



Editor's space

by Wendy Morrison

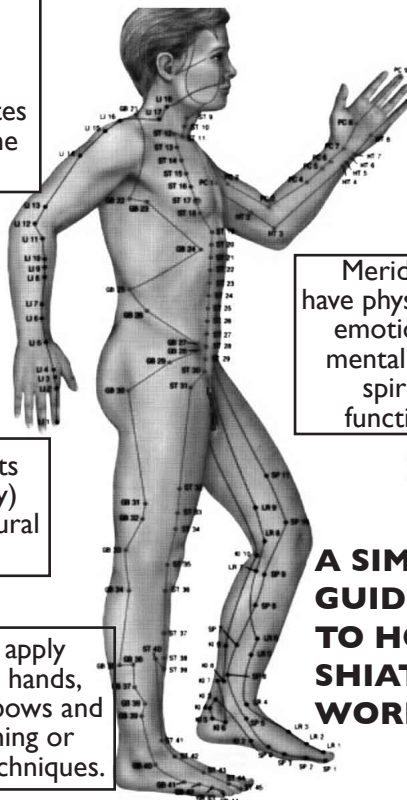
Welcome to the 3rd edition of our i-newsletter! Created in collaboration with graduates of the Devon School of Shiatsu and the wider Shiatsu community.

Our aim is to raise the awareness of Shiatsu by providing information, inspiring and innovative content, published twice a year in spring and autumn.

This issue brings together **The Many Faces of Shiatsu** in which Totnes practitioner, Sacha Roberts, presents testimonials from three of her clients, an inspiring article on how **Adolescent Acne Responds to Shiatsu** by Iolanda Foschetti and a selection of excerpts from a cross-European research study on the **Effects and Experiences of Shiatsu** by Andrew F Long of the **University of Leeds**.

Our aim is to establish **Shiatsu as a household name** within the realm of Complementary Medicine.

Meridians are channels of energy (Ki) which circulates throughout the body



Meridians have physical, emotional, mental and spiritual functions.

Shiatsu contacts the 'Ki' (energy) to restore natural balance.

In Shiatsu, we apply pressure with hands, thumbs or elbows and simple stretching or movement techniques.

A SIMPLE GUIDE TO HOW SHIATSU WORKS

SHIATSU & YOU

Devon School of Shiatsu

i-newsletter issue: 03 Spring 2009



shi-at-su

Main Entry: shi-at-su

Variant(s): shi-at-zu/she-at-(.)su\

Function: noun

Usage: often capitalised

Etymology: short for Japanese shiatsu-ryoho, from *shi*-finger+ *-atsu* pressure + *ryoho* treatment
cited from Merriam-Webster Online Dictionary

The Devon School of Shiatsu, based just outside Totnes, South Devon has been training professional Shiatsu Practitioners for 23 years. If you are interested in training please go to: www.devonshiatsu.co.uk

Find a Shiatsu Practitioner in your area:
www.devonshiatsu.co.uk/practitionerslist.asp

THE MANY FACES OF SHIATSU

by Sacha Roberts, Dip.Shi

Four years ago I was diagnosed with a Breast Cancer. Following very debilitating treatments, throughout which I received support from regular shiatsu sessions, I decided to go on to study shiatsu. My initial motivation in taking on a 'study project' was to challenge and rebuild the 'post chemo' brain cells. Little did I expect to now be glowing with health alongside nurturing and so much enjoying a flourishing young practice in Totnes. The magic of Shiatsu is in its versatility, its ability to bring together and to treat on all levels, the physical, emotional, spiritual and mental.

What a gift to be given to be able to give to others, best expressed through the voices of my clients below.

Shiatsu for Emotional Support

"Over the last two years or so, Shiatsu treatments have helped me to manage the most incredibly challenging and traumatic period of my life. I have felt supported through a process of intensive grief and loss, when my life partner of 30 years was diagnosed and subsequently died very rapidly of a horrendously debilitating terminal illness. I had become a full-on carer, despite my own pre-existing condition of chronic physical and emotional exhaustion and associated medical problems.

