

The Self Shiatsu Handbook

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The Self Shiatsu Handbook

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. Read more Read less click to open popover

The Self-Shiatsu Handbook: Ferguson, Pamela: 9780399519499 ...

The Self-Shiatsu Handbook by Pamela Ferguson (1995-08-01)
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THE SELF-SHIATSU HANDBOOK. Free yourself from pain - with

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the ancient healing art of Shiatsu. This simple, self-help guide can be used at home, at your office, in flight, in gyms or after sports, to help ease daily aches and pains, ranging from headaches, allergies, sinus congestion, eye strain, and backpain. Special sections address computer-related stress, jetlag, and muscle-strain.

Pamela Ellen Ferguson - THE SELF-SHIATSU HANDBOOK

The ancient art of shiatsu involves simple finger-pressure techniques for the treatment of painful symptoms. It can be self-administered, and needs no special equipment or oils. This book describes the techniques and includes remedies for a range of ailments and conditions.

The self-shiatsu handbook (Book, 1996) [WorldCat.org]

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An edition of The self-shiatsu handbook (1995) The self-shiatsu handbook 1st ed. by Pamela Ferguson. 0 Ratings 0 Want to read; 0 Currently reading; 0 Have read; This edition published in 1995 by Berkley Pub. Group in New York. Written in English — 143 pages ...

The self-shiatsu handbook (1995 edition) | Open Library

It can be self-administered, and needs no special equipment or oils. This book describes the techniques and includes remedies for headaches, allergies, cold symptoms, eye strain, computer stress, back pain, jet lag, jogging injuries, women's problems such as menstrual pain, breast conditions, pregnancy and menopause, and techniques tailored for children and the elderly.

The Self-Shiatsu Handbook by Pamela Ferguson | Waterstones

Shiatsu is a form of Japanese bodywork that is characterized by applying comfortable pressure using your fingers to knead,

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press, stretch and tap certain points on the body. This finger pressure has a particular effect on the connective tissue.

Japanese Shiatsu Self-Massage Techniques for Pain Relief

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Shiatsu is an ancient form of massage based on Chinese acupuncture theory that often includes the use of breathing and stretching. Shiatsu can be done through the clothes or on bare skin and uses static pressure, which can vary from light holding to deep physical pressure applied with the palm of the hand or thumb.

Shiatsu - an overview | ScienceDirect Topics

Shiatsu works to improve overall health by affecting the internal energy system. Therapy often results in increased range of motion and improved coordination. Used as either a primary or complementary therapy, Shiatsu combines assisted-stretching techniques and acupressure to restore muscle and bone structure.

What Is Shiatsu Massage Therapy?

We consulted with chiropractors, dads with aching backs, and yogis to find all the best massage tools, including electric back and neck massagers with cult followings on Amazon, manual tools for ...

19 Best Massage Tools 2020 | The Strategist | New York

...

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.

The Shiatsu Handbook : A Guide to the Traditional Art of

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Books shelved as shiatsu: Fünf Elemente Und Zwölf Meridiane: Ein Handbuch Für Akupunktur, Shiatsu Und Körperarbeit by Wilfried Rappenecker, The Complete ...

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Popular Shiatsu Books - Goodreads

She travels widely each year to teach Shiatsu in the USA, Canada, Switzerland and Germany. She has published her seventh book, The Self-Shiatsu Handbook that was published in 1995 in North America, Germany and the UK. Diane was able to study with Ms. Ferguson while attending AOMA. Shiatsu Levels I, II, and III completed; Martial Arts Training

about | Baihui Acupuncture

Dr. Slagle has sifted through the available self-help holistically oriented literature to bring you a categorized list of books you can purchase immediately online through our link with Amazon.com Book Store. << back: SHIATSU : THE SHIATSU HANDBOOK S. Yamamoto & Patrick McCarty .: TOP:. SHOP: GET INFORMATION: JOIN US: CONTACT US: Alternative ...

SHIATSU - The Way Up

The perfect guide for readers looking to take control of their bodies, The Self-Health Handbook profiles 50 self-administering therapies from around the world." "Each entry features a detailed description of the therapy and its applications, a history of the origin of the therapy, contraindications (if any), and equipment (if any).

The self-health handbook : low-cost, easy-to-use therapies ...

She has given volunteer Shiatsu at Fisher House, Landstuhl US military base in Germany. She is the author of several books including major textbooks The Self Shiatsu Handbook (Berkley-Perigee: New York: 1995) and TAKE FIVE - the Five Elements Guide to Health and Harmony (Gill & Macmillan: Dublin: 2000).

Resolving Dilemmas Through Bodywork | International ...

"The Self-Shiatsu Handbook," by Pamela Ferguson (Berkley, \$12). A breast cancer activist and expert at shiatsu, massage using acupressure, shares her insight on simple exercises that enhance ...

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