

Shiatsu Massage - How you can Benefit

Is a relaxing treatment that can be beneficial for stress, back pain, headaches, neck stiffness, joint pain, reduced mobility, whiplash injuries and sports injuries. Shiatsu is a Japanese word meaning 'finger pressure'. Shiatsu massage is a therapeutic technique that uses the fingers and palms to apply pressure to particular parts of the body. To maintain good health and help ward off illness, shiatsu massage uses manipulative techniques and hand pressure to correct the imbalances of the body. Shiatsu Massage – How Does it Work? Early forms of massage used rubbing, squeezing, stroking, tapping, pushing and pulling in order to influence the circulatory system and the muscles of the body. Shiatsu massage is much simpler. The palms, fingers and thumbs are used to apply a still, relaxed pressure at various points on the body. Despite the apparent simplicity, these uncomplicated movements can have a profound effect on the body's energy on a subtle level ensuring it flows smoothly. The view of Traditional Chinese Medicine is that energy, 'chi' circulates along channels called meridians. Free flowing chi brings strong fresh energy and carries away spent energy together with toxins. Headache, sleeplessness, or depression is all viewed as blocked or diverted chi which must be cleared and restored. Also known as Zen Shiatsu, there are several different types of shiatsu massage. Some concentrate on acupressure points, others emphasize more general work on the body. What Happens During a Session? As explained, when an individual experiences a headache, it is viewed as more than just one event. It is not simply a pain occurring in the head to be healed with no regard for its origins. It is seen as an obstruction of chi. Chi relates to the overall energy patterns of an individual's body, their particular circumstances and lifestyle. Treatment therefore, will be applied to the body as a whole and not just to the area where pain is being experienced. Treating the body as a whole rather than attempting to stop the superficial symptoms brings about a more effective and longer lasting change. During a Shiatsu massage session, the practitioner uses palms, fingers and thumbs to detect and correct problems on the surface of the body. This practice is referred to as 'diagnosis and therapy combined'. The prevention and recovery of illnesses is promoted by stimulating the immune system. As the whole body is treated, the natural ability to heal is stimulated as shiatsu massage works to restore the physical functions of the nervous system, the circulatory system, muscles and bone structure. Benefits of Shiatsu Massage Shiatsu massage helps support individuals in moving towards a greater sense of health and well-being by adjusting the body's physical structure and its natural inner energies. Additional benefits include:

- Deep muscle and tissue relaxation
- Stress reduction and management
- Releases toxins from the body
- Disease prevention
- Increased flexibility
- Improved blood circulation
- Reduces blood pressure
- Reduces mental anxieties
- Balances chi
- Calms nervousness
- Increases mental and spiritual awareness

As with most massage therapies, Shiatsu massage may not be appropriate for certain medical conditions. These include, but are not limited to, acute disorders, malignant tumours, acute inflammation, serious internal organ disease and ulcers. As with any complementary therapy you should contact your physician before embarking on a course of treatment. Shiatsu Massage – Attending a Session Your first session will start with an initial consultation. During discussion you advise your practitioner which areas you would like worked on. You should wear thin, loose, comfortable clothing, such as cotton or linen when attending a Shiatsu Massage and expect to lie flat on the floor. Your Shiatsu massage will involve rotating and stretching of joints, manipulation of pressure points and deep breathing. Proponents of Shiatsu massage believe it is both healing and preventative. They suggest that regular sessions together with stretching, exercise, and a healthy diet, may improve your health. To get the best results from a shiatsu massage, seek out a suitably trained and qualified practitioner.

About the Author

The idea of online therapy has lots of folks in the industry wondering. Online therapy is dangerous, critics say. Quacks could set up shop and scam.

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