

Menopause symptoms and Shiatsu therapy:
An integrative approach

Final assignment Script

Shiatsu therapist

Martine RICARD

June 2023

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Shiatsu School Den Haag - CSMBK
Mient 277
2564 KM Den Haag
Script supervisor : Edmee Gosselink
June 2023

◆ Table of contents ◆

Preface	
Introduction	7

Chapter 1 Menopause and its symptoms and ways to get through gracefully

1.1 The three phases of the menopause	9
1.1.1 Perimenopause	9
1.1.2 Menopause	9
1.1.3 Postmenopause	9
1.1.4 Earlier perimenopause is different from primary ovarian menopause	9
1.2 Oestrogen decrease	10
1.3 Symptoms during perimenopause and menopause	10
1.3.1 the case of andropause	12
1.3.2 Symptoms of andropause and how to manage them	12
1.4 Postmenopausal period: a very long time	13
1.5 Risks associated in postmenopause	14
1.5.1 Osteoporosis	14
1.5.2 Cardiovascular risk	15
1.6 What are the steps of the diagnosis?	15
1.6.1 Diagnosis in the regular medical system	15
1.6.2 Diagnosis in the practice of shiatsu	16
1.6.3 Perspective from the Traditional Chinese Medicine (TCM)	16
1.7 How can we improve the quality of life during Menopause?	18
1.7.1 What conventional medicine proposes?	18
1.7.2 Considerations of an Hormonal Treatment Therapy	19

1.7.3 Keys points and treated areas in shiatsu therapy	21
1.7.4 Complementary and Alternative Medicine (CAM)	23
1.7.5 Benefits of yoga asanas	24
1.7.6 Positive impacts of Do In practice	26
1.7.7 Benefits of a fresh and nutritional diet	26
1.8 Factors aggravating fatigue and hot flashes	27
1.9 Positive factors reducing fatigue and hot flashes	28
1.9.1 Counterbalancing a sedentary lifestyle	28
1.9.2 There is a life after Reproduction	29

Chapter 2 Description of the chosen treatment

2.1 Description of my personalized treatment	30
2.2 Description of known shiatsu treatments	31
2.2.1 Toru Namikoshi	34
2.2.2 Shigeru Onoda	34
2.2.3 Hormonal treatment	35

Chapter 3 Description of the three treatments plans and their evolution with the studied literature

3.1 Treatment plan client A	36
Evaluation of the client's situation after 5 sessions	39
Evaluation of the client's situation after 10 sessions	40
Reflection of the total treatment process	42
3.2 Treatment plan client B	42
Evaluation of the client's situation after 5 sessions	43
Evaluation of the client's situation after 10 sessions	44
Reflection of the total treatment process	45

3.3 Treatment plan client C	47
Evaluation of the client's situation after 5 sessions	48
Evaluation of the client's situation after 10 sessions	48
Reflection of the total treatment process	49

Chapter 4 Comparison of the three treatments plan and their evolution in the process

4.1 Practical aspect of the treatment plan and characteristic of the clients	50
4.2 Emotional aspect	51
4.3 Level of intensity of the symptoms	52

Chapter 5 Conclusion

5.1 Results from the comparison	53
5.2 Answers of the learning questions	53
Epilogue	56
Literature	57
E-download	57
Online course	57
Internet links	58
Attachments	60
Glossary	92

Preface

The menopause has been in many cultures and times, a difficult transition or period to get through. Women are mostly quite discreet when we evoke the subject. My grandmother used to say we get old when we enter menopause, a kind of negative perspective. This is a frightening time for most women. I have been affected by the first symptoms at the age of 46 years old. At that time, this was felt earlier to me to enter, as I was completely not prepared. My approach here is to demystify the menopause itself which is a natural phenomenon. In this study, I will identify the symptoms of menopause. Time to get in tune with the natural flow of life. Regular medicine is the rule in our modern world. Shiatsu and conventional medicine can work hand to hand to soften the care system, to bring back the client and its comfort at the central place, to increase the recovery and restore the mental and physical harmony. How to get through these disturbances with grace and alleviate the intensity of the symptoms? A lot of women get inescapably overwhelmed by the situation. Family, friends, doctors and therapists are present in this transitional period. We are going to see how this period can be supported with some micro and small adjustments in daily activity, with a proper diet, and physical activity. The regular medical checks up prescribed by the general practitioner are first necessary but the practice of Do In and appropriate shiatsu are the surprising, unexpected healing of self-discovery.

Introduction

The term menopause doesn't leave us indifferent. We are all concerned about it, women and men. It is not a disease but a natural phenomenon, a gateway to get through. For some women, just a fact, for some others a tremendous change in their life with a domino effect, for others a denial of the menopause pretending it does not affect their life. Could be at the surface, what is visible but inside the drop of hormones plays in the essence of the whole body system. I went through this stage and in some way wish to use my experience and knowledge to support other women with my shiatsu who are facing more or less symptoms in this transition. Clearly, it touches everyone and paradoxically it was basically not easy to find shiatsu masters treating the symptoms under the title "menopause". It is seen rather as climacteric upset or hormonal disturbance. It was one of my principal interests to treat a topic that touches as many people as possible. For the study of this final schoolwork, I researched information on my books, on the internet. The fundamental western medicine course I followed in 2022 brings me a larger vision and more confidence on what I already knew without knowing it. The 'self education' part is one of the most important parts of the endless research and visualization of youtube videos I pursuit.

At the end of the study, I will respond to these three fundamentals questions :

What are the results of the three treatment plans? Does shiatsu really alleviate the symptoms? If yes, what symptoms and in which proportion?

Concretely, in the first chapter, I explore what are the symptoms of the perimenopause, menopause and postmenopause and the steps to get through this challenging transition and how to keep your grace and resilience despite the turmoil. In the second chapter, I describe my own treatment and other treatments already performed by shiatsu teachers. In the third chapter, a description of the three treatment plans of ten sessions of three patients with their detailed anonymized anamnesis and the description of each treatment plan in detail. In the fourth chapter, a personal comparison of those treatments plan with the most relevant therapeutic aspects that I think are the most relevant in the comparison. In the last chapter but not the least, I will detail the results about these follow ups of patients in menopausal transition, the answer to the questions I addressed in the introduction and my personal vision about the therapeutic process.

Chapter 1

Menopause and its symptoms and ways to get through gracefully

Before entering further into the topic, I found it interesting to know about the recent history of the menopause and its meaning. It comes from the Greek word “meno,” meaning month, and “pausia” which means stop or halt. Here are some important dates in the story of the menopause. Much closer to us, the term menopause was coined in 1821 by the french physician Charles Pierre Louis de Gardanne. In the 1930’s people started describing it as a deficiency disease probably where we rooted a negative vision of this natural transition. The medical interest in menopause increased considerably in the middle of the 19th century. In the 1970’s medicalization of menopause was effective. Replacement therapy was seen as the ultimate liberation of the middle aged women. Synthetic oestrogen was developed in 1938. Pharmaceutical companies dominated the market and the mindset of this time. In the 1970’s the International Menopause Society was established. A first International Congress on menopause was also organized in 1976, in Paris. In the Western countries the emblem of menopause is represented with the hot flushes, in Japan : shoulder pain and in India: low vision. Hormonal therapy rates are higher in the Western countries while it is very negligible in developing countries. Age at menopause is also higher in the West as compared to the range of 45-47 years in developing countries like India. Historically also a lower age at menopause was documented in earlier times. This rose to the range of 50-51 years in the present era. Overall, women in western countries view menopause on the negative side. This is contrasted with a more positive outlook towards menopause in developing countries.

<https://pubmed.ncbi.nlm.nih.gov/15981376/>

1.1 the three phases of menopause

There are three stages of menopause: perimenopause, menopause and postmenopause.

1.1.1 Perimenopause

Perimenopause occurs during the 40's for most women, but some notice changes as early as their mid-30s. Periods grow longer or shorter and women experience menopausal symptoms. During this transition, the ovaries begin producing less hormones, causing the menstrual cycle to become erratic or irregular. Side effects of menopause start to be experienced, like night sweats and hot flashes, Mother Nature is powerful and shows its strength. At this time, the body is moving toward the end of the reproductive years. More than twelve months without having a period, this is the end of the perimenopausal period.

1.1.2 Menopause

Menopause signifies the end of menstruation due to the loss of ovarian follicular activity resulting in reduced oestrogen and progesterone levels. This phenomenon marks the beginning of a non-reproductive phase following the reproductive phase. During this phase, women might face a struggle in coping with menopausal symptoms. Symptoms such as hot flushes, fatigue, joint and muscle pain, headache, urinary problems, depression, and mood swings are commonly reported.

It occurs when a woman stopped producing the hormones that cause the menstrual period and have gone without a period for twelve months in a row. Once this has occurred, this is the postmenopause.

Generally, reproductive ability decreases as women get older. It is important to understand that fertility declines as a woman ages due to the normal age-related decrease in the number of eggs that remain in her ovaries. This decline may take place much sooner than most women expect.

1.1.3 Postmenopause

This is the time after menopause has occurred. Once this happens, you're in postmenopause for the rest of your life. People in postmenopause are at an increased risk for certain health conditions like osteoporosis and heart disease. The hormonal level will remain low.

1.1.4 Earlier perimenopause is different from primary ovarian insufficiency

Premature perimenopause happens normally before 45 years old. This should not be confused with the primary ovarian insufficiency which happens before 40 years old which removes all possibility of procreation. In this irrevocable happening, the medical conduct should be treated differently as an earlier menopause. A substitutional hormonal treatment is often prescribed.

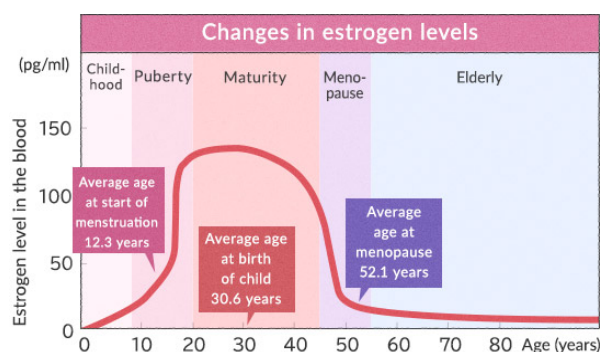
Certain factors are linked to early perimenopause.

These include:

- smoking or using tobacco products
- a family history of early menopause
- a history of cancer treatment
- if you've had the uterus or ovaries removed

1.2 Oestrogen decrease

The hormonal changes experienced during perimenopause are mostly caused by declining oestrogen levels. Ovaries make oestrogen, which plays a vital role in maintaining the reproductive system. Once you enter perimenopause, oestrogen levels start to decrease. As oestrogen decreases, it throws off the balance with progesterone, another hormone produced by the ovaries. These two hormones together are responsible for ovulation and menstruation. It's common for hormone levels to fluctuate during perimenopause — to go up and down like a rollercoaster. When we reach menopause, the body makes so little oestrogen that the ovaries no longer release eggs. There is no more period. In the graph shown to the right, we can see the obvious decrease of oestrogen production.



Graph: <https://www.otsuka.co.jp/en/health-and-illness/living-well-with-menopause/about/>

During the menopausal transition and after menopause, women can experience a wide range of symptoms.

1.3 Symptoms during perimenopause and menopause

Generally, the first sign of perimenopause is irregular periods. Perimenopausal symptoms are a natural part of the aging process that is at the first sight difficult to accept. Here the most relevant symptoms:

- **irregular periods:** the length of time between periods may be longer or shorter, the flow may be light to heavy.
- **hot flashes:** intensity, length and frequency vary.
- **sleep disturbances** are the consequence of night sweats, leading to fatigue and irritation.
- **fatigue** due to the drop of hormones, and sleep disturbances that upset even more the autonomic nervous system.

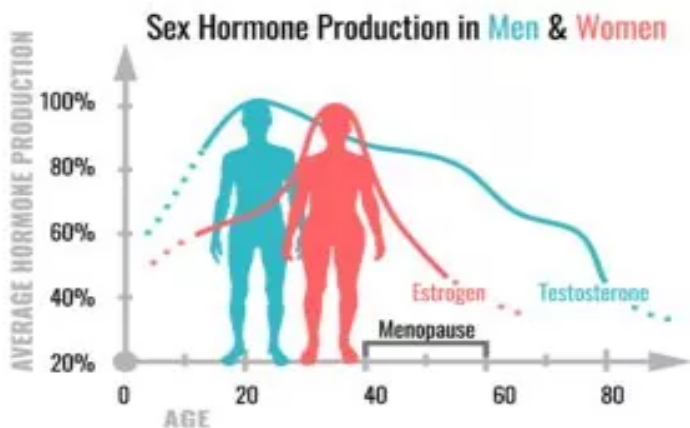
- **more frequent headaches** due to the fluctuation of hormonal levels especially for those already used to having headaches or migraines before, headaches can become more severe.
- **increased blood pressure** due to the autonomic nervous system perturbed,
- **modification of the silhouette and persistent fat around the abdominal belt:** the strongest symbol is the modification of the woman's silhouette and this is true. She will gradually lose her muscle mass in favor of an increase in fat mass resulting in weight gain.
- **vaginal dryness** : when oestrogen levels diminish, vaginal tissues may lose lubrication and elasticity, more exposed to urinary or vaginal infections.
- **changes in sexuality:** less sexual arousal/absence of desire
- **less bone density:** with declining oestrogen levels, you start to lose bone more quickly than you replace it, increasing a risk of osteoporosis.
- **hair loss:** when the levels of oestrogen and progesterone drop this triggers the production of androgens, or a group of male hormones. Androgens shrink hair follicles, resulting in hair loss on the head.
- **change cholesterol levels:** a drop in oestrogen levels may lead to unfavorable changes in the blood cholesterol levels, including an increase in low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol which contributes to an increased risk of heart disease. At the same time, high-density lipoprotein (HDL) cholesterol, the "good" cholesterol decreases.
www.mayoclinic.org/diseases-conditions/perimenopause/symptoms-causes/syc-20354666
- **mood swings:** irritability, period of sadness, anger or excitation, personally I did not have them. It is interesting to know that the Harvard study of Moods and Cycles found that 83 % of women in perimenopause experience no mood changes. *Hill, Maisie (2019) Period power, Green Three*

According to Toru Namikoshi (the complete book of shiatsu therapy, 6th edition, 2013 p 235) the troubles are more severe with thin, nervous women and with women who tend to suffer more from chills. Since they are strongly influenced by psychological elements, the more the woman worries about them, the longer these symptoms are likely to persist. Consequently, it is important to stay calm and reassure herself that the difficulties will pass with time.

Many of the discomforts that women experience in perimenopause are an expression of imbalances that have already existed in their bodies for years, sometimes decades. *Source :*
<https://vitalitymagazine.com/article/second-spring/>

1.3.1 the case of andropause

Menopause or andropause are terms applied to symptoms a man may experience as his testosterone levels decline with age. A more accurate term would be late-onset hypogonadism. Aging-related hormone changes in women and men are different. The production of spermatozooids has not



stopped. In women, ovulation ends and hormone production drops during a relatively short period of time. In men, production of *testosterone* and other hormones declines gradually over a period of many years, like the graph showed. This gradual decline of testosterone levels is called *late-onset hypogonadism* or age-related low testosterone. A man's testosterone level declines on average about 1% a year after age 20.

graph:<https://www.shutterstock.com/search/hormones>

1.3.2 Symptoms of andropause and how to manage them

It is normal for men to experience physical, sexual, and emotional changes as a result of a progressive decrease in testosterone production particularly after 40 years. The main associated symptom with low testosterone level is low libido. Aside this one, there might be the following symptoms:

- increased body fat
- progressive loss of strength and energy
- irritability and mood swings
- erectile dysfunction
- depression
- baldness, thinning of hair
- hot flashes and sweating

<https://www.henrycountyhospital.org/news-events/news/2020/may/what-is-male-menopause-andropause/>

It is possible to reduce the symptoms and their severity by managing the level of daily stress by following the advices below:

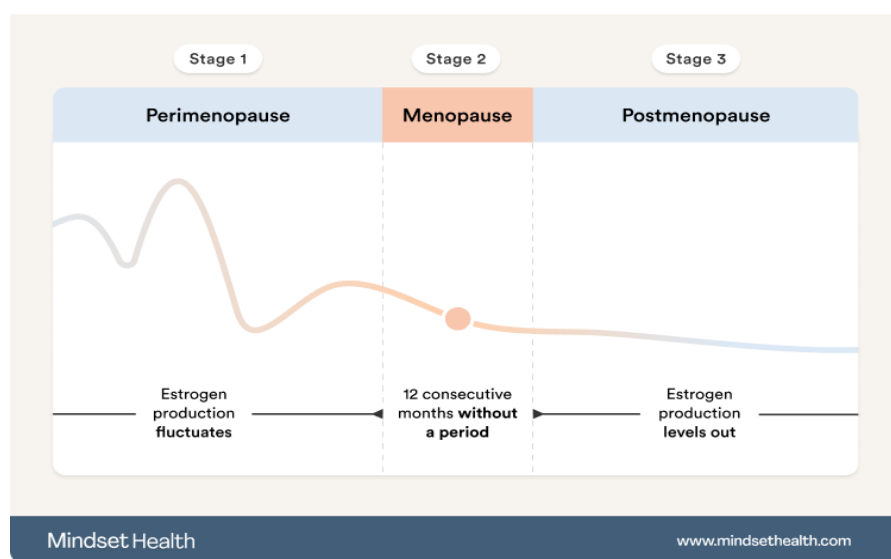
- limit alcohol, caffeine, medicine over the counter
- reduced size meal
- prefer to walk small distance instead of taking the car
- eat fresh veggie, fruits rich in essential vitamins and nutrients
- get weekly a physical activity
- keep a social activity
- 7 - 9 hours of sleep every night
- avoid peak hours transportation and crowded public area,
- choose a quiet time to make your shopping, grocery, etc

1.4 Postmenopausal period: a very long time

Once your period has been absent for more than one year, you enter the postmenopause. Of the many phases of life a woman moves through, she's actually likely to spend the most time in postmenopause. Infancy, childhood, puberty, reproductive years, perimenopause, and menopause together make up approximately forty to fifty years of life, so a healthy woman will spend between twenty and forty years postmenopause. While menopause does mark the end of reproductive years, it is also the beginning of a new, wiser stage of life.

Stages of Menopause

Understanding the changes in your body during menopause.



<https://www.mindsethealth.com/matter/menopause-guide>

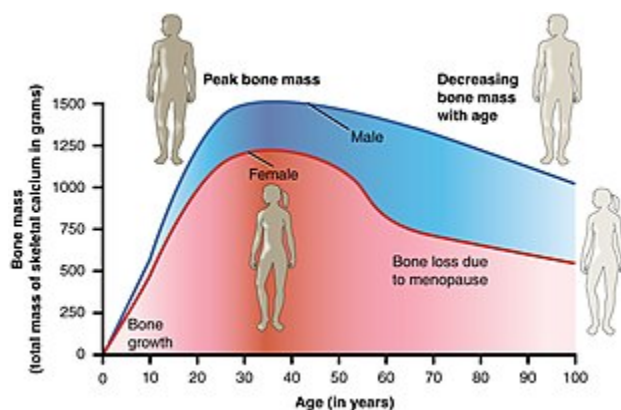
Postmenopause: This is the name given to the time after you have not had a period for an entire year. The symptoms are the same and can be amplified over time if no diet and lifestyle adjustments have been seen, or yoga, walking combined with a nutritional and balanced diet is no more a recommendation but a way to live.

1.5 Risks associated in postmenopause

In the longer term, those conditions will develop more.

1.5.1 Osteoporosis

Oestrogen plays an important role in preserving the bones. One of the main risks connected with menopause is Osteoporosis. This is a condition where the insides of your bones become less dense and more fragile. This increases your risk for bone fractures. You may lose up to 25% of your bone density after menopause (approximately 1% to 2% per year). When too much bone is lost, it increases your risk of developing osteoporosis and bone fractures. The bones of the hip, wrist, and spine are most commonly affected. Bone mineral density testing, also called bone densitometry, can be done to see how much calcium you have in certain parts of your bones. The test is used to detect osteoporosis and osteopenia, a precursor to osteoporosis.



Bones loss diagram : due to menopause, hormonal changes in women's hormone levels.

<https://en.wikipedia.org/wiki/Menopause>

In this diagram, we can see that the loss of bone density starts to become more abrupt around the 55-60 years old and continues to decline over a long period of time.

For more information, see in attachments a) the Risks factors in Osteoporosis at the end of the script.