Shiatsu treatments both revitalise and replenish me, and I feel not only relaxed, but also nurtured and held with wonderful sensitivity, intuitive awareness and skill. It has been of utmost importance to me to be treated with such kindness, and with a non-judgemental approach. I have also felt supported on a psychological level. I have been very impressed with the high standard of professionalism and the ethical awareness aspect of my treatment.

I love Shiatsu, it is non-invasive and fabulously sensuous, I love the fact that it works on all levels of being, I enjoy the physicality of a treatment, and the sense of release in my joints after joint rotation, I have felt enormous benefit from my sessions, and I simply can't imagine what life would have been like without this incredible therapy practised with such expertise and humanity by my practitioner."

Shiatsu for Chronic Illness

"I have been suffering from asthma and chest problems for the past five years. Since starting Shiatsu seven months ago I have felt a great improvement in my condition. Throughout the summer months I had weekly Shiatsu treatments and was able to reduce my medication to a minimum. During treatments my asthma noticeably improves, my breathing becoming easier and less shallow. I am sleeping better and generally feel a huge improvement to my overall wellbeing."



Sacha Roberts Dip.Shi
Shiatsu Practitioner

Clinic: Totnes Tel. 07939 721411

Shiatsu for Acute Injury

"Twenty four hours before my appointment I was rather unceremoniously thrown from the back of a galloping horse onto rocky ground and went to hospital to be told that I had sustained serious soft tissue injuries to the side of my spine and my lower ribcage. When I arrived at my Shiatsu session I could hardly get up the staircase to the treatment room, and lying down was nothing short of agony. The treatment I received was gentle and incredibly relaxing but I had no idea of the difference it would make to the physical pain in my back. Sacha was unable to touch the area of the injury but worked her way around it and I will always remember the comparative ease of standing up straight for the first time in what seemed like an age. When I got home I promptly fell asleep with what felt like a release of energy. Shiatsu was by far the most effective way of dealing with the aftermath of aches and pains resulting from the fall. I tried Osteopathy alongside Shiatsu for about a month and found that one complemented the other, but in terms of pain relief, Shiatsu was by far the most beneficial. Since then I have regularly returned for treatments and, although I am at a loss to explain the way and why the energy moves around your body during a treatment, all I do know is that it revives and relaxes more than anything else I have come across."

Adolescent Acne Responds to Shiatsu

by *Iolanda Foschetti*
Polaris Shiatsu Institute,
Rome, Italy



I was born and raised on the Isle of Bute, graduated in English and Pedagogy (the art or science of being a teacher) from Glasgow University. Went hitching across Europe and ended up in Rome where I started teaching English as a foreign language. Married with three daughters, 22, 16 and 15, I came upon a Shiatsu School whilst out looking for a driving school for my eldest daughter! She never got driving lessons but I completed the three year course and started treating from home and the love affair continues.

Shiatsu is listening with your hands and with your heart and it should become your way of living, not just on the futon but in every area of your life. In each and every treatment I try to refine my listening, the sensitivity of my mother hand, my intuition and strengthen my trust in what I feel through my hands and my whole body. I allow my hands to guide me and the more faith I put in them the more they perceive.

I use Moxa for a variety of complaints and generally use it before I do the Shiatsu treatment. However, in the case of this **13 year old girl who was suffering from acne** (all over her forehead) I only treated her with moxa and very occasionally managed to give her a shiatsu treatment.

Apart from acne, she was also **very irritable, impatient, lacked drive and concentration**. She was too irritable to put up with a 45 minute Shiatsu treatment, didn't want to lie down and be touched and therefore it was quite an achievement to keep her still for the twenty minutes needed for the moxa treatment.

According to traditional Chinese medicine, acne is caused by extreme heat in the organs (especially liver and kidney) due to an excessive consumption of fatty or spicy food or a stagnation of Ki and Blood. The treatment suggested consists of eliminating the heat or moving the Ki and Blood.

