

## Shiatsu Coverage with Insurance Benefit Plans/Accounts

These private insurance companies offer health and wellness benefit plans, flex benefit plans, or spending accounts in Canada and have Shiatsu coverage: **Great West Life; Green Shield Canada; Johnson Insurance; Manulife; Sun Life; and SSQ Financial.**

NHPC Shiatsu clients who have insurance coverage for Shiatsu treatments in their plans with these insurance companies, will have their claims reimbursed. However, it is imperative that clients confirm their coverage with their plan administrator before submitting claims for Shiatsu treatments.

### Shiatsu therapy is given by appointment only:

A Shiatsu session is an hour but if you want an hour and a half session, please indicate that when booking an appointment.

**Note:** If you are unable to attend an appointment, please give 24 hours notice.

### Attire:

Wear loose clothing like shorts and a t-shirt, light track pants for men or tights for ladies.

### Regular Price:

**\$80.00 + GST \$4.00**

### Discount Price

2 - 4 treatments per month  
**\$70.00 + GST \$3.50**

### Random Treatments or One Treatment Per Month Price

**\$80.00 + GST \$4.00**

### Days Available:

Times vary for Mobile Shiatsu and it's flexible.

Contact **Grace Visconti** at **(403) 500-0997** or **(587) 580-6491** to make an appointment. Payment is by check, Interac email transfer or cash. For more detailed information about Shiatsu, email Grace Visconti at [grace.shiatsumaster@gmail.com](mailto:grace.shiatsumaster@gmail.com). Traditional Shiatsu website: [traditionalshiatsutherapy.com](http://traditionalshiatsutherapy.com).

**GRACE C. VISCONTI**



Grace Visconti is a Certified Shiatsu Practitioner and designated Shiatsu Master where she received her Shiatsu training from Kensen Saito of the Shiatsu Academy of Tokyo, in Toronto, ON, Canada from 1991–1992. Additionally, she is a member of the Natural Health Practitioners of Canada Association (#20908).

The term Shiatsu Masters refers to graduates who have been fully and successfully trained in the technique outlined by the founder of Shiatsu, Tokujiro Namikoshi. In 1992, she took a special weekend seminar in Toronto with Tokujiro Namikoshi's son, Toru Namikoshi, who taught Shiatsu worldwide to reinforce traditional Shiatsu techniques.

After studying the traditional Shiatsu techniques, Ms. Visconti practiced at the school clinic for 6 months. Subsequently, she worked with chronic pain patients at The Krispin Centre in Toronto which was associated with the Canadian Chronic Pain Association. While she also practiced as a Mobile Shiatsu Practitioner, she assisted students and graduates at Shiatsu demonstrations produced by the Shiatsu Academy of Tokyo.

By 1995, she collaborated with her teacher to plan the 12th International Shiatsu Congress in Toronto where the 92 year-old founder Tokujiro Namikoshi and his son Toru were honored.

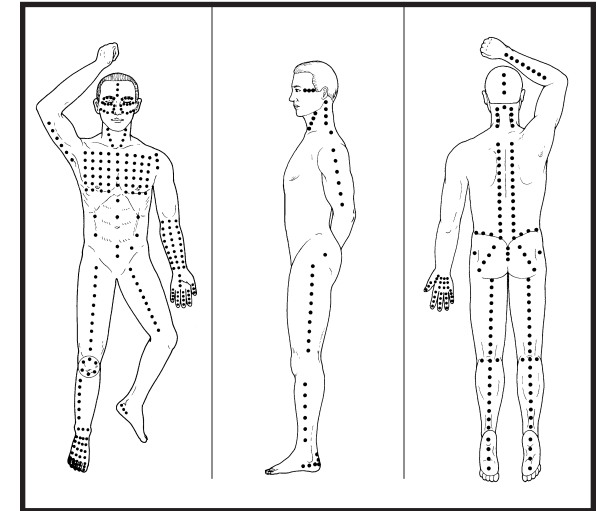
In Toronto, Ms. Visconti initiated the process of getting Shiatsu regulated in 1996 with Kensen Saito to obtain insurance coverage for clients wanting Shiatsu treatments. After presenting their case to Toronto City Hall officials, the Holistic Practitioners' License was given not only to Shiatsu Practitioners but also to alternative therapists who had accreditation with reputable educational institutions including private schools.

Ms. Visconti is also a Registered Graphic Designer (Toronto, ON Chapter) and a published Freelance Writer/Editor. After seeing co-workers sit for many hours in front of computers, she was concerned for Graphic Designers and other professionals who suffered from computer terminal stress disorders like Carpal Tunnel Syndrome (CTS) and Repetitive Strain Injury (RSI). This prompted her to take the Shiatsu course.

For the first 10 years while residing in Calgary, she worked at the Holy Cross Centre as a Shiatsu Practitioner from 2001–2010, sharing her knowledge of traditional Shiatsu techniques with Calgarians. Now, she practices Mobile Shiatsu in Calgary.

# Shiatsu

Thoughts on Healing: "Intention is the spark, courage fuels the passion, and then there is the work." © 2019 Grace C. Visconti



### Proud Member of

Natural Health Practitioners of Canada  
Praticiens de la Santé Naturelle du Canada

Shiatsu Therapy is a healing art form that was conceived by Tokujiro Namikoshi of Japan in the early 1900s. Experience an effective way of relieving systemic tension with the application of Shiatsu. Call to book an appointment with Grace C. Visconti, a Shiatsu Master with 28 years of experience. She will do the treatment onsite at your home or workplace.

