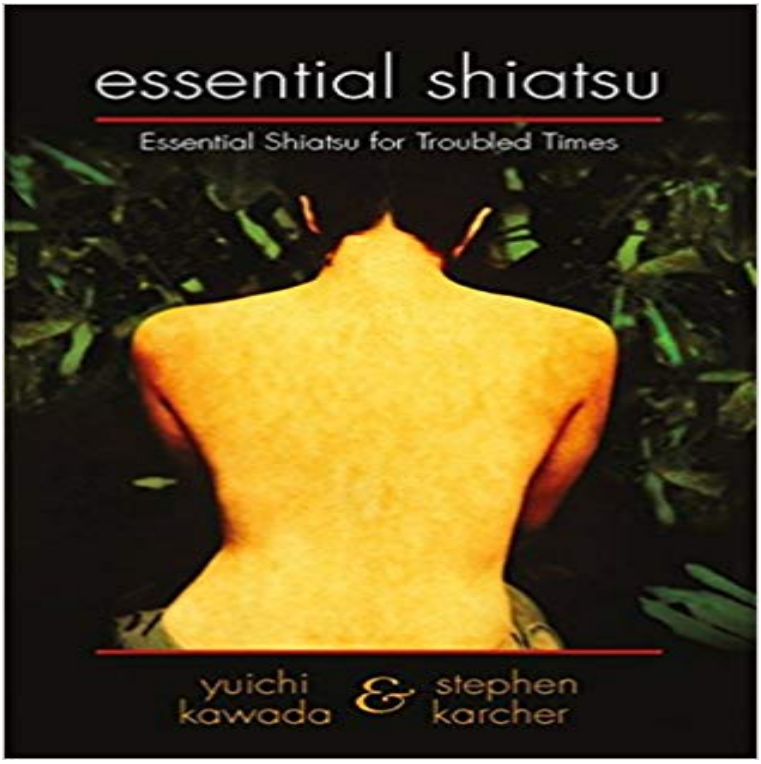
# Essential Shiatsu: Essential Shiatsu for Troubled Times




Shiatsu is the ancient Japanese art of finger pressure massage and, just like acupuncture, it aims to identify and treat the 8 meridians of the human body by applying pressure and stimulation in order to treat a wide variety of human ailments and lethargies. The 8 meridians were known even in ancient times, but no one really knew fully their significance in putting right major imbalances. In ESSENTIAL SHIATSU, experienced Shiatsu master Yuichi Kawada brings this ancient art up-to-date and fully explains and illustrates the first ever full mapping of the new meridians and offers instruction on how to stimulate them with hand pressure and stretching. The psycho-somatic connection of illness is explained and the book features a comprehensive list of ailments and suggested Shiatsu treatments. The author also provides reassuring and inspiring case histories which show how the treatment has been effective in treating real life cases.

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