

FEEL GOOD

NEWS

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OLIVIATSU



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### Shiatsu Midline Channels

Shiatsu has two extra channels in the body called the governing and conception vessels. The governing vessel travels up the center of the spinal column, up along the head to the front of the face. The conception vessel runs up the midline of the abdomen through the chest up to the throat and curves around the lips.

These two channels are different from the 12 regular channels in the body because they do not pertain to the internal organs.

Pressure points on the governing vessel control the meridians on the back of the arms, legs and back. Pressure points on the conception vessel control meridians on the front of the arms, legs, abdomen, and chest.

At the end of my shiatsu session, I press conception vessel 17, located on the midline of the sternum/chest to tone and regulate the body's energy.

### COMMENTS/QUESTIONS

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### Meridian Stretch (Kidney and Bladder - Exercise "T")

1. Sit with your legs stretched straight out keeping your knees straight.
2. Next try to walk forward with your hips while keeping your legs straight by pushing each leg straight out in front of the other alternately.
3. As you push forward with one foot, reach forward with the arm on the same side to move slightly forward in a coordinated manner.
4. Then reach straight out for your toes on the other side, and alternate this movement rhythmically on the right and left sides about 5 or 6 times on each side.

### Shiatsu for Eating Disorders

Shiatsu creates space for the emotions that get confused around food. In bulimia, women use purging as a way of expressing their feelings of upset and anger. In anorexia, women are avoiding food as a way of avoiding feelings; and in overeating, sufferers seek to drown out their emotions with food. All of these patterns seem to use food as a way of dealing with feelings.

Shiatsu can be used to access the emotional body and potentially release the stress, tension or depressing emotions being held there.

Shiatsu communicates a deep sense of love to the recipient. A softening or melting happens, and the brain and body begin to integrate again. The divorce of mind and body that created disordered eating habits begins to heal.

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