

# Download Shiatsu Japanese Finger Pressure

Shiatsu (??) is a form of Japanese bodywork based on ideas in traditional Chinese medicine. Shiatsu derives from a Japanese massage modality called anma which was itself adapted from tui na. Tui na is a Chinese bodywork system that arrived in Japan by at least the Nara period (710–793). The art of Shiatsu is a highly effective treatment that helps people’s own natural innate healing abilities. “Shiatsu” means “shi” finger and “atsu” pressure in the language of Japan, the origin country of shiatsu. Shiatsu or “finger pressure” massage, sometimes called Zen shiatsu, is a Japanese form of physiotherapy. It is often described as the equivalent of acupuncture, but this comparison is not entirely accurate, because the technique looks beyond specific pressure points, incorporating other methods such as stretching, breathing and ...Zen Shiatsu. The Legacy of Shizuto Masunaga. by Subhuti Dharmananda, Ph.D., Director, Institute for Traditional Medicine, Portland, Oregon. Shiatsu refers generally to a Japanese pressure therapy used to relieve a variety of problems including back pain, neck and shoulder problems, stress, insomnia, digestive problems, and fatigue.