1.5.2 Cardiovascular risk

The second one is cardiovascular disease. The risk of cardiovascular and osteoporose increases with age. In this way, to maintain daily exercise is more than recommended. Oestrogen helps protect against cardiovascular diseases like heart attack, heart disease and stroke. It is also common for people in postmenopause to become more sedentary, which contributes to high cholesterol and high blood pressure. These factors combined can increase a woman's risk for cardiovascular diseases after menopause.

- a healthy diet, not smoking and getting regular exercise are the best options to prevent heart disease
- treating elevated blood pressure and diabetes as well as maintaining cholesterol levels optimal are also ways to lower this risk.

1.6 What are the steps of the diagnosis?

Similarly in the western and eastern medicines : listening, questioning the patient and examining the body, in the anamnesis process. At the difference that a therapist will spend much more time treating the body itself, conventional medicine can deliver receipts and prescribes supplementary tests. Shiatsu therapists have no ability to deliver receipts or prescribe any tests. I would say the therapist delivers an invisible remedy: no pill or chemical in the process. We can nethertheless deliver advice on diet and lifestyle that a general practitioner generally will skip. Generally, I often advise the use of herbal biological tea like tulusi leaves, lemon juice or cider vinegar to activate the recovery.

First we are going to see how the regular medical system makes a diagnosis then the complementary system with shiatsu which is part of eastern medicine.

1.6.1 Diagnosis in the regular medical system

This is the protocol followed by the medical system in the Netherlands.

1. List of the problems: the client most important problems by order of importance with red flags,
2. Differential diagnosis (DD): the list of all possible diseases and conditions that the patient can have, rank them in order of probability and with the most likely diagnosis at the top.
3. Anamnesis
4. Physical examination: blood pressure, pulse, respiration, consciousness, height/weight, inspection, percussion, auscultation, palpation of the body part in question. Supplementary examination: laboratory tests, X ray test, etc
5. Descriptive diagnosis with different aspects: introduction of the patient, list of the problems, most relevant findings of the anamnesis, most relevant findings of the physical examination,
6. Conclusion and proposed treatment. *Source: Con amore, 2022, WMF course.*

The full description of the diagnosis is found in the Attachment b) at the end of the script.

1.6.2 Diagnosis in the practice of shiatsu

Japanese diagnosis traditionally consists of four different aspects:

1. BO Shin: generale observation, first impression, posture, vitality, movements
2. MON shin: questions, anamnesis, past history
3. BUN shin: listen, voice, smell, breath
4. SETSU shin: touch, shiatsu, kyo/Jitsu, reaction *source:*
<https://www.fivelightscenter.com/blog/2016/1/20/what-are-the-four-methods-of-diagnosis->

Notion de Jitsu: fullness or obvious yang, recent contracture. *The symptoms of Jitsu often have a Yang character of emergency because the attention of the receiver resides in. The Jitsu is the messenger of the Kyo and an essential part of the globality of the receiver.*

According to Sensei Onoda, (*Shiatsu neck treatment 2014 p.14*) the acute pain, Jitsu has a heated surface and reacts sensitively to palpation, in regard to the chronic area (Kyo) we will perceive its lack of elasticity and absence of strength on the surface. As the pressure penetrates deeper, a hardened spot or a resistant muscle fiber is perceived.

Notion of Kyo: emptiness or hidden yin, oldest contracture. This part needs to be nurtured, nourished with Ki. *We treat the Kyo to bring it into the consciousness of the receiver. When the empty area fills up, the tensed area can release its effort. C.Beresford-Cooke, shiatsu theorie et pratique, 2017, Maloine, p 147,149*

According to sensei Onoda, the oldest contracture, or chronic one (kyo) must be located first and then start the treatment on the same side. Typically the oldest contracture will match the side of the lesser pain.

1.6.3 Perspective from the Traditional Chinese Medicine (TCM)

Chinese medicine and shiatsu are closed but TCM has extra sources of diagnosis like the pulse taking, inspection of the tongue and the excreta from the month. Similarly, observation of the generale posture, gait, color of the skin, voice and smell are taken into account in the shiatsu diagnosis and in TCM. There are other aspects that the TCM takes in consideration in the diagnosis and understanding of the menopause.

Women's bodies follow seven-year cycles. From birth a young girl matures until the blood and energy in her body overflows and brings menarche (the onset of menstruation) at around 2 x 7 years of age. Then at about 7 x 7 years of age, the woman's body needs to conserve energy and blood and therefore enters menopause. **This is a natural progression and a sign of health dictated by the wisdom of the body. Menopause is a homeostatic mechanism that actually slows down the aging process in women.**

Gateway of change. Every individual has in life time periods of transition in which the individual is more exposed to diseases. Despite this, bigger changes can positively affect their health's condition. During these periods, it is necessary to care well about the general aspect of health and to observe a natural and healthy lifestyle. The 5 gateways of changes are the birth and perinatal period, the puberty, beginning of sexual activity and wedding, the pregnancy and postnatal period, the menopause. Thus the menopause is the last phase in a woman's life. *C. Beresford-Cooke, 2017, Maloine editions p.128*

yin/yang. A baby is born with equal parts of *yin* and *yang*. Over the course of the life cycle, women's *yin* is slowly depleted, while men slowly deplete their yang. This is why older men tend to get cold more easily as they get older (not enough fire to moderate the cool water), while women experience hot flashes and waves of heat (not enough cool water to calm the fire). The moist, cool aspects of yin become consumed, which leads to the creation of heat/dryness in our bodily systems. Here an illustration of Koi fishes Yin-Yang represents the duality of life. *"Both aspects are always interconnected and can never be separated. Debbie Collins" zen shiatsu teacher at the shiatsu school, den haag. Koi fishes <https://displate.com/displate/466480>*



Preserving our kidney essence is essential. An understanding of aging, according to TCM philosophy, is that it's directly linked to the concept of "kidney essence." Essence represents our fundamental nature, that which is necessary for life. Once all of a person's essence is depleted in the process of living, they die. The kidneys, in Chinese Medicine, govern our life cycles from birth to death, our hormones, and reproduction. So menopause is related to the kidneys. The kidneys also control our hearing, our low back and knees, urinary function, and our hair and nails. Thus, many women tend to experience pain or weakness in the low back and knees, hair loss, incontinence, and problems hearing during the menopausal time.

Two types of kidney essence. Congenital and acquired. Congenital essence (known in the West as genetic material) is inherited from one's parents. The quantity and quality of this essence depends on the vigor and age of the father and mother at one's conception, as well as the health of one's mother during pregnancy. Acquired essence comes from the air we breathe and the food and drink we consume throughout the course of our lives. Unhealthy lifestyles and excessive stress take a toll on our body's balance and essence. Imagine a line graph of a person's life: at birth the person has a full complement of congenital essence. How quickly one uses up that essence depends on one's lifestyle. The healthier the lifestyle the less need to tap into the energy of the Essence. Of course life is not always even, so this line will waver at those times in which essence is used up faster and times when it is used up more slowly. In TCM, the menopause is seen as a **Second Spring**. When our body ceases menstruation, the qi and blood is redirected to our heart, where our shen or spirit resides. It is this shift in Qi and blood that allows us to access the vibrancy, courage and strong will that accompanies the Second Spring. It is the passage from fertility and reproduction to a deeper knowledge of oneself.

9 advices from an eastern view:

- 1/ incorporate gentle to moderate movement every day like dance, tai chi, do-in
- 2/ give yourself time to nurture your emotions: allow all feelings and emotions to be there as they are all expressions of Qi
- 3/ create a space in your home where you can relax and meditate
- 4/ be involved with what you have to do: try to do it joyfully with the smile
- 5/ make a list of **Everyday Priorities**: accomplish what is the most important first, the "big block" at the beginning of the day to be sure to validate your daily priorities
- 6/ listen to your body as it is always communicating with you
- 7/ allow you to rest
- 8/ eat nutritious balanced meals at regular intervals, eat real food and remove all processed foods
- 9/ ensure that your meals are cooked and warm (broths, stews and leafy green) so that the digestion is well supported.

1.7 How can we improve quality of life during menopause?

1.7.1 What conventional medicine proposes?

Before choosing medication, a medical center can support you to find solutions or the doctor assistant will propose some adjustments to minimize the symptoms.

- a dietitian will customize your meals and rectify unhealthy habits.
- by eating more plant-based foods (vegetables and fruits)
- Research on women's health also suggests whole grains, legumes, nuts, fish, ground flax, olive oil, soy, dairy and prunes also have health promoting effects for women in menopause.
- reduce caffeine, alcohol and potentially spicy foods
- perform weight-bearing exercises like walking, strength training reduces osteoporosis
- improve sleep hygiene by avoiding screens and doing relaxing activities before bed like listening guided meditation, soft music or reading.
- stress management techniques like mindfulness.
- quit smoking.
- lose weight if indicated. Weight loss reduces hot flashes and night sweats and improves your energy level.

Aside from these adjustments, the healthcare provider may recommend over-the-counter or prescription perimenopause treatment to help ease the symptoms with:

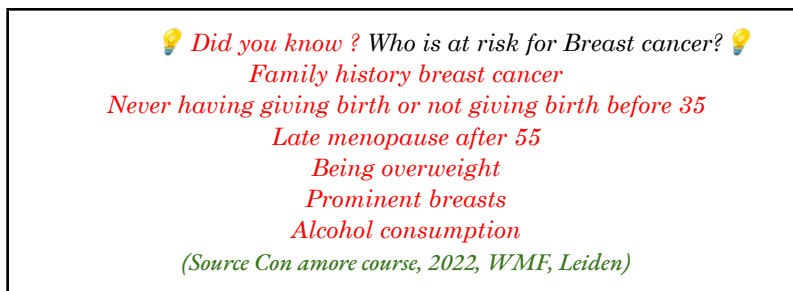
- antidepressants: these medications help with mood swings or depression.
- birth control pills. these medications stabilize your hormone levels and typically relieve symptoms
- oestrogen therapy: this treatment stabilizes oestrogen levels, as a cream, gel, patch or swallowable pill.
- gabapentin (Neurontin®): this medicine is a seizure medication that also relieves hot flashes for some women.
- vaginal oestrogen creams: treatment can decrease pain related to intercourse and relieve vaginal dryness.
- medication to prevent or treat osteoporosis.

1.7. 2 Consideration of an Hormonal Treatment Therapy

A medical study (France 2021) on more than twenty hospitals enlightens different aspects on the hormonal treatment in menopausal transition.

- in overweight postmenopausal women, a moderate reduction in energy intake associated with sufficient protein intake is recommended to reduce fat mass and try to oppose the loss of lean mass, and to associate physical activity with it.
- in postmenopausal women, it is recommended to have diversified protein intake, calcium intake with sufficient vitamin D.
- after menopause, regular low to moderate physical activity as well as the fight against a sedentary lifestyle is recommended to reduce mortality and cardiovascular risk.
- after the menopause and in case of risk of osteoporosis, it is recommended to have a physical activity associating weight bearing exercises and muscle strengthening to reduce the risk of fracture.
- in women at risk of fracture, it is recommended to offer, at the start of menopause, first-line menopausal hormone treatment to prevent osteoporosis.
- it is recommended not to prescribe hormonal treatment for menopause after a myocardial infarction or an ischemic stroke.
- to limit the increased risk of breast cancer attributable to hormonal treatment of menopause, it is recommended to favor the combination of estradiol with progesterone or dydrogesterone.
- hormonal treatment of menopause appears to be associated with an increased risk of breast cancer and ovarian cancer but with a reduced risk of cancer of the colorectal, pancreas, esophagus, stomach and liver, evaluation of the individualized benefit-risk balance.
- the minimum effective dose may vary over time and it is necessary to reassess the dosage of the hormonal treatment and to take into account the initial indication for treatment as well as its benefit-risk balance from an expert opinion.
- When hormonal treatment for menopause has been prescribed for the prevention of osteoporosis in a woman at increased risk, it is suggested that bone mineral density be measured when the hormone treatment for menopause is stopped.
- hormone therapy could be an option in case of severe risk of osteoporosis, recommend using it for a short amount of time and in people under the age of sixty,

- some healthcare providers do not recommend using hormone therapy after menopause has ended.
https://gynerisq.fr/bibliotheque_docs/2021_les-femmes-menopausees-recommandations-pour-la-pratique-clinique-du-cngof-et-du-gemvi/
- treating menopause with hormone therapy can increase some risks for the following conditions: breast cancer, uterine cancer, stroke, heart attack, blood clots and gallbladder disease. This way it is important to take into account the individual **benefits/risks balance**.



7.3 Key points and treated areas in a shiatsu therapy

Before to talk about the points I use in a shiatsu treatment. it might be useful to simply explain what Shiatsu is. This is a manual technique literally meaning “finger pressure” originated from Japan. This technique uses the fingers and thumbs basically sometimes the elbows and knees for greater pressure. Shiatsu is a form of acupressure points on the meridian lines which are connected to specific organs and energy. For example: the kidneys are related with the kidneys meridian and the element associated with them is the water, their energy is to purify, to filter the water. This form of therapy allows stretching and gentle rotations of the limbs and joints. On a physical level this has the effect of stimulating circulation and the flow of lymphatic fluid. It also works on the autonomic nervous system, helps to release toxins and deep-seated tension from the muscles, and can also stimulate the hormonal system. On a subtler level shiatsu allows the receiver to deeply relax, and support the natural ability of the body for self healing and regeneration.

<https://www.staa.org.au/What-is-Shiatsu> Below are the points used for menopause/andropause therapy. Ming Men point: master point I use in each session. Called “gate of vitality” or “point of origin” located between your L2 and L3 vertebrae, opposite from the navel, is an important point for providing Qi to maintain and correct organ function, but it’s also the spot in which your kidneys blend the Yin and Yang (Water & Fire) energy. In fact, it is the essence that originates from the kidneys, which is transformed in the most pure kind of Qi. The kidneys are responsible for filtering and cleansing blood. *<https://www.waterdragonarts.com/en/blog/mingmen>*

Spleen 6: is an important key point to stimulate the vitality in the body, called three yin crossing. The intersection of three yin meridians. Spleen, Liver, and Kidney meridians intersect. This means it can be used to address issues with any of these three channels. Do not use this point on pregnant women. <https://www.pressthispoint.com/> This point is commonly used to treat gynecological issues.

Kidney 1: reinforce the kidney energy, energize the whole body, move the Ki and promote labor, do not use on pregnant women. (*Finkelstein, 1984, The energetic function of points*) Kidney 3: point located at the midpoint between the prominence of the Medial Malleolus and the Calcaneal Tendon. This point is efficient to reduce hot flashes and night sweats. Press on this acupoint for 1 to 3 minutes every day to help nourish the kidney and remove heat, good for the hot flashes.

<https://pulsetcm.sg/2-diy-acupressure-points-to-put-a-pause-to-menopause-symptoms/>

Combination SP 6 + K3: I use this combination to regulate irregular menstruations and reinforce the kidney energy. (*Finkelstein, 1984, The energetic function of points*)

Kidney 5: unlock energetic blockages in kidney energy, strengthening genuine vitality (*Finkelstein, 1984, The energetic function of points*). I use this point while treating the achilles muscle.

BL 10: it has its reflective point on the sacrum area and its condition indicates the level of stagnation of blood in the pelvic cavity (*Shiatsu neck treatment, Kyo Jitsu diagnostic, 2014 p 11*)

BL 25: intersection between last lumbar vertebra and pelvic bone, it is a very good point for either diarrhea or constipation, also a very effective local point for low back pain. I use this point systematically for lower back pain and menopausal symptoms.

<http://www.acupuncture.com/education/points/urinarybladder/ub25.htm>

Gallbladder 30: located on the line between the greater trochanter and the sacro-coccygeal hiatus, 1/3 of the way from the greater trochanter, meeting point of the Gall Bladder channel and Bladder channels. Ma Dan-yang heavenly star point, used for lumbar and hip pain, and tonification of the lower limbs. <https://www.miridiatech.com/news/2016/05/acupuncture-point-gallbladder-30/>

Stomach 36: called “leg three mile” used for gastrointestinal discomfort, nausea and vomiting, stress and fatigue. Located four finger widths down from the bottom of the kneecap, along the outer boundary of the shin bone. If you are in the right place, a muscle should pop out as you move the foot up and down. <https://mendacupuncture.com/stomach-36-point-of-endurance/> stimulates the production of oxytocine which is a hormone to fight against all kinds of stress, pain or abdominal contractions. This super star point can be used for all kinds of ailments, increasing stamina and inner strength.

Liver 2: dispersion point stagnant ki, removes stagnant liver energy and gallbladder. (*Finkelstein, 1984, The energetic function of points*)

Liver 3: harmonize liver and gallbladder energy, release anger.

LI 4: called “union valley” excellent point to supporting the body with pain anywhere in the body, point used to alleviate headache, assist the bowels movements of the large intestine which bring more intestinal comfort, good point for waste elimination and at the symbolic level: clearing up all of what is no more needed so nothing remains stagnant.

<https://mendacupuncture.com/li4-our-great-eliminator/>

Anterior cervical region: this area is one of the most important regions to treat the symptoms of stiffness of the neck, upper back pain and mental restlessness. Action of the line decreases the level of high pressure (efficient to reduce the hypertension) through the vagus nerve and thus brings more calm in the nervous system.

Posterior cervical region: in combination with the anterior cervical area this treated area allows to locate the knots and the excessive habitual tensions that reside there. This also helps to reduce headache and shoulder tension. According to Aze Shiatsu, one of the warning points is found there between the 2d and the 3d cervical vertebra. Good to locate the area of the greatest tension and press steadily. In the neck, pressure is applied with the 3 middle fingers, instead of the thumb.

Onoda, Shigeru (2014) Shiatsu neck treatment, Kyo Jitsu diagnostic, Madrid. Aze shiatsu.

Sacrum area : this area is a masterpiece concerning the treatment of the disbalances of the reproductive system. The sacrum also acts as a protective shield, enclosing the nerves of the lower back. Together with the hip bones and coccyx, the sacrum forms the pelvis, which surrounds the bladder, colon, reproductive organs, and rectum.

Suprascapular area: I treat this area in most of all my treatments. This area helps to release shoulder tension that resides here for a very long time. Release tension in the upper back. Relax the entire body.

1.7.4. Complementary and Alternative Medicine (CAM)

As a patient, it is important to see what is available and to combine different types of medicine together is possible. Most of the time alternative medicine is also called “soft medicine” because it is mainly manual work or breathing work or spiritual practice like meditation that facilitate and enhance the healing process. In this way, Integrative medicine is an approach that combines conventional medicine with Complementary and Alternative Medicine (CAM) practices that have shown through science to be safe and effective. There is a long list of alternative medicines here, the most relevant ones:

Ayurveda (from ayur Life and veda knowledge) is the traditional medicine of India, Ayurvedic medicine is interested in man as a whole and does not consider the individual separated from his environment. Holistic and preventive above all to maintain a mental and physical health, this medicine combines the 5 elements (ether, air, fire, water and earth) with the 3 doshas (vata, pitta, kapha). Rebuilding the harmony between the elements and the doshas constitute the fundamental principle of the ayurvedic practice. *Secrets des médecines alternatives (2009) Guide pratique, première édition, Sélection du Reader's Digest.*

Chiropractic medicine is a technique born in the USA at the end of the 19th century. According to chiropractic, the slightest joint imbalance in the vertebrae, pelvis or other joint can compress a nerve, with the consequences of biomechanical disturbances. It involves finding the cause of the disorder and manually adjusting the joint to improve the spread of nerve impulses. contra indications: avoid in case of osteoporosis, very painful sciatica and rheumatoid arthritis. *Secrets des médecines alternatives (2009) Guide pratique, première édition, Sélection du Reader's Digest.*

Homeopathy is a medical system based on the belief that the body can cure itself. Homeopaths use tiny amounts or energy of natural substances. A central principle of the treatment is that "like cures like" that a substance which causes certain symptoms can also help to remove those symptoms. A second central principle is based around a process of dilution and shaking called succussion. *Secrets des médecines alternatives (2009) Guide pratique, première édition, Sélection du Reader's Digest*

Naturopathy: takes a holistic approach to wellness. Naturopathy supports a person to live a healthy lifestyle. The foundations of naturopathy are based on the importance of a healthy diet, clean fresh water, sunlight, exercise and stress management.

Oriental medicine is a complete system based on the five pillars of Traditional Chinese Medicine, such as acupuncture or acupressure, herbal therapy, diet, Qi Gong, Tai chi, and massages. Shiatsu is part of the Oriental medicine.

Vitality is possible from a complete and integrative approach including conventional medical check up combined with dietary changes, shiatsu therapy, herbal medicine and simple lifestyle adjustments to ease the transition into menopause. The practice of movements helps tremendously to soften the transition.

