



# Feel Good News

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## Shiatsu Addresses the Whole Body Holistically

According to Asian Bodywork Therapies (ABT), Shiatsu is one holistic approach that addresses and affects the whole person through the use of movement, manipulation, or pressure techniques. Shiatsu (finger pressure) generally works to restore balance to the body's energetic system. This affects and supports the health and function of superficial and deep tissues, as well as the fascial, myofascial, neuromuscular, musculoskeletal, circulatory, lymphatic, respiratory, digestive, eliminative, and craniosacral systems.



It does this usually through applied pressure or stretches by way of fingers, thumbs, hands, forearms, elbows, knees, and feet. This style of shiatsu is known as Zen. It is a gentle style that diagnoses the specific needs of each recipient. Shiatsu uses traditional Asian techniques and treatment strategies to primarily affect and balance the energetic system for the purpose of treating the human body, emotions, mind, energy field, and spirit for the promotion, maintenance, and restoration of health.

### Energy Vampires Need Shiatsu, too

Energy vampires are people who leave you feeling an overall sensation of being drained energetically, emotionally, and physically. They are described as Sob Sister—always whining; Blamer—tries to make you feel guilty for not getting things right; Drama Queen—life is always extreme and filled with crisis; Constant Talker or Jokester—demands center stage; Go for the Jugular Fiend—driven by envy, competition, or severe insecurity; and Unintentional Sappers—people in our lives we love unconditionally. Shiatsu helps people balance their energies and have less vampire tendencies.

### Shiatsu Eases Menopause Symptoms


Shiatsu is recommended to menopausal clients who need to be nurtured, comforted, and reminded of her beauty and inner spirit. Shiatsu can rebuild a woman's trust with her physical self and help her ride through the hot flashes, fatigue, and irritability. Shiatsu has been used to stimulate the adrenal, pituitary, thyroid, and parathyroid glands in an attempt to balance hormone production and reduce the frequency of hot flashes. It can also help get energy moving to the nervous system, which will improve memory and concentration. Shiatsu relieves headaches, releases tensions, increases range of motion, eases postural restrictions, and helps women reconnect with their bodies. Reconnecting is a natural process. Shiatsu is natural and allows the woman to own her condition, as opposed to having it own her. It helps women with the changes, it honors their changes and allows them to nurture themselves for healing.

### Meridian Stretch (Small Intestine)

1. Sit on the floor with your legs crossed so your feet are crossed at the ankles as much as possible.
2. Try this exercise on both sides of your body to see which side is easier for you.
3. Raise your right arm with the elbow bent and place your hand on your back.
4. Then reach your left arm around behind you and grasp your right hand.
5. Inhale and stretch about five times before repeating this exercise on the other side.

### Shiatsu Helps Body Awareness

Each body pattern of given postures and movement styles outwardly expresses your inner thoughts and feelings. In a state of health, the body moves with grace, ease, and coordination. In a state of inner conflict and unresolved psychological issues, the body moves with chronic holding patterns. Skeletal muscles reflexively contract around pain. Chronic contractures create muscular imbalances that restrict motion, lead to postural problems, and underlie chronic pain. You have to be able to feel a body pattern before you can change it. During shiatsu, the client becomes more aware from sensing their body while it is being passively moved. Most people feel empowered when they learn ways to move out of chronic holding patterns with shiatsu.

 **Olivia's Shiatsu:** Shiatsu massage with Olivia, "Quality time well spent caring for your body, mind and spirit."

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Price change effective October 1, 2004

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| 1 & 1/2 hour | = \$90 (\$15 off coupon) |
| 1 hour       | = \$70 (\$10 off coupon) |
| 1/2 hour     | = \$50 (\$ 5 off coupon) |