Our skin is the boundary which defines WHO WE ARE and a filter for WHAT SURROUNDS US; as is often the case in adolescence, this lack of clarity is reflected in an unclear skin...an exterior expression of inner turmoil. Acne or spots, in fact, can reappear at any defining event or decisional period in our life, from the minor to the major eg. a big date, a job interview, wedding day, end of university, during pregnancy or menopause (it is not only hormonal).

Below are the three points I chose to treat the acne

Large intestine 4 eliminates Wind-Heat syndromes, transforms humidity & strengthens defensive Ki

Large Intestine 11 alleviates external conditions, cools the Blood and facilitates the flow of Ki & Blood

Liver 3 drains the heat from Liver, cools blood and induces the flow of Ki

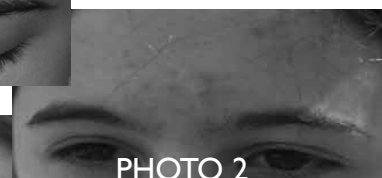
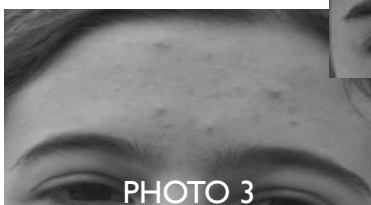
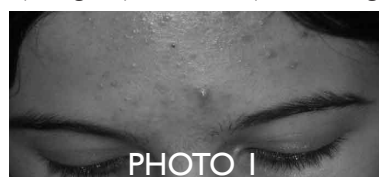
I applied 3-9 medium cones on each point and carried out the treatment every second day for a total of ten treatments and left a 5-7 day interval between each cycle of treatments.

It is also possible to treat the actual acne (the biggest and most angry spots) with the moxa cones on garlic (for its natural antiseptic properties, and for its sulphur and vitamin A properties).

This is effective but time consuming and I discovered over time that the **acne cleared up** even if I restricted the treatment to the three main points. In the end I didn't even use the garlic and it still worked.

However, I also discovered that it was very important to respect the instructions on the number of treatments and duration of the interval. More moxa is not always better, and, at least with acne, too many treatments without the interval can aggravate it.

I treated Sophia over an 18 month period. **The acne cleared up after 6 or 7 treatments** and her forehead would be clear of acne for up to 3 months and then occasional spots would gradually reappear and I would carry out another cycle. The sooner I started, the easier and the quicker it would clear up but often Sophia would be reticent to start treatment and so it would often get quite bad before managing to treat it.



I was pretty amazed when I saw that Sophia's acne was clearing but the **most amazing thing was the change that took place in her**; she became far calmer, less cross and much more open and willing to talk. Immediately before and during the treatment she would be cross and unbearably impatient and would shriek, "hot" with each application, but by the end she would be far easier to approach and would even be smiling and relaxed.

Two years on, Sophia still asks me to treat her occasional spots with moxa and also any other problem she may have (eg. insomnia or anxiety at the beginning of the academic year at a new school). She even lets me give her a Shiatsu treatment after moxa, if I promise to keep it to no more than 20 minutes!



Sophia, as you may have guessed is no ordinary patient, but my own daughter. I know from experience that treating family members is never easy and Sophia is no exception.

What I learned was not only the **effectiveness of moxa on adolescent acne** but also how time and attention played an equally important part. We say that we TAKE CARE of our patients rather than CURE them and here, as always, it is the care given that is as important as the points chosen.

Iolanda Foschetti offers Shiatsu at her home in Rome Oct-June Tel. 0039-06-7021545 and during the summer from July-Sept in Scotland on the Isle of Bute. Email: iolandafoschetti@gmail.com

The Effects and Experience of Shiatsu: A Cross-European Study

EXECUTIVE SUMMARY

Excerpts:
The full summary can
be downloaded from
www.Shiatsu.org

by Andrew F Long
School of Healthcare, University of Leeds
December 2007 courtesy of the Shiatsu Society

Background

In the autumn of 2005, the **European Shiatsu Federation** provided funds to the **School of Healthcare at the University of Leeds** to undertake a three-country, longitudinal cohort study of the effects and experience of shiatsu. The study was commissioned against the context of a limited research base on shiatsu. This executive summary highlights some of the key points from the study. Findings are presented across the three countries, where relevant drawing attention to country variations.

