

# Shiatsu around the menopause



TOUCH FOR LIFE

The peri-menopause and menopause can be a challenging phase of life for many women. Supportive Shiatsu touch and self-care practices can be helpful, as can treatments from a professional practitioner.

## What is Shiatsu?



Like our FB Page and follow on Instagram for free resources to help support your body and wellbeing.



Shiatsu touch is caring, compassionate, nourishing, respectful. It affects the body, mind and emotions.

## Helpful view

Honouring your personal journey is essential. Every woman is unique in this transition. Observing the changes in detail and meeting your needs at every stage, is a good way to avoid extremes in any of the symptoms experienced, making it all more manageable in your everyday life.

## Nutrition

Some plants have similar effects as the oestrogen hormone in our body, so some women find it beneficial to eat linseeds, sunflowers and pumpkin seeds or soya products.

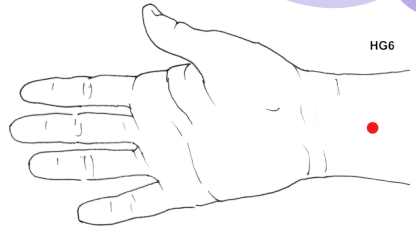
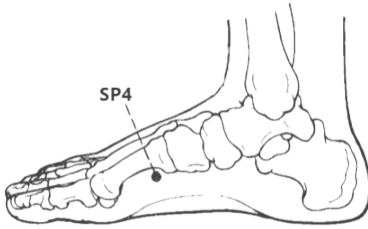
Avoiding or cutting down on foods that stimulate heat in the body, such as caffeine, alcohol and some spices like chilli can be a way to support our body's ability to regulate heat, which can be challenged during our transition to menopause.



# Acupressure

The images show points you can gently press to bring relief from specific symptoms, or support body and mind as required.

Guidance: Find the point, press as you breathe out, feel for warmth or tingling, and hold as long as it feels good. Press the points on both sides of the body.



Holding both these points simultaneously supports the re-balancing of our circulation and hormonal systems which regulate heat, digestion, skin moisture, joint function, and the ovaries. Connecting a point in the hand and foot at the same time links the periphery of our body to its centre, so its very centring, grounding and calming emotionally.

## Activity



Connecting the heart and uterus is very helpful for calming extreme emotions and balancing our circulation and heat control systems.

Sitting or lying down, place one hand just above the pubic bone on the abdomen, connecting to the womb and the other hand on the heart. Breathe slowly; explore a sense of balancing the feeling beneath your hands.



GB/LV stretch: doing this stretch gently with back straight and in your comfort range can be helpful for those who experience joint pain or weakness.



## The Shiatsu Society UK

As the largest professional association for Shiatsu in the UK, the Shiatsu Society works to promote Shiatsu for all. Check out our website to find your nearest practitioner.

[WWW.SHIATSUSOCIETY.ORG](http://WWW.SHIATSUSOCIETY.ORG)