1.7.5 Benefits of yoga asanas

The practice of asana will help you to maintain a good shape, to soothe the curve, to reduce the hot flashes and the fatigue, to stretch the muscles and joints and increase your resilience. There are many types of physical practice for men and women like soft gymnastics, aqua gym, pilates, Qigong and tai chi during this transition. The patient in the menopausal period and post menopause may take great advantage of these regular and soft practices. Asanas or yoga postures tone the muscles, develop flexibility and improve posture and spinal alignment. Fundamentally it acts as a lubricating routine to the joints, muscles, ligaments and other parts of the body, increasing circulation and flexibility. Yoga postures initially focus on improving body flexibility (your body is as young as it is flexible). The spinal column houses the all-important nervous system – the telegraphic system of the body. By maintaining the spine's flexibility and strength through exercise, circulation is increased and the nerves are ensured their supply of nutrients and oxygen. Yoga is a system that massages the internal organs and endocrine glands, thus balancing the secretion of hormones, which are responsible for the emotional states. Yoga asanas prevent the expression of negative emotional states to arise like anxiety, depression. It is said that irregular breathing represents an unrested mind. <https://www.himalayanyogainstitute.com/hidden-benefits-yoga-asanas/> See the sequences of the Sun Salutation in the attachments d) this series of steps In this way the practice of breathing exercises help to bring back calm and serenity.

Yogic breathing exercises are called pranayama in sanskrit, which means control of prana (breath) or vital energy. Breathing promotes the entry and exit of air: blocking inspiration promotes gas exchange; the blockage of the exhalation favors the entry of air.

Did you know?

- inhaling invigorates and energizes
- exhaling relaxes and detoxifies
- breathing through the belly and the nose soothes
- breathing can be controlled
- breathing influences the vagus nerve and modulate the blood pressure



Picture: <https://www.himalayanyogainstitute.com/9-yogic-breathing-practices-mind-body-balance-healing/>

1.7.6. Positive impact of and Do In practice

This is an ancient form of movement, originated from China. It combines stretches, self massage, breathing exercises and energy movements.

The series of the four Makko Ho stretches of Wataru Nagai (1889-1963) four bending positions from the hips helps to bring more flexibility in the pelvis, legs, lower back and hips area (see the pictures in the attachments) the six stretches of Shizuto Masunaga help to keep the joints and muscles flexible over time. Specifically during the menopause and after when the joints get stiffer. According to Mr Nagai, exercising with a kind attitude toward the self and not forcing yourself is the key point. If you exercise every day, flexibility will come. Allowing to regain the flexibility you had when you were a child. *Source: Kluivers, Lilian, the essence of Makko ho and the stretches of Masunaga*

1.7.7 Benefits of a fresh and nutritional diet

“Our food should be our medicine and our medicine should be our food” Hippocrates.

A good nutrition is a secret for no one but often neglected by lack of time to find ingredients and the time to cook. This is the right time to enrich your diet with more nutritional ingredients.

- freshness top priority! for your grocery, select firm veggies from the open market and keep them a few days this way you eat fresh, avoid reheating your veggies a few times
- put different colors and tastes on your plate
- avoid industrial pastries and cakes, white sugar, food bathing in oil, alcohol and hot/spicy food.

Here are some examples of healthy food to balance the kidneys energy: seaweed, cucumber, millet, black bean, kidney bean, barley, black sesame seed, and some royal jelly. It is advised to reduce fat and have a plate rich in fibers (all fruits and veggies, whole grain) good to know: meat, eggs and dairy contain no fiber. Here below are some dietetic recommendations that help to reduce hot flashes and night sweats, and support the intestinal function:

- avoid or reduce maximum amount of processed food products and can products : almost always lose their nutritional value after being heated to extreme temperatures. This process kills all of the nutrients and all of the important enzymes which the body needs to digest them.
- eat some tofu regularly which has an oestrogenic activity : eat unprocessed tofu, miso, sprouted tofu, soy yogurt and tempeh weekly in your diet to reduce hot flashes. In Asia it is well known that the women experience less hot flashes. This may be the amount of soy or tofu eaten daily. Soy is full of protein, rich in vitamins and enzymes.
- young coconut water can be a natural source of phytoestrogens. A certain property in young coconut water containing oestrogen facilitates more optimal calcium absorption. The research effort also aims to identify the impact of young coconut water on slowing down osteoporosis in golden age women
- drink before and after meals
- eat fruits separately from a meal
- avoid starting your day with a coffee empty stomach, eat first then the coffee (if you are an unconditional) this way the acidic impact is less important on your empty stomach or after a meal to neutralize acidic activity.

1.8 Factors aggravating fatigue and hot flashes

I was wondering why the hot flashes get stronger and intensified at night. The night is an accumulation of what we have accomplished in the day. What we eat plays an enormous role as well as the movements. A day without moving enough is not a good day for balancing out hormones, muscles, and joints. At night, there is a reflection of what we did on our day like a mirror. During the night, hormone levels also can swing even more, which can result in more severe hot flashes that can leave clothes and bedding soaked. Thus caffeine, spicy foods, and alcohol are just a few of the dietary contributing factors that can create more severe hot flashes at night. These things naturally increase your body temperature, which is why hot flashes that follow the consumption of these foods and drinks can seem much more intense than other hot flashes. Room Temperature: hot flashes can also be intensified if the body is already warm (under the covers, for example) from the bed or room. Heavy blankets, bedding that does not breathe well or a warm room can all be contributing factors to making night sweats worse. Use cotton and natural fibers for your sheets and blanket.

1.9 Positive factors reducing fatigue and hot flashes

- walk daily outside to take fresh air,
- have a short session 20-35 min of stretching every day
- take natural vitamin D
- forget coffee/black or green tea instead drink a tulsi, chai or rooibos, ginger tea for a change, there are many more flavors waiting for you,
- drink not very cold or very hot, room temperature is ideal. This way the body does not need to adjust the temperature
- avoid alcohol and fatty, spicy food
- **search for a coach to support you in the transition.** According to a menopause study from 2021 :women who do not feel supported during the menopause transition report more symptoms and a greater negative impact of symptoms (see more details in the attachment b) at the end of the script
- avoid to be 2 hours in sitting position, if not possible allow yourself to take small breaks every hour
- make a list of your daily priorities which brings more tranquility and peace of mind
- register yourself weekly for a good yoga class or movements class
- sleep earlier to avoid unnecessary fatigue,
- receive a massage, a shiatsu
- combine acupuncture/herbal therapy with shiatsu treatments
- practice regularly a “time out” with meditation/breathing exercises
- listen soft music with aroma candles
- aroma therapy can help you to relax more

Advice especially for hot flashes: avoid all that can create a vascular dilatation like coffee, alcohol, spicy food, hot food, sudden temperature like hot bath or long sun exposition. Avoid stress, it's a generator of hot flashes, relax as much as you can, wear natural fiber clothes with several layers that can be easily removed, drink enough, refresh yourself with a water mister, a fan or a small ventilator.

1.9.1 Counterbalancing a sedentary lifestyle: the body works at its best when it moves

The trap around the age of fifty is to significantly reduce physical activity. However, the practice of Do In or the art of movement (I call it this way to practice any stretching, yoga asanas or gym every day between 20 to 30 min) allows us to oppose a certain loss of mobility. It is for this reason important not to stop exercising physically because the more the body moves, the more the cells, the muscles, the joints can rejuvenate. Thus the mood is more positive because of hormonal regulation.

1.9.2 There is a life after reproduction

This new phase is a privilege and a new terrain to explore and enhance our own personal abilities, more creativity, more determination and intellectual sharpness are present. Free from reproduction, women can finally develop more time for creative, social or political activities. All these recommendations and adjustments to get through the menopause are necessary to unravel this new phase of existence. Without this challenging but auspicious transition, we could barely review, improve the way we live, our diet and our habits. We will continue the same way. Thanks to this tremendous phase of physiologic changes and sometimes turmoil, we could continue to live, more prepared for what will come, the golden age. And what if this phase strives to teach us to live in the golden present?

Chapter 2

Description of the chosen treatment

A specific intention: It does not matter what you are doing, it is how you are doing that matters.

What is my main focus during a treatment? During the first intake, I observe and collect all kinds of information which will support me to know where the most needed areas are located. I evaluate the most important physical imbalances of the client. For example with client A, above the menopausal symptoms she has, I incorporate the fact that she has a high level of blood pressure so I work to reduce the hypertension with several points in the anterior cervical, in the lateral femoral and in the ankles, tarsal points. Domino effects: by treating her for hypertension, at the same time I work as well on the reduction of the headaches which were an important point to improve her condition. When I work on hypertension, I work inevitably to reduce her level of stress and anxiety by giving an appropriate pressure, firm, steady but gentle pressure is needed in case of unsupported feeling, sensation of helplessness, for minimizing fear, anxiety by delivering sufficient emotional presence. I offer a personal space where the client feels enough space to let go of some of their limiting ideas or mental obstacles. In the same session, I work systematically on my standart treatment by keeping in mind the most important disbalances to harmonize.

Typical questions concerning the menopause:

Here are some questions I used to ask during the anamnesis. My first focus is to identify where the client is in the transition.

Do you have your period? If no period since when? When did the symptoms start? What is the intensity of the headaches on the scale 1 to 10? What is the frequency? When are they the most intense? And the less intense? At what time do you wake up? Are you tired when you wake up? When do you go to sleep? Are you tired when you go to sleep? When are you the most tired? What do you do to relax yourself? What is your principal occupation on the day? Do you have a specific diet? Do you drink coffee, alcohol ? Do you take over the counter medicine or prescribed medication?

2.1 Description of my personalized treatment

Here is the description of the treatment I follow with the 3 clients.

Prone position (the patient lies on the belly, face down)

1 Back, upper back, lumbar

Observation of the body, lissage of the back then real contact with the patient hand palm on the sacrum and heart area, soft rocking from my hara center. Then soft Makko ho two times in the back. Interscapular line 2 times, focus on the first point and extra attention when it is very stiff. Infrascapular and lumbar line 2 times, last point of lumbar more focus 3 times 5 seconds, iliac crest 3 times the line, focus and pressure on Bl 25.

2 Upper back

Suprascapular points: 4 points 5 or 6 times. The first pressure is definitely not hard, I make contact with the tissues and of muscular contracture, the second time is already more firm. The third one stabilized, the fourth one stronger. My last pressure is stronger and deeper because the muscle has been well prepared. Palm rested on the suprascapular area treated.

3 Waistline, sacrum area

Energetic kidneys point: Ming men + its 2 lateral points: to find the point hands on the waist and the fingers do the rest. 20 seconds twice on the ming men point.

Sacrum area 12 points : 3 lines of 4 points + Gluteus 3 times + NP 3 to 6 times soft pressure + Golden triangle area 2 times: I take time to treat this area completely.

4 Legs

Makko ho on the posterior femoral area first then using my thumb, 2 times all the points.

5 Calves, ankles, feet

Posterior sural 2 or 3 times depends on the stiffness or rigidity of the muscles. Calcaneal tuber, holding the achilles muscle to stimulate Kd3, Kd 5 acupressure points. Plantar points, attention to the solar plexus, circular movements to relax the mind, firm sliding of the plantar area, 2 times. Ankle rotations and shaking the ankle from the hara, achilles muscle pressure and stimulation.

Supine position (the patient lies face up on the back, arms along the body)

1 Feet

when we change position, I restart by taking contact with the feet (because of the short pause to move) Foot rotations, solar plexus pressure and circular movements, toes rotations, extensions, flexions, foot dorsal: first line of the big toes, liver stimulation, extension of the feet.

2 Head

cranium middle line, parietal, cranium middle line, parietal 3 points with one hand resting on the crane both sides.

3 Neck

I turn the head on one side and treat the lateral cervical points first with 3 fingers, then the linea nuchae 3 lines, posterior cervical points, anterior cervical points, amygdala oblongata point 3 times soft pressure : efficient point to reduce lower back pain, soft circular movements on the linea nuchae, treating the other side the same way then leaving the head by resting my hands on the crane.

4 Legs

Inguinal: palming following by palming anterior and lateral femoral, thumbing on lateral femoral. *Palming medial femoral area + thumbing this area 4 times*, this is one of the most important parts of my treatment. Lateral sural 2 times + stimulation of acupressure point st. 36, 4 times 6 seconds.

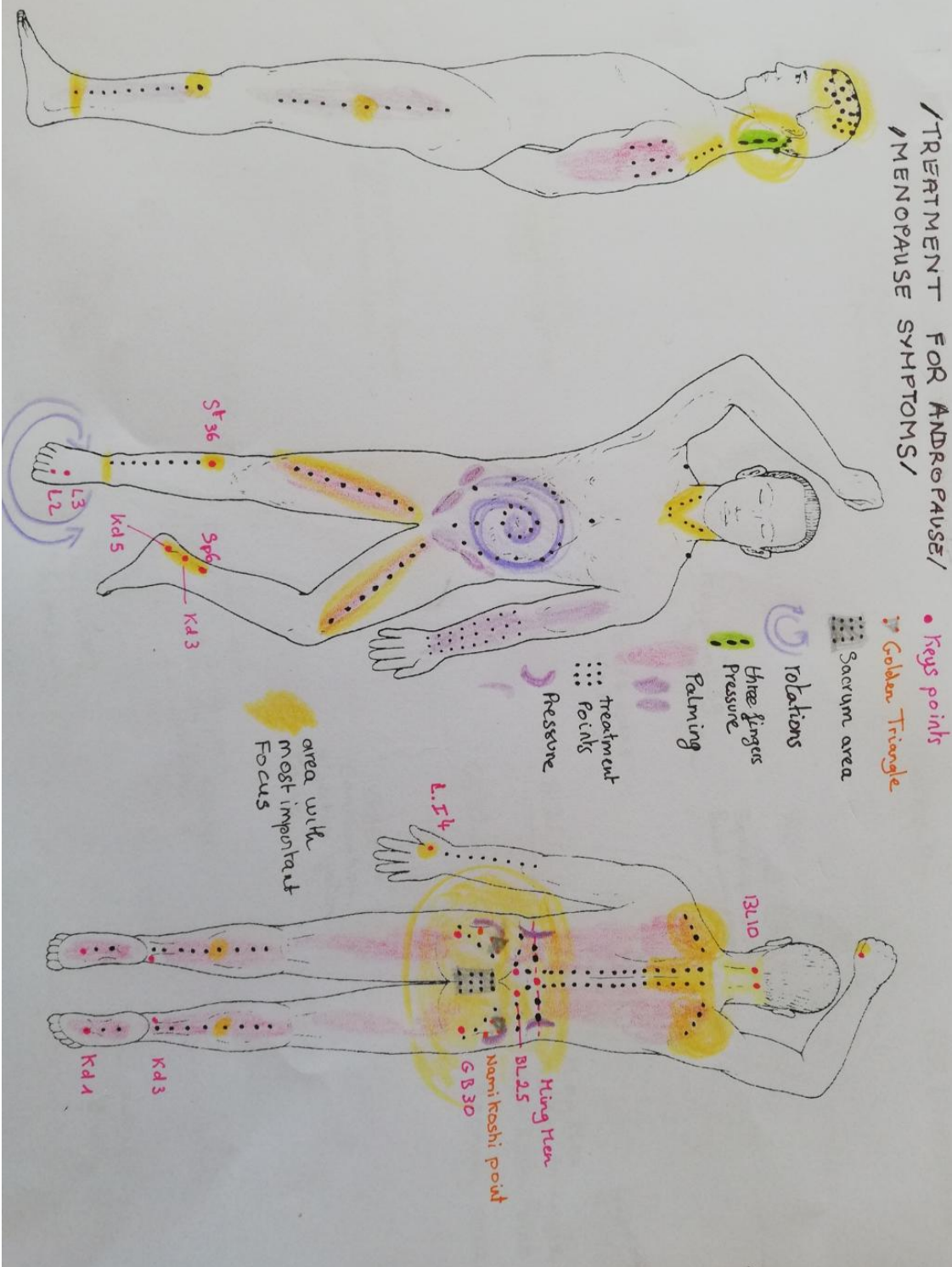
5 Arms

When the neck and shoulders are tense, I work on : palming lateral brachial and thumbing 3 lines 3 points, medial 3 lines + lateral antebrachial points. In case of lower back pain, I work on the 3 lines of medial antebrachial area connected with the lower back.

6. Abdomen

Palming 9 areas of the belly, 2 times, circular movements 10 times, undulations, circular pressures, 21 points abdomen 2 times, small intestines 8 points, descending colon 3 points, up and down hips movements, upwards pressure 6 times, circular movements, undulations and circular pressure, finish touch right hand rested on the epigastric area 30 seconds, energetic balayage to closed the session. In the following page, I visually represent the standard treatment with the key points I describe in the theory part “key points and treated area in shiatsu therapy.”

TREATMENT FOR ANDROPAUSE / MENOPAUSE SYMPTOMS



2.2 Description of known shiatsu treatments

“If one wanted to describe this therapy in terms of laundry, one could say that if shiatsu is equivalent to washing, stretching can be compared to ironing with flattens and erasing the folds.” *Namikoshi, Toru (1999) Shiatsu + Stretching, Paris, Le courrier du livre.* Below you will find the treatments I was inspired from to define my personalized standart treatment, I use a combination of those three treatments to design my own treatment.

2.2.1 Toru Namikoshi - In the Complete book of shiatsu therapy of Toru Namikoshi (6th impression, 2013), the menopausal ailments are under the denomination “climacteric upsets”.

1/ <u>Lateral position</u>	2/ <u>Prone position</u>	3/ <u>Supine position</u>
- cervical anterior points	- occipital area	- anterior femoral
- anterior cervical region	- suprascapular area	- arms
- lateral cervical region	- lumbar region	- head
- medulla oblongata	- Namikoshi point	- palming eyes pressure
- posterior cervical area		- abdominal treatment

Special attention should be given to the lower abdominal area and epigastric fossa, and the palm pressure on the eyes.

2.2.2 Shigeru Onodo - In his Kyo Jitsu diagnostic sheets concerning the neck treatment, Shigeru Onoda (2014, Aze shiatsu, e-download) treats the neck and shoulders area with a complete approach. The neck is an important part in the treatment of the menopause because we can directly treat headaches, mental stress, hypertension, sleep disturbances and mood swings.

According to Sensei Onoda, palpation of the occipital area with a soft pressure is ideal to look at the contractures and find them. The point BL 10 at the base of the head has its reflective point on the sacrum area and it's an indication of the blood's stagnation level in the pelvic cavity. The occipital and posterior cervical regions both reflect the condition of the lumbar area with an accuracy of 80%. (Shiatsu neck treatment 2014, Aze shiatsu, e-download).

1/Supine position (the patient lies face up on the back, arms along the body)

It is a long protocol performed on the table, all the sequences are repeated 3 times.

- | | |
|------------------------------------|---|
| 1 right interscapular region | 13 right subclavicular region |
| 2 right delto pectoral region | 14 right suprascapular region |
| 3 right suprascapular 3 lines | 15 right neck base points |
| 4 lateral left cervical region | 16 right sternocleidomastoid muscle inner line |
| 5 posterior left cervical region | 17 right sternocleidomastoid muscle external line |
| 6 left occipital region | 18 sternocleidomastoid muscle central line |
| 7 left interscapular region | 19 left subclavicular region |
| 8 left delto pectoral region | 20 left supraclavicular region |
| 9 left suprascapular 3 lines | 21 left neck base points |
| 10 lateral right cervical region | 22 left sternocleidomastoid muscle inner line |
| 11 posterior right cervical region | 23 left sternocleidomastoid muscle external line |
| 12 right occipital region | 24 left sternocleidomastoid muscle central line |

2.2.3 Hormonal treatment: this third treatment can be performed on futon and table, efficient to harmonize the hormonal disbalances, gynecologic problems, and the menopausal symptoms. The goal is to work on the conception vessel meridian, the one which is connected with the life force energy, in the middle of the body.

1/Prone position

1. Hand on sacrum
2. Ming men point (waistline and crossed thumbs on the spine) and its 2 lateral points 1,5 cun from the waistline, 9 times
3. 2 points under the rib cage with both thumbs
4. Sacrum area 5 points, 5 times
5. GV1 between the coccyx and anus, 90 seconds pressure in the direction of the head.

2/ Supine position, all the points repeated 3 times

1. CV2, CV3, CV4, under the navel
2. CV12, 4 cun above the navel
3. CV14, 6 cun above the navel
4. CV17 point between the breast
5. CV22 Fossa suprasternal this point should be treated in a specific position: knees on the floor for an optimal pressure.
6. CV24 middle of the jaw
7. 4 points in the medial inner side of the legs
8. Mi 6 gathering of three yin meridians.