Study's Aims

1. Assess the client's perceptions of short and longer-term experiences and effects from having shiatsu treatment.
2. Find out about the characteristics of shiatsu practitioners and provide insight into their style of practice.

Methods

Four self-administered questionnaires were to be completed by the client, at four time points:

- At initial ("baseline") recruitment, subsequent to the shiatsu session.
- (Ideally) four to six days after the initial (recruiting) shiatsu session
- Three months after the initial recruitment.
- Six months after the initial recruitment.

As is fitting for a longitudinal study, this report presents the findings only for those clients who completed all of the four study questionnaires.

Key Findings

Theoretical Framework

Understanding the underlying philosophical framework of health and healing within the Zen or Masunaga model of shiatsu practice, as an energy-based CAM (Complementary & Alternative Medicine) modality, provides an important backdrop to interpret the study findings and to help cast light on the range of effects that shiatsu could be expected to have. In particular, this was the case for the data relating to clients' comments on their hopes from shiatsu treatment and any negative responses experienced.

Study Participants

A total of 948 clients took part in the three-country European study. Of these, 633 completed all four of the study's questionnaires, from baseline to six-month follow-up. This represents an overall response rate of 67%. For the individual countries, client numbers and response rates were as follows:

- Austria: 371 clients recruited at baseline; 261 respondents to all questionnaires - 70% response rate.
- Spain: 189 clients recruited at baseline; 93 respondents to all questionnaires - 49% response rate.
- UK: 388 clients recruited at baseline; 279 respondents to all questionnaires - 72% response rate.

Immediate Effects from Shiatsu

Some of the immediate and positive effects experienced during and after the initial shiatsu session at which the client was recruited included; 'feeling energy moving or blockages being released'; occurrence of physical and emotional changes; feeling 'relaxed or calmer', more energised, 'more able to cope with things' or 'more balanced' after the session.

Clients were asked about possibly negative, immediate effects or experiences during or after their initial shiatsu session. There was overwhelming agreement that clients had not had a bad experience during the shiatsu session. Over half indicated their strong agreement that they had not had an 'unpleasant' physical or emotional reaction.

These data support the conclusions of immediate positive benefits, as experienced and expressed by the clients, occurring soon (4-6 days or so) after their initial shiatsu session (at which they were recruited to the study). They also indicate that the sessions did not generate, what might be termed, 'possibly negative' effects for the majority of the clients.

Effectiveness over the Longer Term

Symptom Changes

A statistically significant reduction in symptom severity was found for all of the symptom groups from baseline to three and to six month follow-up for the Austrian and UK samples. The greatest reduction was for symptoms of 'tension or stress', followed by 'problems with muscles, joints or body structure', including back pain and posture. For the Spanish sample, at six month follow-up, a statistically significant reduction in symptom severity was evident for the symptom groups of 'problems with muscles, joints and body structure', and 'tension or stress'. Across countries, clients overwhelmingly agreed to or agreed strongly with the statement that 'shiatsu has been effective in treating my symptoms'.

Economic Implications

A reduction in physician/hospital visits over time alongside a reduction in use of conventional medication was evident. These represent potential cost savings to health service providers. These positive changes were further corroborated by client-reported changes that they indicated were attributable to the shiatsu they had received. Future potential cost savings may also accrue if the health-improving lifestyle changes reported by clients, particularly those related to increased exercise, rest and relaxation and improved diet, are sustained over time.

To read further please go to www.Shiatsu.org

Your local Shiatsu Practitioner is:

OR contact:

Devon School of Shiatsu
Tel. 01803 762593
info@devonshiatsu.co.uk
www.devonshiatsu.co.uk

RESEARCH