**Grace C. Visconti**  
Certified Shiatsu Practitioner  
Calgary, Alberta

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# THE HEALING ART OF SHIATSU

“THE HEART OF SHIATSU IS LIKE A MOTHER’S LOVE. PRESSING THE HUMAN BODY STIMULATES THE FOUNTAINS OF LIFE.” TOKUJIRO NAMIKOSHI

## THE HISTORY OF SHIATSU

**T**okujiro Namikoshi, the originator of Namikoshi Shiatsu, was born on November 3, 1905 in Kagawa Prefecture on the island of Shikoku, Japan. Tokujiro developed the concept of Shiatsu at a very early age. After his family moved from the warm climate of the Seto Inland Sea to a colder climate of the northern Japanese island of Hokkaido, Tokujiro’s mother developed rheumatoid arthritis. Since no doctor or medicine was available in the village where they lived, Tokujiro and his siblings took turns stroking and massaging their mother.

At seven years old, Tokujiro started his hands on therapy and was praised by his mother as she confided that “his hands felt the best.” This gave him the confidence to work harder at helping his mother, so he became even more sensitive to her condition. Though he had no knowledge of anatomy and physiology, he “listened” to his mother’s body with his hands, and as a result of this receptivity, he sensed differences in skin condition, heat, and stiffness.

He experimented at changing the application of pressure according to these variations. When he used pressing, he found that it was more effective than massaging. So he continued this procedure of pressing 80% and rubbing 20% of the time while focusing on the places which were stiffest and coldest.

By pressing on both sides of the spine in the mid-back region where it was the stiffest, he was unknowingly stimulating the suprarenal body releasing cortisone which is the natural cure for rheumatism. Eventually, his mother was totally cured of her rheumatoid arthritis which taught the young Tokujiro the power of healing in the human body and that it was possible. This was the birth of traditional Shiatsu in Japan.

Eventually, Tokujiro opened the Shiatsu Institute of Therapy in Hokkaido after enduring various challenges in the study of Amma Massage and Western-style massage. His devotion to establishing Shiatsu as a recognized form of therapy led him to open the Japan Shiatsu Institute on February 11, 1940. The school became a well known institute for lectures and teaching methods. By 1955, Shiatsu was legally approved but was still designated as part of Amma Massage. In 1957, the

Japan Shiatsu School was officially licensed by the Minister of Health and Welfare, and was the first school of its kind in Japan. Shiatsu was recognized as a distinct form of therapy in 1964. Tokujiro passed away at 95.

Toru Namikoshi, the eldest son of Tokujiro went to the US and studied at the Palmer Institute of Chiropractic and elsewhere for 7 years. He systematized Shiatsu anatomically and physiologically. Additionally, he was the pioneer of aesthetic Shiatsu and gave instructions to aestheticians worldwide.

The major effects of shiatsu are: stimulation of the skin; more flexibility in the muscles; promotes the circulation of bodily fluid; balances the autonomic nervous system; regulates internal secretion; corrects and balances the skeletal frame; and normalizes the digestive system. Also, Shiatsu reduces stress and hormonal imbalances as well as ridding the body of unhealthy stuck patterns.

## WHAT DOES SHIATSU MEAN?

The “shi” of Shiatsu means “finger” and the “atsu” means “pressure” in Japan. Not permitted is the use of elbows and knuckles on the body.

## THE PURPOSE OF SHIATSU

The purpose of Shiatsu is to relax the nervous system, and improve one’s health by stimulating the body’s natural powers of recuperation. It is particularly effective in relieving stress.

## THE APPLICATION OF SHIATSU

### How is Shiatsu applied?

Shiatsu is administered to a client lying on a soft mat on the floor, special therapy table or chair. Loose-fitting clothing is worn during the treatment such as shorts, a t-shirt, or light track pants. The length of the treatment varies in time, depending on the nature of the problem, but usually takes one hour. Pressure is applied to the whole body except when there is a specific pathological condition, in which case the treatment is localized.

### What kind of pressure is used?

Shiatsu is a gentle, soothing pressure applied to specific anatomical points on the body using the thumbs, fingers and

palms. There are 700 pressure points in the body. If you have an area in the body which is stressed, you might experience some “feel good” pain during the treatment. However, the focus of Shiatsu is to encourage the body to heal.

## What specific conditions does Shiatsu help?

Shiatsu helps people who suffer from pathological conditions such as whiplash, migraine headaches, lumbago, repetitive stress/strain injuries (i.e. Carpal Tunnel Syndrome, tendonitis, RSI). They find an increase in mobility and return of strength to the affected areas. Shiatsu alleviates menopause, premenstrual stress, depression, and numerous other conditions.

## Application Specifics

The founder of Shiatsu, Tokujiro Namikoshi, never taught anything but the use of thumbs, fingers and palms because Shiatsu utilizes pressure from the hands only. Hands, especially the fingertips, ball of the thumb, and the thenar part of the palm, contain sensory receptors which are highly developed so the practitioner can better detect the patient’s condition. Elbows and knuckles are not used because there are no sensory receptors present there compared to the hands.

Shiatsu is characterized by gentle soothing pressure. It is not the amount of force that assists the therapeutic value. The art of Shiatsu is the application of the appropriate amount of pressure on the correct point. Using other parts of the body is especially dangerous to certain patients such as the elderly who may have osteoporosis, or to babies, children or patients with delicate pathological conditions.

## When is Shiatsu NOT applied?

Shiatsu is not applied when these conditions are present:

1. Contagious illnesses.
2. Pleurisy, peritonitis, appendicitis, pyelitis, pancreatitis, peptic ulcers, duodenal ulcers, cirrhosis of the liver, leukemia, twisting of the bowels, intestinal obstruction, and cancer.
3. High fever immediately after surgery, extreme physical debility, and infectious skin ailments.