Chapter 3

Description of the three treatments plan and their evolution with the studied literature

3.1 Treatment plan client A

First session 7/01/23

Bo Shin: client A is pleasant and friendly, a strong woman, with a robust skeleton.

Anamnesis/Mon Shin: 55 years old, with 2 daughters 21 and 23 years old. She works 3 days per week in a real estate company, has a stable life, married and living with her husband and their youngest daughter. She is on the conscious path of eating healthier and being kinder towards the animals. She is super social and likes to invite people. The family is living in a beautiful house in a green and peaceful neighborhood.

I listed all her symptoms:

- irregular and heavy blood flow periods since 18 months: she explained before this period, she used to have a very predictable menstrual cycle precisely at the same time for years,
- since 3 months no more period,
- foggy brain: in the past she used to organize birthday gatherings for 25 family members and the last few years she didn't know how to organize a dinner for 4 persons,
- stiffness in the hips, pelvic area and legs,
- sleep disturbance: wake up 2 times per night,
- weight gain since the last 10 years: 9 kgs extra the last ten years around one kilo per year
- mood swings for many years now feels a bit lighter,
- headaches intensified the last 3, 4 years,

- wake up very tired every day for 6 or 7 years: no motivation, difficulty to open the eyes, sensation not to sleep, heavy body everywhere. Later when she takes a douche and starts to move, gets better. She went to the doctor for this reason, she got a sleep test to see if she had a cardiac problem during the night but nothing was found, so client A did not know what happened to her,
- since the last two years: constipation/ bloated belly if she stops eating veggies for one day: abdominal belt sensitivity. A simple change in the diet creates those discomforts.

Beside all the menopausal symptoms there are 4 imbalances which took place many years ago:

- thyroid dysfunction since many years: takes 1 pill per day
- high cholesterol level since 15 years: takes 1 pill per day
- family high blood pressure problem: use at the moment two different types of medicine for high blood pressure: 2 pills per day.
- increased high blood pressure the last 18 months,

In December 2021 had a first foot surgery and 4 months ago a second surgery on the other foot. This is called hallux valgus deformity. The surgery aims to realign the big toe, the red and swollen bunion were removed from both feet. Now she can again walk in the dunes without pain, cycling and going to the gym.

Diet: no meat since 15 years, no eggs and fishes since 1 year. First drink water, beet juice with peas powder, 2 cups of coffee per day at 10h and 11h, Spicy food, curry with tofu, 300 g of veggies per day, alcohol in the evening time and for celebrations.

Reactions: the client was relaxed, felt asleep during the treatment. No other particular reaction. The face was really refreshed after the treatment, like after a good nap.

Therapist consideration: for this first session as the standard procedure, I did a basic treatment on client A. The enlarged breast did not allow me to treat the intercostal area completely: only the first and the last line have been covered.

Advice given: take a break in the closest park between two activities, make a small break of 5 min every hour at the office, and drink a glass of water. The client practices yoga classes twice a week and walks often in the dunes with the dog.

Evaluation of the client's situation after 5 sessions:

At the first session my visual observations:

- some obvious areas were quite tense, and surelevated like the middle back, the kidneys area looks like to be a jitsu spot,
- the buttocks looked full of tension,
- large and bloated belly
- the legs and calves were very tensed
- eats large portion of food
- snacks at evening time.

At the moment, some positive improvements have been noticed:

- improved physical look: the back is less surelevated,
- the buttocks is less tensed, the visual aspect is better,
- the belly is more plat and no more bloated like it used to,
- less tension in the legs and calves, more supple
- reduces portions of food, avoids certain kinds of unhealthy snacks like salted peanuts.

Does the plan need adjustments? Yes I will give attention to extra points in differents area:

- arms, to give extra space to the neck and shoulders: lateral brachial and antebrachial, delto pectoral area.
- extra points on the sacrum area
- on the digestive tract: GB 30 closed to the trochanter hips level, good to regulate digestive dysfunction like constipation, diarrhea.
- hypertension with 2 extra points: 5th point femoral lateral (side leg), 2 points tarsal area on both feet (Yoshi san class)

Visual changes and tactile diagnosis at the 5th session

At the 5th session, I was surprisingly pleased to see visual improvements. More supple area on the buttocks, medial femoral, lower back, She still has the left side dominant and general tension but visually and tactically less, more supple. The belly is also less bloated and large. I congratulated client A for the efforts. She took responsibility to eat more consciously. And it shows its results. She experienced more space in her body, and feels lighter. This encourages me to continue to enhance the natural healing process of the body. She is enthusiastic and believes in the shiatsu impact mentally and physically. This provides me even more joy to see it.

What has been done concretely according to the literature studied?

The integrative approach is to take in account all the parameters of the client. After taking all the informations at the practical level (her medication, regular check up by the general practitioner, endocrinologist, dietitian, etc) emotional level and physical level, I applied the oriental diagnostic (Bo shin, Bun shin, Mon shin and Setsu shin) In western medicine, we call it Anamnesis, general observations, physical observations, Examination etc. I identified a food problem and the necessary work has been to reconnect her with her body, with the pressure of shiatsu on good spots and correction of food habits, she brings her own self reflection. Each week, we worked together to better understand how we can soften the disbalances. I would say the most important thing is to be listened attentively and with interest by a therapist. I gave her that space. I have been very progressive as we have 10 sessions in total. So I had time to see the changes on the client. From the 3d session, I saw an impressive change in her face, she looked suddenly finer and younger. A new energy emerged.

I fundamentally follow Namikoshi's official method and as a real support, another book of Shigeru Onada, Aze shiatsu.

Evaluation of the client's situation after 10 sessions:

- weekly session with a holiday break
- no more headaches since the 7th session and this lasts for 3 weeks except the 10th session due to her period back
- lost 3 kilos
- digestive problems improved: "sometimes much better than it was"
- feels more energetic and fit than at the beginning of the plan
- still wakes up tired in the morning
- no stiffness or pain in the back this week.

What happened during the treatment plan?

1st session: wake up twice by night, often headaches, blood pressure increases since the last 18 months, extra kilos since 9 years: 9-10 extra so 1 kilo per year, wake up very tired the last 6, 7 years, slow digestive system, sensitive abdominal pelvic belt.

2d session: tired, often headaches, tensions in the lower back, pain in the middle of the back, sacrum very sensitive, talks about the overweight problem of her sister.

From the 3d session, improvements start to show up with physical change like a thinner face and a prettier facial look, the belly is less prominent, and asks for pelvic exercises.

4th session: improved sleep, headaches, lack of general overview, bad memory, pain in the middle of the back,

In the 5th session, she becomes more conscious of her body "*I feel everything in my body and that is new*", the physical improvements continue to be more obvious with visual less contractures on the buttocks, abdominal area less large, the back is more evenly distributed, visual back more harmonious.

6th session: "*I have 5 amazing days, feeling a different person*", wakes up tired in the morning then disappears when she starts the day. Concentration: no difference noticed.

7th session: lost weight, very relaxed, *no more headache*, feels a bit better in the morning, feels gratitude.

8th session: feels fine, *no more headache*, her blood pressure decreases, feels supported by my soft coaching.

9th session: so relaxed, come from winter vacation, *no more headache* for more than 3 weeks. For a person who often has intensified headaches since the last 18 months, it is really something to appreciate.

10th session:

- period back after 6 months of amenorrhea return of all the ailments: headaches, bloated, sensitive lower belly, wake up tired
- the client said "Thank you Martine, you make me young again"
- the digestive system somehow gets improved: "sometimes much better than it was"

Does the plan need adjustments? When she returns to me, I will follow the same process.

Newest visual changes and tactile diagnosis:

- the general view of the body is more evenly distributed,
- softened curves, less tension visual in the buttocks,
- the legs are still tensed, calves also especially after the winter sport.
- less tension in the lower back.

What has been done with the literature? I consciously follow the protocol of questioning on different aspects of life, I could have a large view of the patient's situation. During all those sessions, she could finally express herself freely on many subjects which she is not talking about normally with people and even not with her own husband. I treated her by integrating a combination of key points and areas that have been recognised by the profession. As she often had headaches, the cranium line and parietal points are very good to bring space on the tensed areas surfacing all the crane. The neck was a must area to treat : to relax the vagus nerve and lower the hypertension and treating the suprascapular area, the lateral brachial area and the back steadily, the inner legs.

Reflection on the total process: I carefully follow the protocol of a complete anamnesis. Especially the first session, it takes more than one hour and between 20 and 35 min the following sessions. This took a lot of time before touching the body in itself. I just observed all those steps were really necessary to understand the patient situation and reach such results we have right now with her. A session every week is optimal to observe easily the evolution of the symptoms.

My professional point of view: my therapeutic choices were oriented of course to improve the menopausal symptoms, to alleviate her fatigue and stiffness, *more especially with a focus* on hypertension, which is a key element to take into account in the health of this patient. Treating menopause symptoms is treating the whole person itself by accepting everything, accepting her fear for unknown alternative medicine, her mental will to get better, her courage to ask herself confrontational questions and all the possibilities that the treatment can bring/open.

3.2 treatment plan client B

1st session 20/01/23

Bo chin: patient B has a classic style, natural, she comes on her bike during a rainy day. She has a long face, medium long hair and wears glasses. She lets her natural gray hair.

Anamnesis/Mon Shin: client B is a 53 year old woman, children of 20, 18 and 13 years old. She lives with two boys 18 and 13 and her husband. Does everything with her bike, no car in the family.

Native English speaker, worked as a translator in the past. Due to 8 hours in front of the desk, she developed strong tension in the cervicals, shoulders and arms and finally numbness in the fingers. After different similar jobs, she experienced numbness in the fingers, and headaches she had to stop working in the office. This was misunderstood at this time by the staff as laziness. Many things fell from her fingers. After that, she searched for a completely different job area but after some time the tension was back as before. She had difficulties (and still has) to do simple cleaning tasks (and avoid them when she can) waiting for her husband to finish the dinner. To some extent, she has to drop or put material things aside.

Client B has still a period but rather light 2/3 days, has irregular periods and the cycle tends to get longer (one month and half). The blood is no more red, bruin. Got a first period at 14 years old, her mother at 17. I precised that she is in perimenopausal transition as she still has a period, irregular with symptoms. She is active, bikes for all her daily occupations as she has no car, swims twice a week, goes to a yoga class or tai chi class every week. Like to have a strong black tea in the late afternoon, She wakes up tired, goes to bed after 23h30, enjoys reading before sleep but cannot at that time and starts to have a headache.

- takes every day antihistamine for allergy
- asthmatic since 10 years, uses an inhaler every day
- calcium:supplement for the bones,
- diet: has a very good breakfast every day with a muesli, a banana, a coffee and an egg, a diversified and fresh diet from the open market, with a lot of veggies, eating 4, 5 times per week meat, and fish twice a week. Have a traditional warm dinner with the family, drink 2 glasses of wine every week and a glass of homemade beer 4 or 5 times a week. This can be a bit heavy but the client is often outside cycling and moving which demand a lot of calories.

Symptoms

- a medical history of chronic headaches and strong migraines since she is 21 years old: she needs to stay in bed the whole day and sometimes 2 days before it comes back to normal.
- amplified headaches since the last 2,3 years.
- chronicle and intense pain in the cervicals (intensity 7, 8 on the scale to 10), shoulders, arms and fingers.
- irregular periods
- general fatigue
- probleme to concentrate, 'think slowly' as she described
- hot flashes in the night: 2, 3 times in the night, not everyday 3 or 4 times in the week + interrupted sleep
- discomfort in the lower back (intensity 2/ 3 on the scape to 10) since one year
- bloated before the period
- cramps in the feet since one year
- wake up tired in the morning
- all kind of allergy (pollen, animals, dust, pollution)
- asthma: weakness in the lungs, uses to have bronchitis, cold longer than expected
- repetitive constipation when she goes to England for holidays.

Reactions during/after the treatment: in this first session, spoke a lot during the anamnesis then for the shiatsu was rather silent. She could really let it go when I treated the belly, her face has no tension anymore.

Visual observation: solid body, looks strong. I noticed she has a varicose vein in the lower leg close to the left ankle which causes her no pain.

Therapeutic considerations (contact with other disciplines, diet advice, self treatment, stretching, lifestyle) After the anamnesis, we did some stretching for the legs and lower back, and an extension posture for the neck, has other symptoms than menopausal, the tensions in the upper part of the body will be alleviated with shiatsu by treating the head, the neck, shoulders and lower arms. I noticed. The client has an important verbal and cerebral activity: like reading the newspaper in the morning and before falling asleep. As she gets late in bed and starts to have a headache, I suggest she be in bed earlier. Obviously it is an extra mile that the body cannot bear.

Evaluation of the client's situation after 5 sessions: since the first session things are getting better, the general situation is a bit lighter. I worked to alleviate this general stiffness. Her body needs to make more space in the joints and muscles.

- no more hot flashes (before 2,3 times in the week)
- less tired in the morning,
- headaches have almost disappeared,
- cramps every night the last 2 years, no cramps after the 4th session!!

Detailed treatment plan:

1st session: headaches, chronic rigidity/strong tension neck, shoulders, arms and fingers, feet cramps every night (sign of lack of muscles oxygenation), hot flashes with night sweats 3 nights in the week, 3 hot flashes per night, lower back discomfort, morning fatigue and evening time, allergic and asthmatic.

From the 2d session, beautiful improvements have been monitored quite fast, more space in the neck and shoulders with no hot flashes and no discomfort in the lower back.

At the 3d session: no headache, reduced hot flashes and night sweats 1 in the week, makes naps in the afternoon, feels better at evening time, gets late to sleep around 23h.

At the 4th session: obvious improvements, no headache, no hot flashes, no cramps at night, neck gets better, no lower back discomfort, 4 naps in the week. Mentally, things are moving slowly to more inner space. Removing useless stuff to create space inside herself. More tired in the morning than in the evening.

At the 5th session, less tired in the evening, no headache, no cramps, no hot flashes, and still slept late.

Does the plan need adjustments? Yes, I did from the beginning a long session of around 75 min of shiatsu without counting the intake which was a minimum of 30 min each time. Except for the first session, the intake took a long time to talk about all the symptoms she experiences. A long session was needed, as the body never received some manual treatment or any massage. I wish to reduce the time now because the body knows the way. Less time is needed as I worked with dedication on her total wellbeing the 5 first sessions. The positive results show up when we work at a deep level of sincerity and total involvement.

visual changes and tactile diagnosis : not so much visual change but tactically some parts are more supple like the medial femoral, the legs, the calves. I think mentally things start to move.

What has been done with the literature? I concentrate my attention on the parts that need the most to be treated like the head (to reduce the mental limitations and open new possibilities) neck and upper back. I work steadily on the ming men point, lower back, iliac crest region, GB 30, and hips area which have sensitive spots like golden triangle area and gluteus area.

Evaluation of the client's situation after 10 sessions

This is a great success not having anymore headaches for someone with recurrents and intensified headaches the last two years. The client has her period back after an interruption of three months in the winter. She feels better and modifies some of her habits: getting earlier to sleep, removing black tea in the afternoon, having a stretch or a meditative time before going to sleep instead of reading and then having a headache. She experiences relaxation, less tension and relief during the sessions and even laughs.

At the 6th session:

- no headache,
- continue to rest in the afternoon,
- no lower back discomfort,
- one hot flashes low intensity and one cramps in the feet,
- her physical tension depends on what physical activity she does or not in the week. Very sensitive to the movements, the body constantly reminds her to move.

At the 7th session, she has her period back in the holidays after 3 months of amenorrhea, more blood than usual, no hot flashes, no back discomfort, headache for 2 days because of the periods.

At the 8th session: during 2 days of drinking no black tea in the afternoon, she could fall asleep earlier, stretch before to sleep, sleep well those 2 days, no headache, no cramps, and walk more than she used to. She starts to put into action the advice given.

At the 9th session:

- no headache,
- no more black tea in the afternoon,
- has naps in the week, feel better in the evening,
- one hot flashes low intensity without sweats,
- right foot stiff, touches her left shoulder.

At the 10 session:

- no headache,
- has her period again this time with a short cycle like before. Symptoms are back with pain, more tense and bloated belly.
- stopped to drink tea in the afternoon,
- continued to have naps and every night before to sleep,
- seated position for ten minutes in the calm, trying to empty her mind.

Does the plan need adjustments? The client wishes to continue from time to time. She asked me a few times for extra attention on the shoulders which I could provide. If I continue with this client, I would take time to treat the shoulders area from different points of perspective (aze shiatsu approach, neck treatment) and the whole belly.

Newest visual changes and tactile diagnosis: overall, the body looks solid and at ease. Due to her period, she has more sensitive areas in the lower back and in the buttocks. The physical aspect did not change a lot. The middle back and the buttocks look less of a jitsu spot but still tense. Tactically the legs and calves are rather supple. The lower back is less sensitive than it was. The medial femoral area is still sensitive but less than it was at the beginning of the plan.

Reflection of the total process, the communication between the client and me was easy and tranquil. She cooperates very well with the fact that we have to stay committed to this plan for 10 sessions. She accepts as well to receive one session per week except of course during the vacations. Planning appointments was fast and easy. The sessions were rather long because of many aspects to discuss about her health and habits. *The habits part was a dense and intense part of the session.* Like an overloaded, irremovable container. Her agenda was so full of family duties, heavy to bear every day. This fullness creates mentally so much tension on her shoulders, unconsciously for many years. I felt she asked indirectly for more space in her mind, body and surroundings. I observed the difficulty to let go of the things of the past which prevent the client from taking new things in.

My professional point of view: fortunately client B has a strong constitution, a good appetite and digestive system. I identified the source of the tensions, as *mental tensions* accumulated over the time and the past inappropriate jobs that caused her more physical stagnation and stress. That is why I treat at each session the head (headaches) and the neck, to create a mental liberation and a real relaxation. I took great care to treat the lower part of her body, the sacrum and gluteus. The buttocks area is obviously a jitsu spot. The medial femoral area removes the blood stagnation in her pelvic area and legs, above this she could really surrender. So the energy flows more freely. I treated the arms as they were almost all the time limited in their small movements. A feet warming up and stimulation with L3 points to remove stagnation of the liver, K1 to stimulate the kidneys energy.

3.3 Treatment plan client C

1st session 13/01/23

Bo shin: client C is a delicate and elegant person. An active woman as well because she came with the bike from den haag on a rainy day.

Mon shin: I welcome her with a smile. 51 years old, married, 2 children 9 and 11 years old. Two times married and finally started to have her first baby at 39 years old. I observe that she took time before having a family. She explained she was single seven years after her divorce, time to digest and take trust again in a solid relationship. Interesting fact : gets her first period at 16 years old. When the numerous symptoms appeared, she thought first she got through a burn out. She has at the beginning of the perimenopause strong symptoms: emotionally unstable, hot flashes, sweat nights, very perturbed night, lack of sleep, important fatigue, hair loss, slow digestion, constipation and sensitive intestines to any change. During six months “she did not recognize herself “then she went to the doctor and started to use hormonal therapy with two types of hormones. She has been taking hormonal treatment for 2 years now. Since then the symptoms have been reduced and for some of them disappeared. She exercises often with cycling, exercises four times per week, and feels better after sport. In August 2022, client C had some misunderstanding with the manager and had to stop working in the company. The situation brings her some stress and recently contacted a lawyer. Since she stopped working. This situation is new and she starts to be more active at home and school.

Current symptoms:

- general tiredness: get quickly tired,
- anxiety,
- physical and mental tension,
- hot flashes with low intensity and frequency,
- asthmatic since 13 years.

The good sleep was completely back, felt stronger in legs and arms, emotionally more stable too. With her professional activity aside, this seems to be difficult to live. Nevertheless, client C feels she has less energy, feels tired more quickly, and needs more hours to be really awake in the morning. She added that she is not a morning person. In one year from now, she will have to stop the hormonal treatment because she will get 52 years old. Will all those challenging symptoms come back?

Physical activity: 14 kms by bike weekly, swim once a week, walk 8 kms every Saturday with friends. Diet: eats a bit of everything, meat and veggies, 1 or 2 wine glasses on Saturday not every week, makes her own bread. Reactions during the treatment: spoke all the time during the anamnesis and ended up speaking halfway of the treatment.

Therapist's considerations (contact with other disciplines, diet advice, self treatment, stretching, lifestyle recommendation) She has a balanced diet and exercises on a regular basis. I show her some soft stretch for the legs and arms, some rotations for the neck, her body is stiff. She is not used to stretching on a regular basis.

