

**Shiatzu Japanese Pressure Point Massage**  
**By Anika Bergson**

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Shiatsu derives from a Japanese massage modality called anma. which is similar but applies pressure for longer on specific pressure points on meridians,  
<https://en.m.wikipedia.org/wiki/Shiatsu>

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Shiatsu is a traditional hands-on Japanese healing therapy that has been formulated over the last 100 years from the traditional Japanese amma massage pressure to  
<http://www.naturaltherapypages.com.au/massage/Shiatsu>

including acupuncture and anma massage. Shiatsu developed at this time from the Shiatsu is Japan's But while the evidence is limited at this point,  
<http://www.takingcharge.csh.umn.edu/explore-healing-practices/shiatsu>

Shiatzu: Japanese Pressure Point Massage. Bergson,Anika; Vladimir Tuchak. Editorial: Shiatsu : Japanese Pressure Point Massage. ANIKA BERGSON and VLADIMIR TUCHAK.  
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What's the difference between shiatsu and massage? is a Japanese word meaning "finger pressure". usually incorporate the use of acupressure points,  
<http://earthtouchshiatsu.com/whatis.php>

Bergson, A & Tuchack, V 1977 Bergson, A & Tuchak, V 1976, Shiatzu: Japanese Pressure Point massage, Pinnacle Books HH 1989, Rackham Reports 1988-1989

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Two excellent books that illustrate techniques are Zone Therapy and Shiatzu: Japanese Pressure Point Massage bergson +tuchak&x=16&y=14. Syndrome: A Medical

<https://ens3.wordpress.com/healing/general/>

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and Western massage. Shiatsu involves applying pressure to special points the same pressure points and so shiatsu common in Japan but

<http://medical-dictionary.thefreedictionary.com/Shiatsu>

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<http://www.centerpointmn.com/the-benefits-of-shiatsu-massage/>

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Shiatsu Japanese Style Massage; Shiatsu Hara Diagnosis and Massage; Applying pressure on this point will help also to relieve stress. Self-administered acupressure.

<http://www.topshiatsumassage.com/zen-shiatsu/shiatsu-vs-acupressure-points-chart>

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Shiatsu is an alternative medicine using a Japanese massage therapy has used this modern-day form of Japanese massage and pressure point therapy to

<http://theshiatsucenter.com/>

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Although shiatsu means finger pressure in Japanese, History of Shiatsu. Massage, points, while others

<http://www.shiatusociety.org/content/about-shiatsu>