

EFFECTIVE TSUBO THERAPY

**Simple and Natural Relief
without Drugs**



Katsusuke Serizawa

Effective Tsubo Therapy Simple And Natural Relief Without Drugs

Jari Ylinen, Mel Cash



Effective Tsubo Therapy Simple And Natural Relief Without Drugs:

Effective Tsubo Therapy Katsusuke Serizawa,1984 Shows how to massage the body's pressure points to relieve symptoms caused by fatigue and explains the relationship between these points and the body's internal organs *Bodywork* Thomas Claire,2006-06-15 This is the essential guide answering all of the key questions about every different kind of major bodywork therapy including Alexander Technique Feldenkrais Method Reflexology Shiatsu Swedish Massage Aromatherapy and more

Sports Massage Jari Ylinen,Mel Cash,2011-11-30 Sports therapy has made huge advances in recent years and is no longer the preserve of the professional athlete More and more people who take part in sport at all levels are seeking treatment from masseurs and other therapists for injury or the fatigue that follows intensive training This landmark book is the first to set out in full the techniques and routines involved in sports massage as well as guidance on the treatment of specific injuries related to various sports This book explains how sports massage improves and speeds up a sportsman's recovery from training which sports injuries can be effectively treated by massage and how quickly it can be applied Based on sound medical principles and with over 200 specially commissioned photographs and illustrations Sports Massage sets out the skills and techniques of sports massage for physiotherapists coaches trainers and keen sportsmen themselves Also

included are sections on stretching self massage Shiatsu and acupressure **The Natural Way of Zen Shiatsu** David Sergel,1998 A comprehensive union of shiatsu massage with macrobiotic nutritional philosophy this practical guide to Oriental ideas of health and healing includes an exercise program diagnostic techniques an illustrated guide to shiatsu massage and clear explanations of the concepts of ki energy and yin and yang 23 diagrams 404 photos East West Journal

,1985 Macrobiotics and Oriental Medicine Michio Kushi,Phillip Jannetta,1991 Kushi and Jannetta provide a complete introduction to the techniques and theories behind the Oriental healing arts the crux of the holistic health movement 55 figures 18 tables **The Publishers' Trade List Annual** ,1985 Library Journal ,1984 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Books in Print Supplement** ,1984 **Whitaker's Cumulative Book List** ,1985

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