Evaluation of the client's situation after 5 sessions

The process starts slowly with this client due to one session every 2 weeks. This was less obvious to monitor the impact of shiatsu, more diluted in the time. The client experiences less hot flashes in general and a progressive mental relief, alleviated session after session.

Detailed treatment plan: the treatment plan took time to unravel because of the time between the sessions and all the challenges experienced by the client (professional problem; recently at home with no more job, 2 children, in perimenopause) At the second session, the client has day and night hot flashes.

At the 3d session:

- no hot flashes observed for 2 weeks
- less fatigue observed, felt less tired by sleeping earlier
- felt she was on vacation during the shiatsu
- sleep routine improved

4th session: I could observe a mental relaxation.

5th session:

- decrease of verbal communication
- get calmer
- hot flashes came back while cycling, few in number

Does the plan need adjustments? Due to the dilute time of the five sessions, I felt the impact of shiatsu less obvious and it is more difficult for me to monitor the evolution during the 2 weeks. The information given by the client is less accurate as she needs to remember. I will continue the plan.

Visual changes and tactile diagnosis the whole body is a bit less tensed, less visible calves tension.

What has been done with the literature? *Mon shin* always takes time as I need information before I touch the body. It feels like a necessary preparation before operating. Without this phase, we cannot say it is a therapeutic process. The therapeutic effects take place when the therapist integrates all the different layers in the process, emotional, intellectual and physical layers. I follow the protocol I designated to treat the sacrum area, the ming men, the inner legs, the head, and upper back. With some important key points listed in the theoretic part.

Evaluation of the client's situation after the 10 sessions

Detailed treatment plan: from the 5th session, the talks start to reduce a bit during the treatment. From the 6th session: less stiffness in the back, more calm observed. In the 7th session the same tendency continues, with much less verbal communication. I observe a progressive reduction of anxiety session after session. 9th and 10th session: slow reduction of the stiffness in the upper back and ankles, a general diminution of the physical tension, an improved digestive system with less constipation observed. What is the most relevant here with this client is the diminution of the verbal communication.

Does the plan need adjustments? It was more difficult for me to follow this client. The treatment is good to continue with, I could eventually reduce the time of treatment to make shorter sessions.

Newest client card with visual changes and tactile diagnosis: the upper back is more supple, less tension in the shoulders. The whole body looks less tense after the 10 treatments. The legs somehow are more firm when she stops to cycle for a while (gets rest). Too much does not mean more but the effect is just counterproductive.

What has been done with the literature? *Mon shin* has been an important part in the therapy, the client needed to share a lot about her personal issues. I worked with focus on the head, the upper back, the lower back, the pelvic area, the legs, the feet, and on the key points explained in chapter 1 (see key points and treated area in shiatsu therapy). I understand the importance of kidneys and liver energy, they are the most important organs we need to take into account in any treatment. *Onoda, Shigeru (2020) Aze shiatsu, Basic treatment, Madrid, Aze Shiatsu editorial p.356*

Reflection on the total treatment process: it has been a more difficult process, not flowing like the 2 others. Due to many postponed appointments, the plan has lost its efficiency, and we missed the real potentiality of closed sessions. When we could have 2 weekly sessions, I could observe the positive changes, like moments of calmness during the session, reduction of hot flashes, and less muscle tension.

My professional point of view: the client did the best to follow the plan but was very demanding for her. I think it would have been better to treat her outside the script, this client is emotionally hypersensitive, and has too many issues at the moment to comply with the expectations of a study plan.

Chapter 4 Comparison of the three treatments plan and their evolution in the process

4.1 Practical aspect of the treatment plan and characteristics of the clients

Practical aspects of the treatment plan

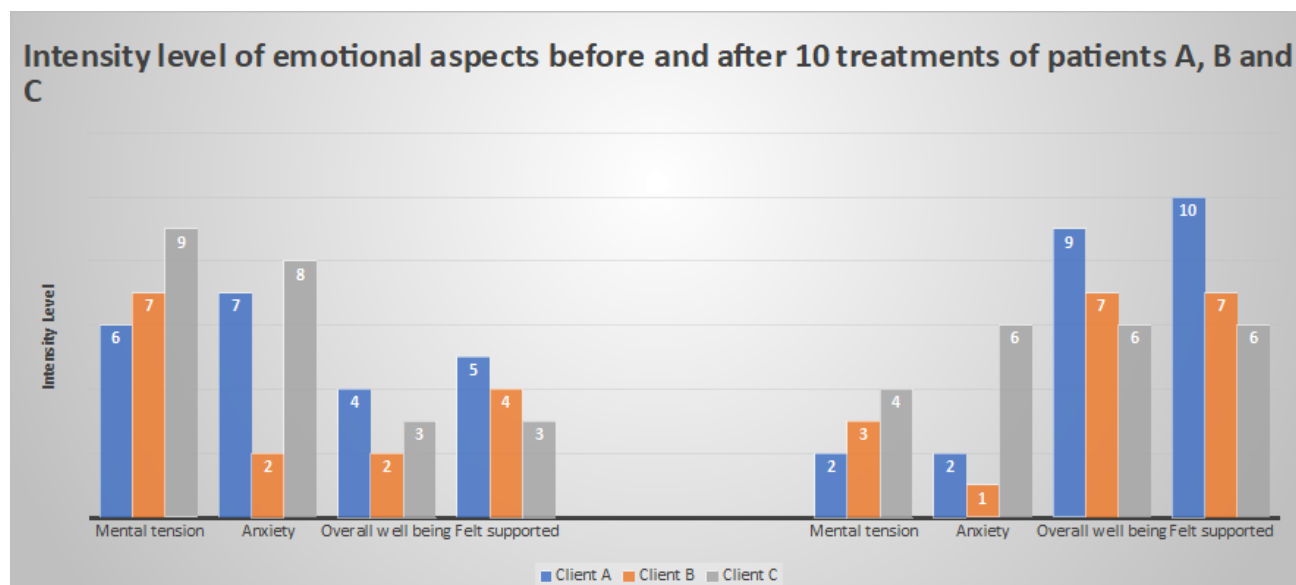
	Client A and Client B	Client C
Frequency of the sessions	Weekly	Every 2 weeks or more
Total duration of the plan	3 months	4 months
How was the process to fix appointment?	Easy and fast	Not fluid, slow process and often postponed
Punctuality of the client	On time	Delay of the first 3 sessions

Characteristics of the three clients

	Client A	Client B	Client C
Age	55	54	51
Status	Married		
Number of children	2	3	2
Professional activity	3 days/week	None	Out of work momentary
Where are they in the transition?	Perimenopause		
Age of first period	14	14,5	16
Age at first child	33	34	39
Physical activity	✓		
Hypertension	✓	Not concerned	
Thyroid dysfunction	✓	Not concerned	
Overweight	✓	Not concerned	
Hormonal treatment therapy	Not concerned		✓

On the 2d table, we can observe that the age of the clients for the three of them is relatively late to have their first period but also to have their first child which amplifies the severity of the symptoms. This can be illustrated by this sentence, the older a woman enters a family life, the heavier the situation at the menopause will be (client C).

4.2 Emotional aspect



In this graph, my starting point is the first session at the left side of the graph and the last session at the right side to review the evolution between “before and after.” I exposed the most important mental aspects I could observe during those sessions like mental tension, anxiety, overall well-being and if the client felt supported in general in her life. I thrive to monitor those aspects on a scale 1-10.

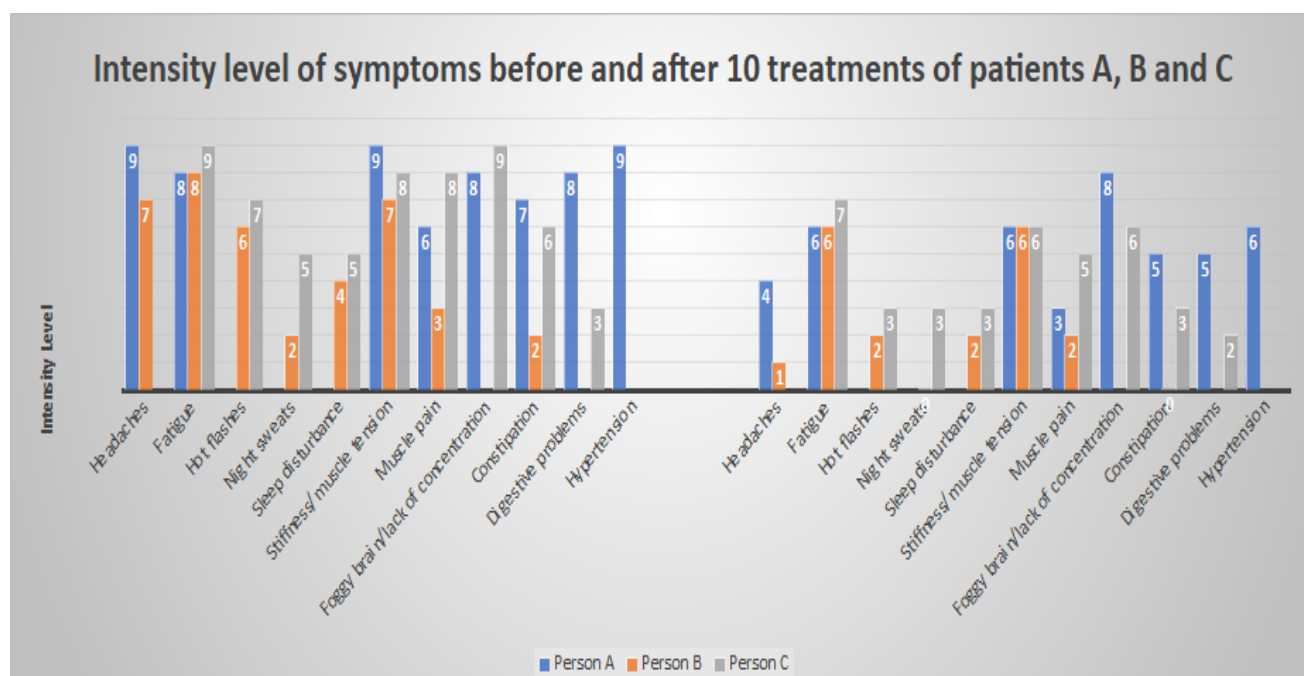
Scale

- 1-3** low intensity
- 5-6** moderate intensity
- 8-10** high intensity

The results will be explored in chapter 5 as recommended. According to one study on menopause, the more the women felt supported, the less symptoms were reported. See the survey published the 13 dec 2021 see attachment c) end of the script.

4.3 Intensity level of the symptoms

On this graph, I want to show the level of intensity of the symptoms reviewed during the first session and after 10 sessions of shiatsu. I took as a value of reference: **1-3 low intensity**, **5-6 moderate intensity**, **8-10 high intensity**. Visuals are more attractive than words and sentences. In one look, we can observe the evolution of the symptoms with clarity. The results will be explored in the next chapter.



Chapter 5 Conclusion

“Shiatsu that cannot heal the patient is not Shiatsu” Shigeru Onoda

5.1 Results from the comparison

On the practical level: client A and B cooperate quite well to follow the assigned plan in the time. Client C has more difficulties to follow the agenda as her life was perturbed and her mind too. She has a kind of mental resistance to come every week. I can observe that the more the sessions are distanced, the less visible are the results, like drops diluted in a lot of water. This shows obviously that when a person feeling perturbed emotionally with physical complaints too, has great difficulties to follow a plan, or to comply with the rules, everything in some way collapses. I think client C was at the border of a burn out fortunately she could come back gently on her feet.

At the mental level

- all the clients gain an improvement by following the sessions,
- mental tension: a drop of 59 % => see the explanation of this result in the attachment f)
- overall wellbeing has been greatly improved for client A and B **almost 60% of improvement** with less impact for client C => see the explanation of this result in attachment f)
- all of them felt more supported after the sessions, especially client A: the more the client believes in the goodness of the healing process, the more effective the sessions are,
- no change observed on the concentration and memory level.

At the physical level

The particularity of the three patients was their tiredness especially in the morning which can be very unusual. Tiredness before going to sleep is comprehensible but when it happens in the morning this makes me think about hormonal perturbation in the whole system. It was difficult to diminish this morning's tiredness, it has been alleviated for all the 3 patients, less predominant but still present.

I noticed a general diminution of all symptoms which is a beautiful confirmation now. Especially for the headaches and the hot flashes **61.5% decrease**. There is a domino effect, when there are less hot flashes at night, there is also less sleep disturbance, a better sleep, and less tiredness in the morning.

Concerning the muscle pain, sometimes it is removed for a few weeks, sometimes it comes back, sometimes it does not change. The level of pain is fluctuant and thus difficult to monitor precisely. For this reason, I cannot give a more precise result.

Concerning the digestive disturbances: there is a large part in which I cannot control: the food that the client will eat, the time the client will eat and the habits rooted for decades or more by the client. All these factors influence the digestive system. This way the results are not so spectacular in this area, an improvement of the functioning of the digestive system but not a significant change.

A regulated high blood pressure has been observed with client A during the treatment plan.

5.2 Answer to the learning questions

My purpose was to get through this journey of 30 treatments and to arrive at the conclusion that Shiatsu can be safely recommended as a complementary medicine by regular medicine to harmonize the transition and its symptoms, by maintaining a more balanced health condition. My original question was if Shiatsu really alleviates the symptoms of menopause. Shiatsu alone or only "hands on the body" will not be a complete process of healing: it is the phase of questioning, showing interest, listening, educating and guiding the client that allow the healing process to take place and make its unfolding effects. Without these phases, we cannot say there is a therapeutic process. The therapeutic effects take place when the therapist integrates all the different layers in the process, emotional, intellectual and physical layers of the client. Getting one treatment or receiving one shiatsu therapy? There are qualitative differences. If a therapist skips the phase of questioning, listening and avoids understanding the client, the therapist will miss the point of the deep inner work. The client will not receive *this specific, dedicated space* of personal attention and focus she/he tremendously needs. So I get the confirmation during this treatment plan:

a session without anamnesis = no real therapy. In my session, above anamnesis and shiatsu itself, I deliver as well dietetics advices, proposal of correction concerning unhealthy habits rooted in the time, tips to adjust with a busy schedule, etc. I have enough clarity to propose this because I inquire quite seriously about the habits that the client has settled often many years ago. The habit is not wrong or good, it is simply a way to live unconsciously without questioning why they are still doing it. I bring back the question into the client's mind to think about it, this reflection brings mostly some positive change. This is a starting point.

A tiny change is already a success toward more well being, more relaxation, more health. Imagine a cumulation of tinies changes that the client keeps maintaining: such a beautiful improvement of health condition after some time. My specific parcours developed under the guidance of different teachers with a rich background (Japanese and European) provided me with a large eventail of skills and style with Namikoshi shiatsu, Zen shiatsu and Foot reflexology. This allows me to have in one session a combination of different techniques and approaches in my shiatsu. I enjoy a diversity of influences integrated in the session.

With this follow up during the ten sessions and results observed and explained in this script, I can definitely confirm that the practice of shiatsu is beneficial for all symptoms of the transition, especially **an obvious reduction of mental tension, an obvious drop of headaches and hot flashes, and an improvement of the general health condition, mentally and physically** except no improvement observed on the concentration and memory aspects.

Epilogue

This last assignment was definitely a challenge for me not finding the new patients (found very fast) but a challenge about my own time management. I lost a bit of time at the end of the last trimester last year with a client which was not the candidate for which I was searching for. Then I stopped quite fast. Following my intuition, the new patients showed up quite fast. In January, I was completely ready to start the sessions with them. The new year helps. It was a run against the time. I start to organize my agenda focused on the sessions as a priority in parallel with the agenda of my son, the other priority. So I keep a balance between what I consider the most important at the moment. I learned specifically to give a new appointment before the client leaves my place, something I did not practice before regularly or forget to ask by lack of focus. Now it is one of the rules I follow. I learned to follow the sessions/reorganize my agenda. For a fluid plan, I took time to talk about the next sessions, especially when holidays arise to avoid surprises. I planned in advance 2 sessions with 2 clients, one worked very well (Client B) one modified/postponed mostly all the data (Client C). During the anamnesis I was really focused on the symptoms and their frequency and intensity, things I did not do regularly before. I started to raise a clear diagnosis which was my starting point of the plan. I would say that the emergency I have to finish in time and to write the script brings me this touch of spicy boost that I need to come out an improved version of myself, concerning my own time management and the mental and physical diagnosis of the clients. The course of Western medicine fundamentals of Con amore has supported me very well to evolve in this direction. I would say If I had to recommend another student with similar cases, to start a solid foundation as soon as possible when the 3 new clients are found, to take time for a good anamnesis in each session, and to take into account that a period of 8 months is needed to write the script.

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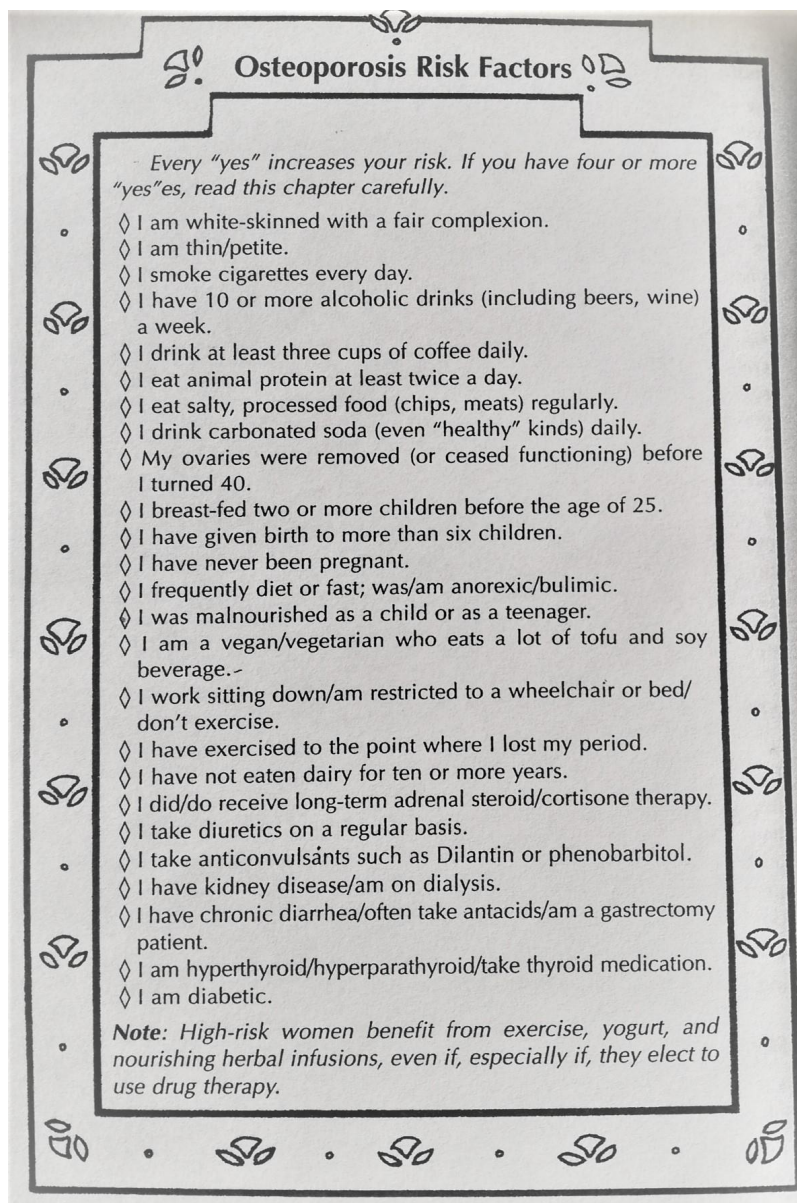
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Attachments

a) Osteoporosis/Risks factors



Weed, Susun S, New menopausal years, (2002) the wise woman way, New York, Ash Tree Publishing.

