

# Shiatsu to Support Men's Health



TOUCH FOR LIFE

Shiatsu based self-help practices can empower us to feel more in control of our health and life conditions. Using the simple practices below, or having a treatment from a professional practitioner, can help support male health.

## 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.



## Nutrition

A diet rich in zinc can aid production of the male hormone testosterone, which maintains sex drive, muscle, and bone strength. Zinc is found in whole grains, pumpkin seeds, beans nuts and seafood

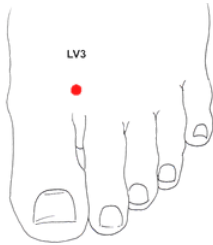
## Activity

Following an embodied practice like qigong or yoga helps connect us to our physical selves and how we feel, which encourages us to look after ourselves more.

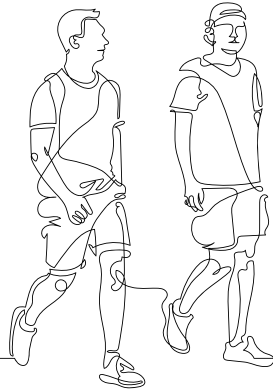


# Acupressure

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.



LV3 is an effective point to press if you get grumpy easily or feel stuck and fixated. It also helps muscle cramps and headaches.



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

Find time to talk & listen with others - if you don't find it easy, find a shared activity everyone is comfortable with and do it together - the chat will come.  
A walk with a mate may provide the space to give or receive support.

## The Pylon Exercise

The Pylon exercise stretches the muscles and tendons between the thighs and pelvis, opening up energy channels along the inside of the legs and toning the urogenital diaphragm, prostate and reproductive organs as well as enhancing balance.

Stand as shown here and keep your spine and head erect. Practice anal lock contractions (engaging the muscles that you use to stop urinating mid-flow) for a minute or so. When your legs begin to tremble, come back to a standing posture and shake each leg out in turn



## 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)