



# Shiatsu: An Introductory Guide to the Technique and its Benefits (Practical Introduction)

*Oliver Cowmeadow*

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Developed from a traditional form of Japanese massage, Shiatsu is based upon the same philosophy and medical theory as acupuncture and other oriental healing methods. Literally translated, Shi-atsu means "finger pressure", but practitioners also use their palms, knees and forearms, and employ stretching techniques. These combine in a simple but effective form of treatment used to promote health and general well-being, as well as to cure illness and prevent future problems.

In this straight-forward step-by-step guide, Oliver Cowmeadow introduces us to the ways in which Shiatsu can be beneficial to both the person giving and person receiving.

*Shiatsu: A Practical Introduction* clearly explains:

- The role of energy in Shiatsu
- How to give the full body Shiatsu treatment
- How to eat an energetically balanced diet to promote health
- How to treat simple health problems with Shiatsu
- Methods of oriental diagnosis
- Common uses of acupressure points
- Energy balancing exercises for yourself

Oliver Cowmeadow has been teaching Shiatsu for more than 20 years and is the founder and principal of the Devon School of Shiatsu.

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