<p><u>Family anamnesis</u> Diseases occurring in the family.</p>	<p><u>List of problems</u> Repetition of the list of problems + alarm symptoms</p>
<p>4) Examination Which physical examination and which supplementary examination would a regular physician do (or prescribe) in order to confirm/rule out particular conditions?</p>	<p><u>Most important findings of the anamnesis</u></p>
<p><u>Physical examination</u> Consider: vital functions (blood pressure, pulse, respiration, consciousness, height/weight, inspection, percussion, auscultation, palpation of the body part in question)</p>	<p><u>Most important findings of the examination</u></p>
<p><u>Supplementary examination</u> Consider: laboratory tests, imaging tests, functional examination</p>	<p><u>Conclusion: (probability) diagnosis</u></p>
<p>5) Descriptive diagnosis Provide a concise presentation of the situation, emphasising the main points. These will lead to the conclusion, in the form of the probability diagnosis.</p>	<p>6) Treatment options Which treatment options are available? - Distinguish between regular treatment options and options from complementary medicine.</p>
<p><u>Introduction of the patient</u> Including sex, age</p>	

Part 2 and 3: regular anamnesis is performed by conventional medicine, in hospitals, medical centers, general practitioners and specialists. *Con amore, Western Medicine Fundamentals, (2022), Leiden, Netherlands.*

c) Survey about menopause published 13 dec 2021

Questions investigated :

women's knowledge, attitudes, expectations and experiences regarding menopause.

Methods:

One multinational and one national survey included 7,164 non-menopausal and menopausal (which broadly encompassed perimenopausal through postmenopausal) women aged 45-55 years old, from the United Kingdom 1,005, France 1,005, Germany 1,007, Italy 1,003, Poland 1,033, Spain 1,008 and Australia 1,103.

Results of a survey :70% of the European women and 80% of the Australian women were menopausal, and many of them had bothersome symptoms. Among women who identified as menopausal, 90% of Europeans and 97% of Australians experienced physical symptoms, and 55% of European women and 63% of Australian women reported psychological symptoms associated with menopause. Only 8% of European women reported experiencing no symptoms of menopause. Menopausal women in the United Kingdom reported the highest number of symptoms. Non-menopausal women underestimated the impact of menopause on quality of life. Less than half of women reported feeling “very well supported” during the menopause transition. Despite feeling informed, women had many misperceptions about menopause.

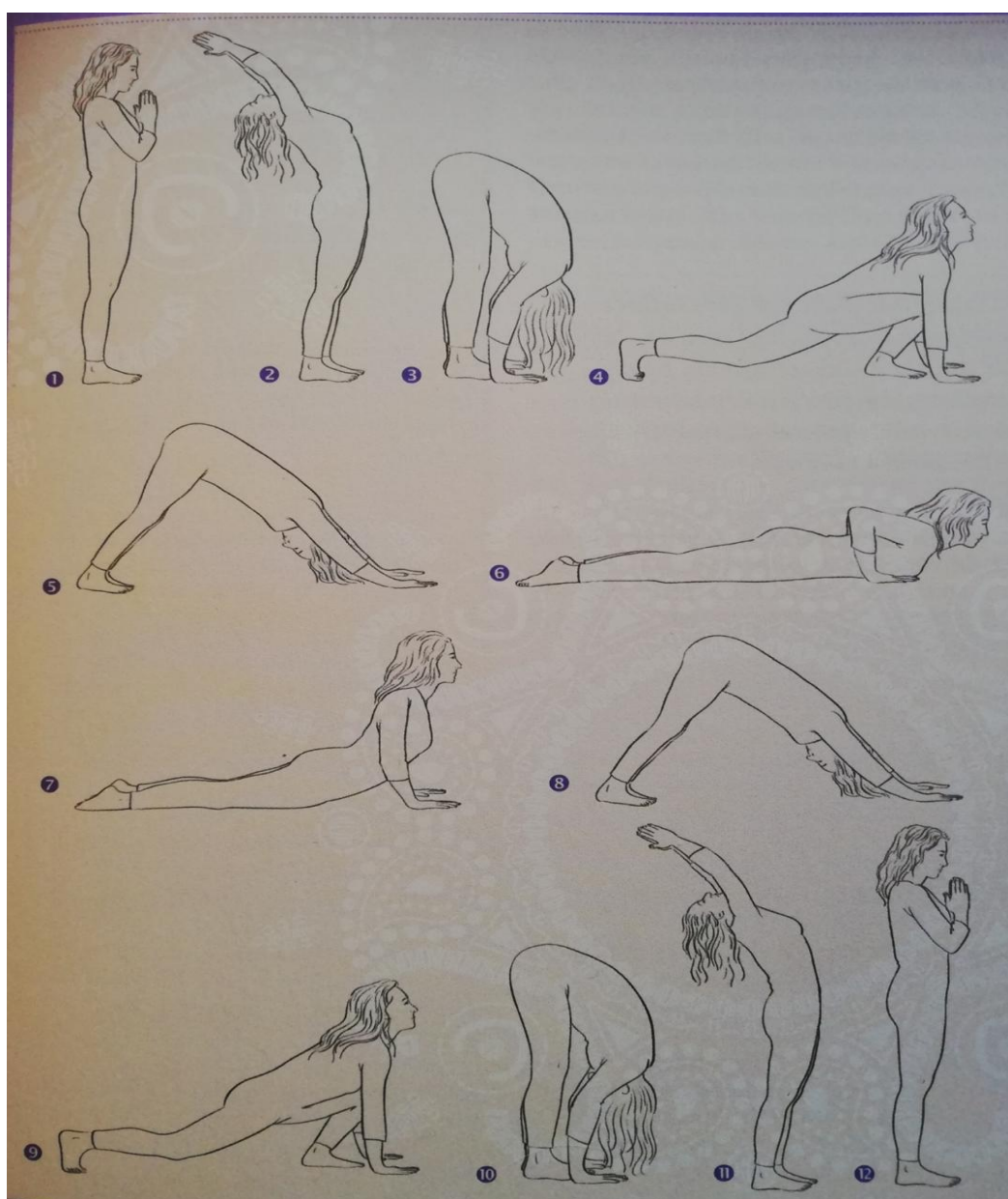
Conclusions: European and Australian women experience similar menopausal symptoms that negatively influence quality of life. Expectations and experiences differ between Europe and Australia, and between non-menopausal and menopausal women. Women who do not feel supported during the menopause transition report more symptoms and a greater negative impact of symptoms.

Source:<https://gremjournal.com/journal/03-2021/womens-perception-of-the-menopause-transition-a-multinational-prospective-community-based-survey/>

d) Surya Namaskar are 12 steps known as the sun salutation in English. Sadhguru explains in an online article of 9 January 2014 the benefits of Surya Namaskar. It is essentially to create a dimension within you where your physical cycles are in sync with the sun's cycles, which run at about twelve and a quarter years, it is not by accident but by intent that it has been structured with 12 asanas in it. If your system is in a certain level of vibrancy and readiness and in a good state of receptivity, then naturally your cycle will be in sync with the solar cycles.

<https://isha.sadhguru.org/us/en/wisdom/article/benefits-of-surya-namaskar>

These postures allow us to stay focused, to work on the physical tensions and mental restlessness and decrease the blood pressure by regulating the breath. *Picture :Eugène, Rachel (2017) Une année de bien-être avec le shiatsu, France, Hachette.*



e) Follow up of the 3 treatments plan

2d session 14/01/23

Bo Shin: client A arrived a bit breathless. The cheeks are a bit red, some tiredness on her face.

Mon Shin: client A had an active day before our session: some fitness (machines), a yoga class of 75 min and a haircut with her daughter, and cycled quickly to my place. The session starts not in a relaxed atmosphere like the first time, some tension can be felt. After a few questions to the client, I felt she wished to lay down. I started with calm hands on the sacrum and heart, then shaking gently from my hara center, followed by a gentle Makko Ho in the back. She felt a strong tension in the lower back. The buttock, legs are tense as well. The foot surgery above everything did not help her to feel better.

Her diet's habit: we talked about her diet as it could be a difficult subject as I observed silently her corpulence, being overweight and an enlarged belly. She eats protein powder and beet juice as breakfast, a lunch box home made to take away with her when she works, two apples, and a copious dinner with salted nuts around 21h. She says she is encouraged to eat with her daughter, asking regularly for snacks in the evening.

Setsu Shin: In prone position: interscapulars, infra and lumbar points 3 times, scapular points, ming men point for 20 seconds with 2 lateral points, iliac crest was a sensitive area, as well as the sacrum, then gluteus, Namikoshi point, Golden triangle, posterior femoral, posterior sural, calcaneal protuberance. In supine position I treated the legs, I gave great attention to the medial femoral. This part is a masterpiece for hormonal disbalance concerning the reproductive system. This line is sensitive too, arms with medial antebrachial area to release lower back tension. I treated the cranium line and the neck for anxiety and blood pressure, I finished with soft belly rotations and palms pressure.

Visual and tactical observations: The lower back seems to be a Jitsu spot, a swollen and elevated area is felt under my hands, the belly is quite large and the organs are difficult to reach.

Therapist's considerations: client A has sometimes for an event or birthday a glass of champagne or wine, not so much but I felt it was a sensitive subject. Later she says she reduced the consumption. Stretching: I show a stretching in a sitting position that could alleviate the lower back tension. She was grateful to know this simple stretch. I propose to do it twice a day for 5 min to relax the pelvic area and create more space in the legs and lower back. Lifestyle: I propose to her to hold a little journal, to write any change or sensation on so she can remember after a while more precisely or appreciate a change.

3d session 24 /01/23

Bo shin: client A has a prettier face than the last time, the face looks thinner and more at peace.

Mon shin: she feels good at the moment. A new phase appears in her life, the foot surgery is a success, no pain and beautiful feet after the removal of the distorted bone. She shares that she feels lighter in the body and mind, a bit more flexible also.

Setsu shin: We continue with the preconised treatment: today I see obviously the left side is more predominant than the right. She sleeps on the right side in the fetal position and she feels tension and pain at the place where the back is bent. She has tension on the trapezius muscle, end of the shoulder, starting on the right side then the left. I visibly see a bit less muscle tension in the buttock area. When I palm and press the lower back, it is very tense like a block and sensitive as well. The inferior sacral area is a bit swollen on the right side so I give more attention to that area. She has no more period since 3 months, she probably starts her menopause phase: still 9 months to go without period and the menopause will be confirmed. Due to the foot surgery, I did not treat the feet, only the calcaneus protuberance. The interscapular area is hard, there is not so much space to introduce my thumb like a concrete block. Posterior sural: the right calf is tensed and strong so I worked a bit more on that area. The left side is soft so I worked on both sides to harmonize. Medial femoral: all the line is sensitive, line directly connected to the reproductive system. I proceed a conscious Makka ho then 4 times the line with dedication.

Client's reactions: halfway through the treatment, I asked client A to change position on the back, we talked a bit about her sensation. Since the pregnancy, it looks like she has had an imbalance or pelvic weakness and even for a longer time. She shares her wishes to give more attention to the pelvic area and asks me simple exercises to do.

Therapist's considerations: Diet, we talk on that topic as it is a central point for her recovery, she struggles with her appetite to have smaller portions, obviously the delicious meals are copious. I explained to her that eating less (less for extra benefits) improves the sense of well-being in the body, the digestive system works more efficiently and less because the organs will have more space to work. The digestion will be shorter in terms of hours. In resume: less general fatigue, more vitality.

4th session 31/01/23

Bo shin: The client looks more calm.

Mon shin: Today client A was less fit than the last time. She woke up a bit tired, she has lower belly pain like she has been having her period but no period since almost 4 months.

- feels stiffness everywhere especially in the feet, legs and pelvic area.
- headaches: took pain killers as she was at work.
- memory/concentration are not at the top, when people ask how her weekend was, it is difficult to remember, it came back later after really thinking about it.
- shared about her lack of general overview on the situation and the challenge to organize the dinner for 4 people.
- no complaining about her back.

Visual observation: the buttocks look quite tense and full of tension, an area of stagnation.

Setsu Shin in prone position: The lower back is tensed and a tactile protuberance is felt under my hand more palpable on the right side. Interscapular, infra and lumbar area, iliac crest, medial line sacrum 5 times, Ming Men more than 20 seconds, Namikoshi point, Golden triangle, I worked on the back, lower back and buttock, legs, ankles. Supine position: medial femoral 3 times, lateral sural and focus on st.36, head treatment, belly treatment 21 points once SI 2 times.

Client's reactions during the treatment: she was quiet all the way long, felt almost asleep at the end.

Therapist's consideration: client A is conscious of the need to eat less. She found healthy products but needs to work on the quantity which is definitely a challenge for her.

5th session 7/02/23

Bo shin: The client arrived with a fresh face. I noticed today with a clear sight some imbalance in the pelvic area, first it takes a lot of space and brings her a kind of lack of agility.

Mon shin: today she feels great. Few days ago, she experienced 4 days of intestinal troubles with difficult digestion, bloating and headaches. She has difficulties to see what is wrong with her food but she notices that eating bread is not so digestible for her intestines. She feels everything in her body, this is new. That sensibility makes her anxious. She thought her body needed a new organization. She feels confused with the upper/middle back pain as she does not know where it comes from. client A realizes that the belly needs attention too. Since I treated her belly, she seems to have discovered this forgotten body part.

- digestive problem: during 4 days bloated, uncomfortable, tired
- headache: yes they were with the intestinal disturbance
- foggy brain/lack of concentration: still there and since a few years, looks deeply rooted in the system
- fatigue: this week due to intestinal disturbance, she feels tired
- upper back/middle pain: better this week
- sleeping: she sleeps differently than she used to sleep. This week she woke up at 6, earlier.

Client reactions during the treatment: quiet, no talk if I don't ask something.

Visual observation: the body looks more harmonious, a more balanced generale view, especially the back and the buttocks area, less tensed. Those body parts are more relaxed, I don't see anymore this heavy tension in her buttocks especially the left side. The tension is still present but less powerful. The size of her belly is less large and not bloated like the first time. The back is visually more alike, this proeminence in the upper back is softened, this looks like "alleviated from some tensions."

Tactile observations: the upper back is still like a block, but less tension is felt in the lower back, less tension

is felt in the medial femoral (inner leg), middle legs and calf are tensed both sides but more especially the left side. Specific attention in this session: I took a special focus on the upper/lower back with ming men and sacral area, hypertension: extra attention to the anterior cervical points and feet (2 points on the tarsal line) alleviate the high blood pressure.

Therapist's considerations: What the client has eaten in the past, cannot be eaten anymore without some simple warning signs like those intestinal disturbance during four days. She feels everything in her body, this is new. That sensibility makes her anxious. She thought her body needed a new organization. We went further with the food topic: she is now more aware that not everything she used to eat is good anymore for her digestion. We made some pelvic postures on the floor like the bridge with focus on the breath.

6th session 14/02/23

Bo shin: the client A looks good and happier. The pelvic area with the belly takes a lot of space.

Mon shin: the client shared her good energetic level during five days. "I am a different person," she replied. This state does not stay and today it's gone, giving her some disappointment. I would say she experienced easiness with her body, she felt lighter a bit everywhere, a new energy arised.

Digestive problem: for 2 days not so good but her husband noticed her belly less bloated.

concentration/ foggy brain: no difference noticed by the client.

Sleeping pattern: now she wakes up earlier around 6h30, she needs to adjust to this change with her husband who needs more sleep in the morning. As I say, when we get healthier we need less sleep. She falls asleep again until 8h30 and then feels like everything is tired, especially the upper body being tense, a block. When she starts to move again: everything was more loose, the stiffness coming with waves.

Visual observation Back tension: she still has a round upper back to the left side, I saw again the dominant left side.

Setsu shin: I continued my standard treatment by adding the extra points I mentioned in the evaluation after the 5th session. I worked steadily on the upper back, lower back, Ming Men point, arms, neck and legs to create more space and alleviate the complaints..

Client reactions during treatment: quiet, no specific reaction

Therapeutic considerations I showed her some stretching about her neck, shoulders. Obviously she concentrates her tension in the upper body. She could hardly do a simple posture, showing general stiffness. She claims to go twice a week to the yoga class but still looks stiff. So I encourage her to do those simple stretches at home to progressively soften this stiffness. The persistence will pay off.

7th session 21/02/23

Bo shin: client A looks good, the movements are more fluid.

Mon shin: the client feels fit, she lost weight. Does a lot for her health: 3 times yoga class in the week, 4 times walking with the dog, cycling to her office 3 times per week. Eating completely healthy to feel better.

- headaches: none
- back tension/pain: none
- high blood pressure: lower level checked in the morning.
- tiredness: feel better in the morning time.
- sleep: sleeps very deep and wakes up earlier at 6h30 than she used to.
- concentration/focus: did not see any difference.

Visual observations: the prone position looks more harmonious. I didn't notice today the predominance of the left side. The back is moderately round in the middle, there is a gap under the ankles so I put a circular pillow. The buttock looks less tense. In supine position, the belly is less big, not bloated like I've seen it during the first times.

Tactile observations: the lower back: the right side is tensed. The calves are more supple than before, especially the left side, the right side a bit more tense.

Reaction of the client: mostly calm. She asked me to give some attention to her shoulders. A specific spot that annoyed her since childhood she says.

Therapeutic considerations: we continue the sessions, beautiful improvements have shown up. I shared with her a book of ayurvedic recipes with the fundamentals principle of eating the right way that suits your own doshas.

8th session 28/02/23

Mon shin: the client A feels fine, goes 2 or 3 times to a yoga class at the gym, walks in the dunes, eats less. We arrived soon at the end of the 10 sessions, she shared that she felt supported by my coaching concerning the food. She lost weight, she feels more healthier, lighter and more at ease now.

- headaches: none
- back tension/pain: yes one day after a yoga class
- high blood pressure: lower level; she uses to have some peak at 200 - 110 now 135 - 80
- tired in the morning: yes felt tired this week
- sleep disturbance: no
- concentration/focus: not noticeable
- constipation: the problem has been there for many years, still present.

Visual observations: in prone position, the body looks less tensed at the back and buttocks, the jitsu spots are softened, less powerful. In supine position: the belly is less big.

Tactile observations: the lower back is still tensed, the legs too. The calves are a bit less tense.

Reactions of the client: she is quiet, we exchange a bit when I asked her to change position.

Therapeutic considerations: my sessions are mostly long 75 min of setsu shin. I feel now a shorter session is better. I could reduce the 15 min of treatment. The body needs less treatment. we did some stretching together for the legs and lower back, her body looks to have difficulties to stretch.

9th session 15/03/23

Bo shin: she smiles and her face looks tired.

Mon shin : Two weeks later, I saw client A. She came back from vacation in the mountains, walking and skiing for 8 days. I asked her how she was doing. She explains after going back from vacation, She felt like a "hangover" to use her own words, everything came back to her in no time, the daughters still at home, the work: she felt so well on holidays. general stiffness.

- headaches: none
- back tension/pain: yes specially after the yoga class
- high blood pressure: lower level 123-80 the day we met, which is a very good rates so far,
- tired in the morning: yes she felt very tired today on a scale 8/10
- sleep disturbance: none
- concentration/focus: not noticeable change
- less constipation.

Visual observations: I observed her in prone position. The upper back is lower to the right side, she has a medium round in the middle of the back, the kidneys area is like an inflammation and tensed, the buttocks looks tensed, the legs as well

Tactile observations: the back is tensed and disturbed, the calves are super hard, the buttocks left side near the trochanter bone is quite hard.

Setsu shin: After a cautious Makko ho on the back, interscapular, infra and lumbar area, suprascapular area, ming men point more than 20 seconds, its lateral point, iliac crest, sacrum area 12 points 3 lines of 4 points, gluteus, Namikoshi point, golden triangle, firmer Makko ho on the lower limbs, lateral femoral Supine position: head treatment with the cranium line and parietal, neck treatment, delto pectoral points, lateral brachial 3 points 3 lines, lateral femoral with a special attention for the hypertension point, inguinal and makko ho, medial femoral is the master piece of my treatment.

I did it with a great focus 4 times, then I continued with lateral sural, tarsal with emphasis on the hypertension point, light pressure and energetic work on the feet due to the surgery, activation of the liver point, soft toes rotations and final touch on the belly. This time I did not have time to treat the belly so I finished with some soft belly rotations, undulations and vibrations.

Reactions of the client: She feels stiffness everywhere. While talking, she slides her lateral legs. Quiet during the treatment, she fell deep asleep for a moment.

Therapeutic considerations: The feet are still very stiff after the surgery so I did not intentionally treat them with a firm pressure but rather energetically and with a soft pressure to stimulate the flow of blood circulation. I showed her the cobra posture. This asana is good for the neck and has an action on the thyroid gland. I showed her a mudra hand posture to balance the hormones.

10 th session 22/03/23

Bo shin: client A looks energized, more vitality in her face.

Mon shin: she shares she has her period back after an *amenorrhea* of 6 months. This week she walks less than the last 3 months. Probably she walked enough during her vacation. When I saw her the period was over, the period was as long as usual with even more blood flow, symptoms of headache, and a bloated belly.

