



# The Complete Book of Shiatsu Therapy: Health and Vitality at Your Fingertips

*Toru Namikoshi*

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The Science of Shiatsu

In this compact, exhaustive, scientifically oriented text and guidebook, Toru Namikoshi for once and all discredits erroneous interpretations that confuse shiatsu therapy with traditional Japanese amma massage or categorize it as limited within the framework of ancient oriental medical thought and unrelated to modern medical science. By proving that shiatsu rests firmly on a medical scientific basis and on thorough physiological and somatological understanding, he sets it completely apart from the many superficial health regimens currently popular in many parts of the world.

Shiatsu occupies a point between the mysticism of acupuncture and moxa-combustion therapies, with their reliance on the theory of vital points (tsubo), and the excessive mechanization of Western medical science. In other words, shiatsu concentrates on the human element of cure and strives to evoke the self-healing powers inherent in the human body.

Though, in giving the reader the basic physiological knowledge required to stimulate and maintain precious good health, he must resort to some specialized explanations, Namikoshi presents his material so skillfully and sets forth the techniques of shiatsu therapy so clearly that his book is invaluable, not only to medical scientists, but to the layman in search of better physical condition as well.

The author sincerely hopes that more people will find relief from stress, cures for the many inexplicable minor ailments that plague us today, and total health the natural shiatsu way without resorting to devices and medicines whose long-range effects are sometimes uncertain.

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