

## DISCOVER SHIATSU...

Shiatsu... what is it? A dog? A martial art maybe? Actually, it's one of the oldest and fastest growing complementary therapies in the UK!

Ideal for treating back and mobility problems plus general wellbeing, Shiatsu is a traditional Japanese therapy. Its history spans centuries, yet many of us simply don't know just how helpful it can be.

Dr Hilary Jones, top TV medic from ITV's Daybreak show explains: "Shiatsu is a traditional hands-on Japanese healing art. It can help in a wide range of conditions - from specific injuries to more general symptoms of poor health. Shiatsu is a deeply relaxing experience and regular Shiatsu sessions help to prevent the build-up of stress in our daily lives."

### So what actually happens during a Shiatsu treatment?

Shiatsu practitioners use touch and comfortable pressure. They release tension and de-stress in the areas where you most need it by using:

- pressure on acupuncture points
- joint mobilisation
- manipulation techniques

Shiatsu is 'hands on' yet not intrusive. There are no needles, no oils – plus there's no need to undress!

Each session is tailored to suit your needs. As well as offering targeted relief for many conditions and illnesses, Shiatsu encourages deep relaxation so it's ideal for switching off and de-stressing. In fact, research shows that 60% of people who receive regular Shiatsu sleep better.

### Perfect for today's hectic lifestyles!

In Japan, Shiatsu is a matter of lifestyle – most people have regular treatments.

"Shiatsu is often recommended by health professionals," explains Samantha Haywood of the Shiatsu Society UK, the

country's leading association for Shiatsu professionals. "In the UK, we're still catching on to the amazing benefits Shiatsu can offer."

Indeed; some results are amazing; literally life changing. In Bedfordshire, Suki Goodier was struggling with daily medication for pain management for 14 years following a car crash. "After three Shiatsu sessions, I was down to just one or two painkillers a month. Nothing else works for me."

Clearly, Shiatsu can be powerful, yet it isn't as well known as other complementary therapies. The Shiatsu Society UK is working hard to change this. The organisation is passionate about encouraging more people who try – and benefit from – Shiatsu. "Everyone can use our website to find their local, qualified practitioner" says Samantha Haywood. "Using a practitioner from the Shiatsu Society (UK) assures you of professional, expert attention."

Now's the time to discover Shiatsu.

[www.shiatusociety.org](http://www.shiatusociety.org)