I review with her the current situation:

- headaches for 5 days: 5 on the scale 1-10,
- back tension/pain: no pain:she has normal pain between the ribs on the lateral sides from both sides and upper back where the shoulders bladders end. She says that the last session was good for her back and the pain and discomfort disappear,
- hypertension: get better.
- tired in the morning: less tired in the morning then feels good the rest of the day
- belly bloated: more because of the period
- sleep disturbance: no specific disturbance
- concentration/focus: not noticeable by the client
- digestive problems: sometimes overall much better than it was.

Visual observations: less physical tension

Tactile observations: when I treat the right side interscapular, sensitive area, it is soft and more space is available than the left side. I noticed also that this side is smaller than the other.

The left side is stronger, no pain felt, no space to put my fingers.

Setsu shin: Makko ho in prone position back and legs, interscapulars, infra and lumbar points ming men point, iliac crest, stimulation and focus on BL 25, GB30, sacrum area, gluteus, golden triangle and Namikoshi point, supine position: cranium line and parietal, neck treatment, inguinal, palming lateral area, lateral and medial femoral, sural posterior and st 36, belly treatment.

Reactions of the client during the treatment: quiet, felt asleep

Therapeutic considerations during this session I focused on the sacrum area and buttocks, head and neck to release the blood pressure. I focused as well on the hypertension of client A which is an important point to keep in consideration while treating her.

Client B

2d session 27/01/23

The session starts with ease. Client B looks good, she has a new hair cut and she looks fresh.

- a light headache then disappears
- no hot flashes
- wake up tired this morning
- no discomfort in the lower back as before
- better sensation in the neck and upper back: more space
- no bloated belly

So many positive aspects in one session, I feel very glad about those improvements. We did some stretching before the shiatsu itself, some side stretches for the lower back and legs (liver and gallbladder from Masunaga) and another one for the arms and shoulders.

Visual observations and tactile diagnosis: the left side takes more space than the right. She says that the right side is more supple than the biggest side. Varicose veins in the left leg, this area is sensitive in the achilles muscles. Medial anterior: sensitive line not at the same level. Right side: first points like an accumulation of tissue, left side: medium point of the inner leg. The neck is rigid so I try to make it more supple but difficult.

Reactions of the client: client B laughed a lot after the treatment, everything is apparently very funny for her. I smiled as well to see her so relaxed. I worked a lot on the sacrum area, my focus was very firm. My palm was often there to maintain a strong connection. I think this has stimulated the parasympathetic system efficiently. First time I saw someone laughing after my treatment, the first time as well, I focused so much on the sacrum area.

Therapeutic considerations: I propose to her to have a nap in the afternoon as she starts the day at 8h and sleeps around 23h30 or later. It will be beneficial for her to recuperate a bit more energy to finish the day gracefully. She will continue the stretching we did together. I showed her some finger pressure and stretched on each finger to reduce the stiffness in the fingers.

3d session 03/02/23

Bo shin: Client B smiles and looks happy. Mon shin: We meet on fridays. client B woke up with a light headache, she shared she made too many things the day before. She used paracetamol two times on Monday and today. She could allow herself two naps of one hour after lunch time and she noticed she felt less tired in the late evening. She went to sleep 2 times earlier to sleep and 2 times later as well. Sleep is important because it is connected with the proper amount of hormones, too late in bed and not enough rest affect the hormonal production.

Current symptoms:

- moderate headache: 2
- no period since the last 45 days,
- tired in the evening
- hot flashes: one of low intensity
- lower back: 2 days stiffness right side
- neck, shoulders, arms, fingers tension: it was better in the beginning of the week, less tension then comes back again. Especially when she sits more than 45 min the tension restarts, thus she needs to change position to walk, sitting position is challenging.
- foot cramps: less

Setzu shin: I treated her in a prone and supine position. Interscapulars points, infra and lumbar area, iliac crest Sensitive spots: lower back from both sides. Ming men and sacrum 9 points. Gluteus, Buttocks Namikoshi point, supine: foot rotations, toes stretching and rotations, solar plexus area circular movements, plantar 4 points, kidneys points, head, neck treatment. I bring some variation by treating the belly with a zen shiatsu approach: an open leg supported by my own leg, this give more space to the lower back by treating the belly; one hand under the lower back and one hand on the belly, connecting both hands after that naturally I continue with medial femoral in basic position, the transition is so smooth. Posterior femoral, st 36 point with more intention.

Visual and tactile observations: circular pillow under the ankles, I noticed client B opened the arms widely like to stretch something.

Reactions during the treatment: client B was very quiet during the treatment, she fell asleep for a while in a prone position. a few times some short shake movement.

Therapist's considerations: client B has particularly a long evening. Her husband says the same "why are you ironing so late, come to sleep". I encouraged her to sleep earlier but **she kept herself very busy in the evening time**: starts to cook late around 18h30, reading a story to her 13 years old son and a long call to her mother 45 min before to sleep. Obviously this agenda can be adjusted for extra personal comfort. She has no sofa. How to relax when reading a book? She shares that she has a comfortable and relaxing armchair.

4th session 10/02/23

Bo shin: she smiled at me when I arrived at her place, and looked glad.

Mon shin: when I asked how she is doing, she replied that is getting better.

- headache: just a beginning then disappears.

- tired in the morning: yes 7/8 on the scale to 1-10. This morning she felt like a stone around 7h30-8h00 in the morning
- tired in the evening: yes 6 /7 on the scale to 1-10. She was tired around 19h yesterday.
- hot flashes: none
- lower back discomfort: none
- foot cramps: none
- nap: 4 in the week

She shared happily that the computer is broken at the moment so she couldn't use it and thus there was less stiffness and rigidity in the arms and fingers.

Visual observation: I began to treat her in the supine position as she naturally came in this position with the arms large open and legs too.

Tactile diagnosis: the upper back is super stiff as I couldn't put my hands under.

Therapist considerations: asthmatic, she is sensitive on the middle line of the chest GV 21 (governor vessel). Has a challenging life as she has to use her hands as little as possible: the less she uses them, the less is the pain, has enough movements. Ample and large movements bring her relief and relaxation, sitting position and small movements of the fingers for example trigger tensions.

5th session 17/02/23

Resume of the situation: no period since Dec. 2022, asthmatic, allergic, used to have some hot flashes at night, discomfort in the lower back, used to have strong headaches and rigidity in the cervicals, shoulders, arms and pain in the hands, cramps in the feet.

Symptoms:

- no period since end december
- headaches: none
- hot Flashes: none
- tired when wake up: yes client B went later in bed this week but globally woke up a bit less tired 6 on the scale, 3 on the scale 1-10 after breakfast.
- tired in the evening: less
- cervicals, lower arms and hands tension: a little bit with a sensation of rigidity to the left side of the neck
- lower back discomfort: yes during one day after to have brought an heavy bag
- foot cramps: none

Visual observations and Tactile diagnosis: needs to create space in her limbs: she opens arms and legs when lying on the back. lower back: kidneys area some accumulations of tissue with more density sensitivity, advanced neck rigidity.

Setsu shin: In this session, I did something different in supine position: a foot treatment with lavender oil to relax her whole body + lateral sural, st 36 point. After I treated the head and neck, suprascapular points, arms medial antebrachial, lateral brachial, the legs: lateral femoral. Inguinal points, a soft and steady Makko ho 2 times before to perform medial femoral points. prone position: soft makko ho back and legs, ming men point, lumbar points, sacrum area, gluteus, Namikoshi point, golden triangle, soft balancing on the sacrum and heart final touch.

Therapeutic consideration: I see clearly an unbalanced organization. We consider together that the naps are beneficial to maintain more rest in the day. I advise her to drink an herbal infusion instead of tea in the afternoon. This keeps her unnecessarily active late in the evening and we wish to correct this increased activity before going to sleep. Things start to move a bit at the mental level.

6th session 24/02/23

Bo shin: client B smiles when she opens the door, she looks glad.

Mon shin: when I start questioning I always search for the presence of symptoms, and the level of their intensity.

- no period since end december
- headaches: none
- hot Flashes: one time in the night, lower intensity
- neck and shoulders rigidity: yes during all the week no pain but a strong rigidity
- lower back discomfort: no
- cramps: one in the right calf
- tired when wake up: a bit less tired
- naps? Not really naps but she lied down 2 times during the week for 1 hour and she felt less fatigue.
- tired in the evening: less because of the 1 hour break in the afternoon

Visual observations and tactile diagnosis: the body is wide open with arms large open and legs searching for space in supine position. Solid hips and legs, healthy stature, In the middle of the back, there is a round back like a small hill, the neck, the shoulders, the arms are stiff.

Setsu shin: supine position: it is important to treat the feet, the head first to allow a state of relaxation. Then I treat the neck, suprascapular points, the arms and the lateral and inner legs, lateral sural + st.36. Prone position: soft Makko ho, ming men, sacrum area, gluteus, golden triangle, Namikoshi point.

Client's reactions: quiet, could surrender easily, felt asleep and finched when I treated the suprascapular area.

She said the arms are like a cord inside. She asked for extra time on the shoulders so I treated the suprascapular area. She felt relieved. "Such a luxury!" replied client B.

Therapeutic consideration The state of less fatigue has a positive influence on the hot flashes and headaches, they have the tendency to decrease. To create extra space in the neck, I treat the feet. There is a connection between feet and neck. It is really important to soften the rigidity in her neck, shoulders and arms : this removes all unnecessary headaches. To alleviate the discomfort in the lower back and regulate hormonal activity, I steadily treat the lower back, pelvic area and the legs.

7th session 10/03/23

client B came back from holidays and had her period after an *amenorrhea* of 10 weeks, had a good time and seemed more refreshed.

I monitored the symptoms during her holidays:

- headaches: a bit
- hot Flashes : none
- neck, shoulders, arms rigidity: yes while having a backpack on the back and waiting in a queue,
- tension in the face: rigidity in the cheeks and forehead observed (6 or 7 on a scale of 10)
- lower back discomfort: no
- cramps: one in the right calf
- tired in the morning and evening (no possible naps)
- smells differently since a few weeks ago, difficult to describe this sensation.

Visual observations and Tactile diagnosis: middle back a bit round, the top of the body is tight especially the back, the lower part: the legs are supple, a bit soft, the calves also.

Setsu shin: I start in a prone position with Makko ho 2 times then treat the interscapular area with application 3 times, suprascapular area, infra and lumbar area, the lower back with iliac crest, ming men point and lateral point, gluteus, Namikoshi Point and Golden triangle, the legs with lateral femoral and sural posterior. In supine position, I treated the head, neck and arms with lateral brachial and lateral and medial antebrachial, tiger mouth stimulation point (LI 4)

Client's reactions during the treatment: felt asleep for a while, total relaxation. Sudden reaction, thrilled when I treated the lateral femoral (sensitive area) and the suprascapular area.

Therapeutic observations: she should continues to stretch before going to sleep. She gets tense easily at her place with the whole family too close, in some way missing some space, in her mind and physical too .I show her again the stretching of Masunaga liver/gall bladder meridian and one yoga posture to bring more space in the neck.

8th session 17/03/23

Client B seems more relaxed, she left her bike for a few days and walked instead. She finally tried not to drink tea in the late afternoon for 2 days and managed somehow to go earlier to bed instead of reading: she did some stretching instead, and slept well. She seems to be surprised by the effect “ **there are small changes**” She starts to perceive a glimpse of a new energy. I feel she has some resistance to modify her daily routine. She says it’s difficult not to drink tea. I replied: yes, to modify habits, it takes some effort to redirect the body in another direction.

<https://web.timeetc.com/resources/how-to-achieve-more/the-surprising-power-of-micro-habits-little-changes-that-lead-to-big-results>

I reviewed the symptoms:

- headaches: none
- hot flashes: one light intensity during the night
- neck, shoulders, arms rigidity: yes she cleaned the windows and one day after more rigidity in the neck and shoulders 4 or 5 on the scale
- lower back discomfort: yes a combination of natation and windows cleaning
- no cramp but some rigidity under the big toe on both feet for 2 years.
- tired when wake up: a bit less
- no nap but feels relax
- tired in the evening: felt better the days she did some stretching before going to sleep.

Visual observations and Tactile diagnosis: I don't see anymore the predominance on one side to another, to some extent this has been softened. The left side is more surelevated and the upper right side has a flat area, a kyo spot with less energy., the neck is very rigid like a concrete stone, and some knots close to the base of the crane. The shoulders are tense too, the left side is more tense and this side brings her more discomfort, more rigidity. The legs and calves are stronger than last week.

Setsu shin: I started in supine position with foot rotations to connect the neck and a foot warming up to relax the mind. Then lateral sural, Makko ho, lateral femoral, inguinal palming, medial femoral with great focus, head treatment. I introduced a belly treatment in this session. Sensitivity in the ovary area/bladder area that may correspond with the recent period she had. In prone position, a makko ho, interscapular points, suprascapular area, infra and lumbar area, ming men point 20 seconds and its lateral point, iliac crest, gluteus, Namikoshi point, Golden triangle, soft rocking hands on the sacrum and back, soft makko ho on the legs, popliteal fossa (to prevent varicose) and posterior sural, plantar points, final touch with an energetic work with the feet.

Client’s reactions during the treatment: quiet during the treatment. She fell asleep for a little moment while I treated the head and suddenly startled.

Therapeutic observations: she looked a bit tired after the session, she needed to have a nap (feasible as we did the session at her place) the swimming pool, cycling and the shiatsu were more than enough so I did not add extra stretching to do together.

9th session 24/03/23

Client B looks glad. Since the beginning of our sessions client B has always had a smile on her face.

She feels better overall. When she wakes up in the morning, she feels less tired. She removes the black tea in the late afternoon to replace it with a chai or rooibos tea.

Rigidity I ask about the rigidity in the body. She has as well some rigidity in the right feet, below the big toes. A rigidity that stays in permanence 2,3 on a scale of 1-10. A rigidity that can give some pain from time to time. This rigidity is spread to another part of the body, as we know now in the upper part (head, neck, arms and fingers).

We review together the evolution of the symptoms:

- headache: no more!!
- hot flashes: just a small one in the night without sweating
- rigidity in the neck, shoulders, arms, fingers: more rigidity after a work of painting for two days (4/10 on the scale)
- nap/breaks: 3 breaks lying on the bed, after the painting work which have a beneficial effect on the general tiredness
- goes a bit earlier to bed 22h30 or 23h00

Setsu Shin: I started the session by treating the feet with rotations that move the head, a general warm up of the feet with more attention on the liver area (big toes) because of the feet rigidity and the kidneys area to stimulate the detox of the body.

What I feel and observe in the case of this client is the lack of space, tightness like in her muscles, no space is available. So the idea is to liberate space mentally and physically.

I treated the head to dissipate the building of headaches and to relax the neck, the linea nuchae 3 lines, anterior cervical, lateral cervical, and palpation of the posterior cervical region. In the neck, I apply the pressure with the three middle fingers instead of the thumb. This method comes from Aze shiatsu Shigeru Onoda. I followed the standard treatment chosen by adding this time a belly treatment, the lower right side of the belly was sensitive with a sudden contracture and release of a part, located in the small intestines and of course in prone position, the chosen protocole with a special focus on the lower back, with iliac crest points, Ming men point, sacrum area and buttocks.

Visual and tactile observations: the shoulders are stiff, since 3 times she asks extra attention on the shoulders and by touching them. The golden triangle is a sensitive area, as well as Namikoshi point. The right calf is harder than the other. Sensitive legs after two days of painting.

Client's reaction during the treatment: quiet, falls asleep for a short moment.

Therapeutic recommendations: I show two postures that can relax her back and create more space in the back: rolling a large towel and putting it on the spine, lying on it and relaxing for 5 or 10 min. The second one is for the neck: let the head fall back while relaxing on the bed. This way the body is well supported and the neck is extended in the opposite direction we used to have. This is a corrective posture, really beneficial for reducing tension and scoliosis in the neck.

Self reflection: I work more the last sessions to reduce my time of treatment. I used to treat for more than 1h15 each session so now I try to manage my time in a more beneficial way for me while staying efficient and sincere in my practice. I observe my tendency, my wish to put the client on the right track in one session, in short: doing my best ever and ever in each session, like it will be the last time I see them.

10th session 31/03/23

Client B has her period again, it was not the end as she wished to, the same cycle (more than three weeks) as it used to be. The client stopped to drink the black tea in the late afternoon. She sleeps earlier and better since this new arrangement.

- hot flashes: one in the night, low intensity
- no headache
- back pain: not more than the usual discomfort of 2/3 on the scale 1-10
- two days before the period, felt stressed, tense, and had a sensitive belly at night
- during the period, the rigidity in the neck is more intense 6 compared with an average of 3 the other weeks
- rigidity in the neck, shoulders, arms, fingers: yes with a rigidity of 3/4 on the scale 1-10
- nap/breaks: yes she had two meditative times ten minutes in sitting position and tried to empty her head before going to sleep: fell asleep earlier those nights
- **fatigue in the morning was present as a normal thing. It seems she did not know without. I am just wondering why this fatigue has been present for so many years (like something is too full to allow any movement). I asked her if she feels more tired in the morning than in the night before going to sleep. The answer now is she is more tired when she is going to sleep. Such a change! A much more logical change !**

Setsu shin: I started in the prone position with a soft makko ho in the back. I followed the same treatment as the other times except I did not treat the belly as she just finished her period.

Visual and tactile observations: the neck and shoulders look stiff, knots in the neck right side. round back in the middle, the buttocks look like a Jitsu area, the legs look more relaxed. Big toes rigidity right side

Client's reaction during the treatment: she says she has more sensitivity this time in the lower back right side. Sensitive area above the knee.

Therapeutic recommendations: during the conversation, the client touches and massages her right big toe which is rigid. Spa for her feet: I recommend her taking a warm feet bath every day for one week and massaging after with oil. This simple method can postpone the effects of rigidity to bring more comfort and relief.

Client C

2d session 26/01/2023

Mon shin: it has been 2 weeks since I saw this client. Client C arrived with a bike, cycled 45 min to reach my place, *enjoying a fresh nose and movements* as she says.

- somedays extremely tired, she woke up exhausted today: sleep until 11h in the morning
- irritation and frustration: when the children don't react after her calling for going downstairs for dinner
- hot flashes: present day and night and she has to change clothes at night during two, three days every two weeks
- anxious: she contacted a very expensive lawyer to solve her professional issue.

Visual observations and tactile diagnosis physical tension in her sitting position: the tip of the feet repose on the floor not the whole plantar area, she stayed at the corner of the sofa not deeply relaxed but holding herself. The back is a bit round, tensed. Prone position: I could put a small cylindrical pillow under her shoulders as there is a space available. I observe obvious tension in the upper back /middle back, the right hand is closed. The lower back and buttock are supple, legs and calf are too supple also like emptiness. Visually, I see a lot of tension in the achilles muscle and the ankle is stiff. I can feel all her tension come in this part of her body and in the upper body. The neck is stiff when I palmed under to evaluate the level of flexibility. I try to make it more supple and it works.

Reactions of the client: She continues to speak during the treatment. No moment for the silence, and to concentrate. Finally in the last part of the treatment she became quiet for a moment.

Therapeutic considerations: I advised her to remove stimulants like thee and coffee. She is tense enough, she needs more relaxation, and to sleep earlier. I show her the liver gall bladder stretch from Masunaga to bring her more flexibility in the lower back and legs, another stretch for the neck and shoulders.

3d session 10/02/23

Bo shin: client C looks fresh and alert, light make-up, elegant. Obviously she takes care of her appearance.

Mon shin: she felt on vacation during the second treatment, which was also more intense than the first one. A lot of sickness at the moment at home, the children then herself. For two days, she couldn't get out of bed. Due to the illness of the children 9 and 11 years old, she felt trapped in the house. I ask her how she does to relax: the answer was around 23h00 at night when the house is completely quiet. She really enjoys a cup of green tea with a book, which is quite late to relax from my personal point of view. The relaxation has to be frequent and earlier, no need to be long; a break of ten min a few times a day could be a replenished time.

We review together the current situation:

- hot flashes: none
- tension in head, shoulders, back, and calf,
- stiffness in the back,
- some pain in an injured left foot while running,
- felt less tired by going earlier to bed.

Visual observations: she has overall a pretty silhouette, sportive, but tension is visible a bit everywhere in her body; the back is a bit round. There is space under the shoulders and the ankle so I can use a circular pillow in those gaps. The belly is very flat and empty.

Tactile diagnosis: stiffness of the limbs; stiff neck, stiff feet, the legs are excessively too supple for a sporty woman, the back is very tense, the lower back feels fragile and is a sensitive spot, the arms are tense.

Setsu shin: I treated her back and legs in the prone position, the arms in supine position with delto pectoral, lateral antebrachial. I felt the arms tensed. In supine position, I also treated the head, feet, and belly. I was triggered by the belly, I felt emptiness in her belly, attention needs to be addressed in this area.

