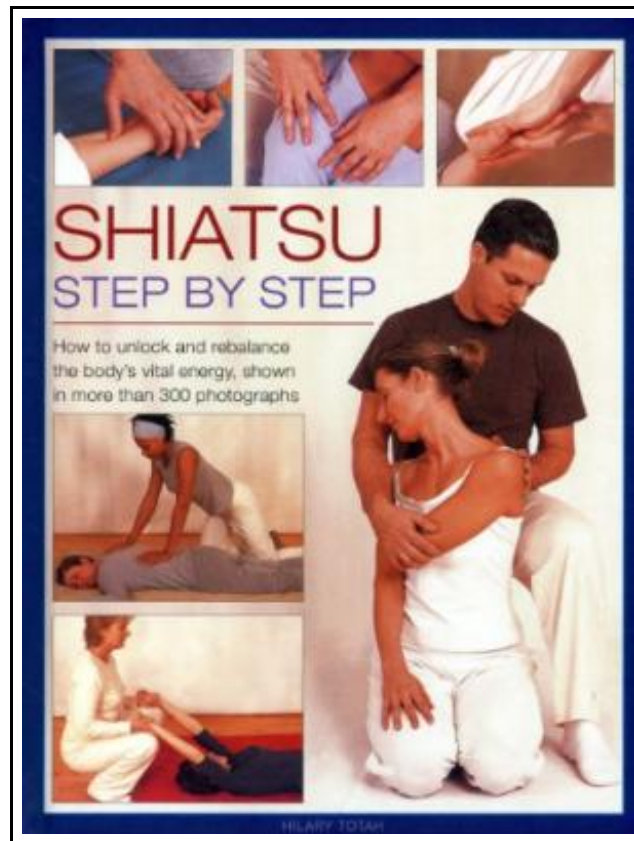


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Shiatsu: Step by Step: How to Unlock and Rebalance the Body's Vital Energy, Shown in More Than 300 Photographs, Hilary Totah, This is a practical, hands-on introduction to the traditional Japanese healing art of Shiatsu. It offers guidance on how the therapeutic treatments can solve a variety of physical and emotional problems - from headaches, back pain, shoulder tension and muscle stiffness to digestive problems, asthma and fatigue. It is an illustrated guide to self massage, which is used to strengthen energy in the meridian systems and in the abdominal area. It contains step-by-step treatments linked to the 12 meridians that run through the body to show how to treat individual health problems. It is a fully illustrated coaching plan with over 300 step-by-step photographs. The principles of Shiatsu are rooted in the traditions of Eastern medicine, using the concept of vital energy (chi), energy channels (meridians), and pressure points similar to those used in acupuncture. The treatment is best known for its non-invasive touch, pressure, stretching and mobilization techniques, and can treat many conditions, including back pain, sports injuries and stress-related problems. Shiatsu is also used as a preventative treatment, boosting the immune system, improving circulation and helping the body to relax. With an authoritative text and over 300 photographs, this book includes a full treatment sequence and guidance on diagnosis. It will help all those interested in exploring the benefits of Shiatsu, learning self-massage techniques, or wishing to train as a practitioner.



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