

# Shiatsu for supporting healthy digestion



TOUCH FOR LIFE

Making the best of our food and nutrition is an effective way of ensuring we feel energetic, fit and healthy. If your digestive system is in need of a little TLC, a Shiatsu treatment from a professional practitioner can help, as can these Shiatsu-based self-care practices.

## What is Shiatsu?



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

## Points and practices to support healthy digestion

### Seasonal Nutrition



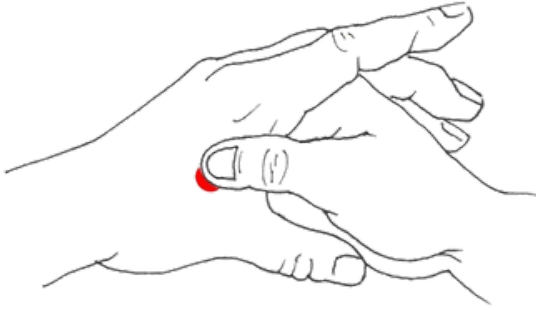
Having a colourful plate means that you have a range of different vitamins and nutrients in your meal. Fresh vegetables & fruit, whole grains and good quality protein eaten in a calm atmosphere help our digestive system to function at its best.

“Drink your food and chew your liquids” said Mahatma Gandhi. Chewing food thoroughly starts the breakdown of carbohydrates by the enzymes in our saliva; taking time to savour tastes and textures in the mouth also allows us to feel satisfied and full, so helping with appetite and weight loss.

# 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.

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



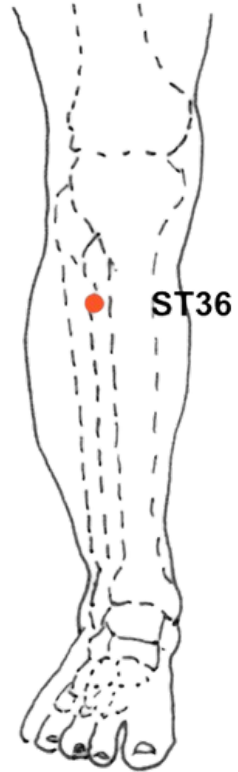
LI4: abdominal pain; Not to be used during pregnancy



HG6: nausea and vomiting

## Activity

Gentle rocking of the abdomen helps us get in touch with our digestive organs and can switch on the 'rest and digest' nerves which aid the digestive process. Lie on your back and link your fingers over your navel, then alternately push inwards with the heel of your hand, moving the intestines back and forth. Only work as deep as is comfortable.



ST36: stimulates the stomach, helps constipation



## 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)