Reactions of the patient during the treatment: like to talk. This time I could be more concentrated than the second time.

Therapist's consideration: I show client C some stretching to remove some stiffness. She used to run at the professional level but her legs are excessively supple which makes me think of a lack of energy there. I proposed to her to do some soft stretching with soft music with incense or aromatic candles, 15 to 20 min a day. She needs to create herself a real time for relaxation, for example when the children are at school.

4th session 23/02/23

Bo shin: luminous eyes and face.

Mon shin: client C is under pressure. She is at home with 2 children, and gets overwhelmed with all their demands. At the moment, she says that everyone wants something from her, expectations everywhere even from friends. She just waits for her calm time alone with a green tea. She cannot deal with so many things and people at the same time. She explained that with level of importance:

- the muscles hurt specially the legs, calf and hamstring,
- brain fog, anxious: she gets anxious when she takes the car, confused also : needs time to think before making decisions.
- tiredness: prepares the breakfast for the children at 8 then return to sleep 2 or 3 h in the morning!

- hot flashes: yes when cycling, get sweaty. She thought that cycling would be good but apparently the body just talks by itself. The hot flashes come when we get tired.

Visual observations: general stiffness, it looks that the whole body is in mode “alert “tension in head, space under the shoulders to put a circular pillow, shoulders, back, and calf, legs, ankles rigidity with some gap under the ankles for a pillow.

Tactile diagnosis: stiffness in the neck and shoulders, tensed back. The legs are slack, too supple.

Reactions of the client: I noticed the client needs to talk all the time.

Setsu shin: soft makko ho back and legs in prone position, special attention in suprascapular area, interscapular, infra and lumbar area, iliac crest, sacrum 9 points, gluteus, Namikoshi point, golden triangle, lateral femoral, sural posterior, plantar

Supine position: medial femoral, lateral femoral, inguinal, palming anterior femoral, head, neck treatment, belly :circular movements, undulating and vibrational pressures, lissage solar plexus. Final touch for relaxation: one hand on the sternum area and another hand on the bladder area.

Therapeutic considerations: we did some stretching together for the legs Masunaga liver gallbladder stretch, I advised her to make small breaks of 10, 15 min before to start another activity, not to jump immediately in. Take a cup of green leaves of tulsi or fresh mint.

5th session 27/02/23

Bo shin: client C looks good, fresh from cycling on a beautiful afternoon.

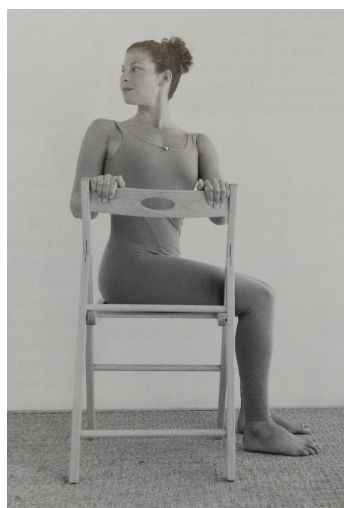
Mon shin: she feels very tired during the week, and does too much for everybody around her. She experiences a challenging time with the limitations of her energy and the usual demands of a family, the children are still young so she is very solicited. She realized that having babies late has a strong impact on her life especially since she is in perimenopause. The physical complains are the following:

- gets easily irritated, triggers by the reflections of people,
- muscle pain in the right hamstring, left calf and legs,
- neck and shoulder pain,
- went late to sleep after midnight one night in the week, woke up exhausted in the morning,
- Hot flashes: 1 or 2 while cycling.

Visual observations: tension in head, shoulders, back.

Tactile diagnosis: stiffness in the neck, shoulders, back and ankles, the legs are less supple.

Setsu shin: supine position: I start with the feet to bring calmness in her mind. Then I treat the head, neck and shoulders in the prone position, soft Makko ho. Client's Reactions during the treatment: talks less this time. I noticed some calmness during the treatment for the first time. She could be more in the present moment, to feel the pressure. By talking during, we missed the point.



Therapeutic considerations: at the emotional level, the client gets over stimulated, and starts to get irritated which is not a good sign. Tomorrow, she will go on vacation for a few days. I hope she can slow down and reconnect with herself. I recommend some stretching to do there to reduce the tension in the lower back and legs. And particularly this easy posture. A yoga posture on a chair, to create more space in the neck and shoulder.

Evaluation of the client's situation after 5 sessions: the process starts slowly with this client due to one session every 2 weeks. This was less obvious to monitor the impact of shiatsu, more diluted in the time. The client experiences less hot flashes in general and a progressive mental relief, alleviated session after session.

Detailed treatment plan: the treatment plan took time to unravel because of the time between the sessions and all the challenges experienced by the client (professional problem; recently at home with no more job, 2 children, in perimenopause) At the second session, the client has day and night hot flashes.

At the 3d session:

- no more hot flashes observed for 2 weeks
- less fatigue was observed, felt less tired by going earlier to bed
- felt she was on vacation during the shiatsu
- sleep routine improved

4th session: I could observe a mental relaxation

5th session:

- reduction of verbal communication,
- get calmer
- but the hot flashes came back while cycling, few in number

Does the plan need adjustments? Due to the dilute time of the five sessions, I felt the impact of shiatsu less obvious and it is more difficult for me to monitor the evolution during the 2 weeks. The information given by the client is less accurate as she needs to remember. I will just continue the chosen treatment for the coming sessions.

Visual changes and tactile diagnosis the whole body is a bit less tensed, less visible calves tension.

What has been done with the literature? *Mon shin* always takes time as I need information before I touch the body. It feels like a necessary preparation before operating. Without this phase, we cannot say it is a therapeutic process. The therapeutic effects take place when the therapist integrates all the different layers in the process, emotional, intellectual and physical layers. I follow the protocol I designated to treat the sacrum area, the ming men, the inner legs, the head, and upper back. With some important key points listed in the theoretic part.

6th session 19/03/23

Client C smiled when I opened the door, she came from biking 30 min. It has been twenty days since the last session, I had some difficulties fixing appointments with this client. Most of the time, she asks to postpone our weekly session to next week. She looks more relaxed, the beautiful days back make everyone happy. I reviewed with her the current situation:

- hot flashes: less than the last time
- muscles pain: her body gets stronger but still has pain in the left calf and right hamstring
- neck and shoulders pain: couldn't move her head one morning when she slept in another house
- forget things
- under pressure: she has a deadline on the 10 april to deliver relevant information to the lawyer
- victim of her kindness and availability: does not hesitate to give her time when necessary to people. She covers her face in her hands three times during the conversation: she explains that everyone wants to talk with her when she is outside, some neighbors or receiving messages/calls on the phone.
- feels very tired but less than the last time.

Visual and tactile observations: less general stiffness in the back and legs, she looks more relaxed, the legs look less tense, the back is still tense. Not so much flexibility in the legs when I stretched them in a prone position. The calves are not necessarily supple nor too tense.

Setsu shin: supine position: I start with the feet to bring calmness in her mind. Then I treat the head, neck and shoulders on the prone position, soft Makko ho. Then 2 lines of interscapulars, suprascapular four points, infra and lumbar points, Ming men point four times with its lateral point. iliac crest two lines, gluteus three lines, golden triangle and Namikoshi two times. Moderate Makko ho on the legs.

Client's reactions during the treatment: talks less for the two last sessions, some calmness during the treatment. **Therapeutic considerations:** I show two postures. The first one allows relaxation of the entire back: rolling a large and big towel and putting it under the spine, lying on it and relaxing for 5 min or more if necessary. The second one is for the neck and shoulders: let the head fall back while relaxing on the bed. This way the body is well supported and the neck is extended in the opposite direction we used to have. I propose to listen to soft music while relaxing her neck and back.

7th session 30 march 2023

Bo shin: looks good, elegant.

Mon shin: the client talks about her professional issue, she has to find evidence of her good rights to old companies she worked for. One company will not cooperate, she has difficulties accepting it. This research of information costs a lot of her free time. The emotional part in this client is very important: it is the second time she says “it is like fighting with a giant” for a professional issue, feeling of helplessness. I review with her the situation:

- wake up this morning with lower back blocked: a lot of mental weight.
- think it's difficult to find support,
- hot flashes: during 3 days x3
- sweaty night: one heavy
- sensitive left calf: (sometimes 8 on 10 on a scale 1-10) and now nothing
- stiff hamstring
- tired legs
- gain weight since January: 3 kilos
- constipation: regular disturbance one day every 3 day

Setsu shin: I follow my personalized treatment. *In prone position* Soft makko ho in the back, I worked steadily on the inter scapular area and suprascapular points infra and lumbar area as the zone needs more space and flexibility. Soft pressure on Ming men point and sacrum. Attention on the calves and feet. *In supine position:* head, neck, legs, sural lateral points with stimulation st 36, foot warm up and liver stimulation and K1 to give more energy. I did more moderate palming pression this time as she was blocked with her lower back, in a way the body needs to recover.

Visual and tactile observations: the whole body is not very flexible, during the conversation, touches her legs from the lateral sides, gap under the shoulders, back a bit round, looks a bit less tensed, less visual stiffness in the legs. The back is moderately tensed and compact, more suppleness is needed. The right calf is thin and lacks energy, empty. The body reacts in no time to the treatment, in some body parts like the upper back, some tensions are suddenly removed.

Client's reactions during the treatment: what is really noticeable is the level of much less talks during the treatment. **Therapeutic considerations:** the situation of the client is really challenging at the moment. She feels exposed to many situations which are uncomfortable physically and mentally. As she did not feel so good with her lower back, (blocked in the morning) I showed her some relaxing position from the women's book of yoga and health to relax her lower back, legs and mental tension.

If you feel any discomfort in your lower back, add some height to your support with a folded blanket or two. If you feel any strain in your neck place a folded blanket under your head and neck. Rest in this pose as long as you need, breathing deeply. (Source : Sparrowe, Linda. Walden, Patricia. 2002, The woman's book of yoga and Health Shambhala Boulder, Colorado)



This is an extremely relaxing pose that helps quiet the sympathetic nervous system, ease tension, and regulate the blood pressure.

8th session 17 april 2023

Bo shin: a big smile on her face when I opened the door.

Mon shin: it has been 19 days since the last time I saw the client due to a postponed appointment. The client C looks relieved, she provided all the information to the lawyer on time. She feels better about the situation. On the physical and mental level, I review with her the current situation:

- less anxiety
- hot flashes: during 3 days day and night moderate intensity
- sweaty night: none
- sensitive left calf but less than last time
- hamstring and calf less stiff
- tired legs
- constipation: less disturbance one day every 4 or 5 days

Setsu shin: *in prone position* Soft makko ho in the back, I worked steadily on the inter scapular area and suprascapular points infra and lumbar area. Ming men point and sacrum. Attention on the calves and feet. *In supine position:* head, neck, legs, sural lateral points with stimulation st 36, belly treatment, final touch hand on the sternum area and the other on the bladder area.

Visual and tactile observations: the whole body looks a bit less tense, the legs are still very supple. The back is still compact and tensed. What I notice with her is the immediate reaction of the body. I saw some contracture removed after the first line of pressure, especially in the upper back.

Client's reactions during the treatment: as usual she likes to talk but I notice more silence during the treatment.

Therapeutic considerations: I reduced the time of the treatment to 55 minutes instead of 75 minutes according to the level of anxiety she had in the last sessions. We did some stretching instead of Masunaga and neck rotations. I proposed to her to swap her green late tea at 23h with a verbena or rooibos herbal tea.

9th session 28 april 2023

Bo shin: the face looks a bit tense.

Mon shin: has some difficulties at home with the children sick and some financially worried about the expensive bill of the lawyer. She still has no job, this creates some insecurity as she says "*fortunately my husband has a good job but it is not enough to cover all the costs*". At the physical level she felt:

- tired in the morning: need to sleep extra time to recuperate from the 5 days of sickness of the son, her son has chronic ears infection.
- muscular tension a bit everywhere
- hot flashes: during 3 days day and night moderate intensity
- sweaty night: one very sweaty
- constipation: disturbance one day every 3 days

Setsu shin: *in prone position* Soft makko ho in the back, inter scapular area, suprascapular points infra and lumbar region. Ming men point and sacrum points, I followed the chosen treatment. *In supine position:* I bring more attention to the head this time to support her mental activity, neck, legs, sural lateral points with St. 36. I bring a special attention to the belly by working more on the liver area to stimulate the blood circulation and on the feet also, the liver is good to be treated in case of hormonal imbalance.

Visual and tactile observations: the upper back is more supple, more supple buttocks, still a gap under the shoulders, visual stiffness in the upper body, and the ankles. The belly is flat, legs are still supple, not so firm.

Client's reactions during the treatment: felt asleep when I treated the cranium line, she did not talk much during the treatment.

Therapeutic considerations: I found her tired this time, the spring is a difficult transition for the body with all kinds of allergies, cold, etc. Belly cocooning :I advised her to do every day for 2, 3 minutes some circular movements on her belly, to eat more green beans, drink warm more often and use a warm bottle at night for her belly before and after when she has some constipation: the belly will be more supple and less constipated after some times.

10th session 9/05/23

Bo shin: the client arrives in a beautiful outfit, she has a fresh and luminous face.

Mon shin: went away for a full week, got more sunlight, she left the worries at home as she says.

- less tired in the morning
- muscular tension is alleviated
- hot flashes: one days and night few moderate intensity
- sweaty night: none
- constipation: a bit more easy.

Setsu shin: *in prone position* Makko ho in the back, inter scapular area, suprascapular points, infra and lumbar region. Ming men point and sacrum points, legs and feet. *In supine position:* head treatment, neck, legs, feet warming up with liver stimulation and hypophys. sural lateral points with St. 36. and a belly treatment to gently finish.

Visual and tactile observations: the lower back is more supple, more supple buttocks, gap under the shoulders, visual stiffness in the upper body, and the ankles: circular pillows are needed under them. Belly is more supple, legs seem more energized.

Client's reactions during the treatment: keep to observe more silences.

Therapeutic considerations: for this last session, the body seems still under tension but reduced. I notice when she goes away this has the effect to harmonize the imbalances and to bring a mental refreshment. I advise her to stay away from the nervous stimulants (thee or coffee) as she is hyper emotionally sensitive and to take time to walk more often which regulates the nervous system. Continuing 5 or 10 min per day the stretching for the liver and gallbladder from Masunaga and others stretching she likes.

f) Explanation of the results from the tables

Mental tension: if we take all the data before the treatments $6+7+9=22$ then 22 divided by $3 = 7.3$ and after the 10 sessions $2+3+4=9$ divided by $3 = 3$ We divide by 3 because there are 3 clients having this ailment. the average result dropped from 7.3 to 3 per person for the mental tension= \Rightarrow almost **60% of reduction** of mental tension.

Well being: before the sessions $4+2+3=9$ divided by $3 = 3$ After 10 sessions $9+7+6=22$ divided by $3=7.3 \Rightarrow$ Overall well being almost **60% increased**

Hot flashes: greatly decreases hot from 6.5 to $2.5 = 61.5 \%$ of diminution. Before the treatments $6+7 = 13$ divided by $2 = 6.5$.We divide here by 2 as there are 2 clients having hot flashes. After 10 sessions $2+3 = 5$ divided by $2 = 2.5$

Glossary

Amenorrhea is the absence of a menstrual period in a woman of reproductive age. Physiological states of amenorrhoea are seen, most commonly, during pregnancy and lactation (breastfeeding). Outside the reproductive years, there is absence of menses during childhood and after menopause.

Anamnesis is the medical history, case history, or anamnesis (from Greek: *aná*, "open", and *mnesis* "memory") of a patient is information gained by a physician by asking specific questions, either to the patient or to other people who know the person and can give suitable information, with the aim of obtaining information useful in formulating a diagnosis and providing medical care to the patient. The medically relevant complaints reported by the patient or others familiar with the patient are referred to as symptoms, in contrast with clinical signs, which are ascertained by direct examination on the part of medical personnel. The information obtained in this way, together with the physical examination, enables the physician and other health professionals to form a diagnosis and treatment plan. If a diagnosis cannot be made, a provisional diagnosis may be formulated, and other possibilities (the differential diagnoses) may be added, listed in order of likelihood by convention. The treatment plan may then include further investigations to clarify the diagnosis.

Androgens are a group of hormones traditionally referred to a male, but which people of all genders have. Testosterone is one of the androgen hormones.

Conventional medicine is a system in which medical doctors and other healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using drugs, radiation, or surgery. Also called allopathic medicine, biomedicine, conventional medicine, mainstream medicine, and orthodox medicine.

Complementary medicine is when these therapies are used along with traditional Western medicine. Alternative medicine is when these approaches are used instead of traditional medicine.

Do-in is a practice originating in Japan which turns to a form of self-massage which includes a series of frictions, taping and pressions going from the top to the bottom and from the center to the outside by traversing the whole body. This healing practice is linked to Shiatsu. Firstly for the therapist as self maintenance and secondly in addition for the client to the treatment offered. The purpose of this practice is to balance body and mind, restore, detoxify, prevent disease and slow down the aging process.

Good health from ayurveda: a balanced appetite without cravings, easy digestion without belching, bloating or discomfort of any sort, easy and regular elimination of urine, feces, sweat and tears. A clear voice, bright eyes, and clear skin, steady energy, emotions, and zest for life, a calm, pain free body and mind.

Hot flashes or vasomotor symptoms are associated with declining levels of oestrogen (oestrogen withdrawal) and other hormonal changes. There are indications as well that hot flashes may be due to a change in the hypothalamus's control of temperature regulation.

Hysterectomy is the surgical removal of the uterus, it is a total hysterectomy when the ovaries and cervix are removed, when not removed is called a partial hysterectomy.

Hypogonadism means diminished functional activity of the gonads—the testes or the ovaries—that may result in diminished production of sex hormones. Low androgen (e.g. testosterone) levels are referred to as hypo androgenism and low oestrogen (e.g., estradiol) as hypoestrogenism. These are responsible for the observed signs and symptoms in both males and females.

Menopause is the time of life when a woman's ovaries stop producing hormones and menstrual periods stop. There are 3 stages in this process: the perimenopause when the cycles become irregular, the menopause when the period ceases for a time of 12 consecutive months and the postmenopausal period. This last period of time is considered in Asian culture as the Second Spring in women's life.

Oestrogen is the umbrella term for the 3 forms of oestrogen: oestradiol, oestrone and oestriol, responsible for the development and regulation of the female reproductive system but also present in males.

Processed food are any raw agricultural commodities that have been washed, cleaned, milled, cut, chopped, heated, pasteurized, blanched, cooked, canned, frozen, dried, dehydrated, mixed or packaged — anything done to them that alters their natural state. This may include adding preservatives, flavors, nutrients and other food additives, or substances approved for use in food products, such as salt, sugars and fats.

Progesterone hormone made by the ovary after ovulation necessary to sustain a pregnancy.

Shiatsu is a Japanese healing technique that uses manipulation and pressure with the fingers to tone and relax the body. This manual therapy has its origins in acupuncture and oriental medicine. It is closely linked to the concept of vital energy or "qi", from traditional Chinese medicine. An imbalance of vital energy will cause an imbalance in the body or in the mind, which will promote physical/psychological symptoms. Vital energy can therefore be in excess or lacking in the body, this is what this practice will correct. Shiatsu is based on the idea that the human body accumulates tensions that will have a negative influence on the physical (pain and various disorders) and emotional state of the person (anxiety, stress, insomnia) if they are not eliminated. To evacuate them, the therapist will carry out pressures and manipulations which will stimulate the vital energy of the individual. These are performed on specific acupuncture points, stimulating the energy meridians throughout the body: back, neck, arms, but also face, hands, feet. There are also different styles of shiatsu; the most recognised and used in Japan is Namikoshi shiatsu. Zen shiatsu is also famous all over the world but not officially recognised in Japan as the shiatsu of reference.

The person receiving shiatsu remains clothed, can be covered by a sheet and the treatment usually takes place on a futon directly on the floor or on a chair or table.

Testosterone: a hormone known as an androgen produced in small amounts in the adrenal glands and the ovaries in females and found in large amounts in men.

Traditional Chinese Medicine's (TCM) view of life is all about a balance of yin and yang. Yin represents that which nourishes and builds and yang represents that which activates and energizes. These two energies are always dancing together; they are interdependent, mutually consuming, opposites and have the ability to transform into the other.

Western medicine is a system in which medical doctors and other healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using drugs, radiation, or surgery. Also called allopathic medicine, biomedicine, conventional medicine, mainstream medicine, and orthodox medicine.