

SAMPLE – Shiatsu -Article
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The Ancient Therapy of Shiatsu

Shiatsu is a traditional Chinese therapy that has the power to heal many physical ailments, when used correctly. It is based on the theory that the body is a manifestation of Qi, a form of energy found within everything in nature, and that this Qi can be manipulated to achieve desired results in the human body. It is believed that an imbalance in Qi is the main reason for most health problems, and Shiatsu aims to heal by restoring this balance.

Shiatsu literally means ‘pressure of the finger’, but the technique uses more than just fingers. It often uses palms, fists, knees etc. to deliver focused pressure on specific points in the body to get rid of stress, shoulder aches and muscle tension problems like sprains. A Shiatsu massage will always leave you feeling invigorated and energized for a long time. It improves the blood circulation and helps maintain a well-toned and fit body.

The therapy has evolved after hundreds of years of study by ancient people who devoted lifetimes to finding out the exact pressure points where the Qi is focused. By channeling the Qi properly throughout the body, the techniques of Shiatsu are able to achieve results that cannot be matched by modern therapies.

A Shiatsu therapy is always conducted on the floor and not on a table or a couch. This ensures that the practitioner has proper control and flow during the massage, which is critical as the technique depends heavily on finding the precise pressure points. Working on the floor also means that the therapist is able to exert just the right amount of pressure on the points.

Thousands of people throughout the world are turning to Shiatsu for a relaxing, healing and energizing experience. Once you undergo this powerful therapy, you would feel drawn to it repeatedly, and the results would follow.