
Hado Shiatsu and Healing Chronic Syndromes

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Understanding Syndromes

Chronic and complex syndromes affect millions, creating ongoing challenges in daily life. These conditions often intertwine, leading to profound physical and emotional burdens. Understanding their nature is crucial for effective management and exploring **holistic approaches** like **Hado Shiatsu** can offer significant support.



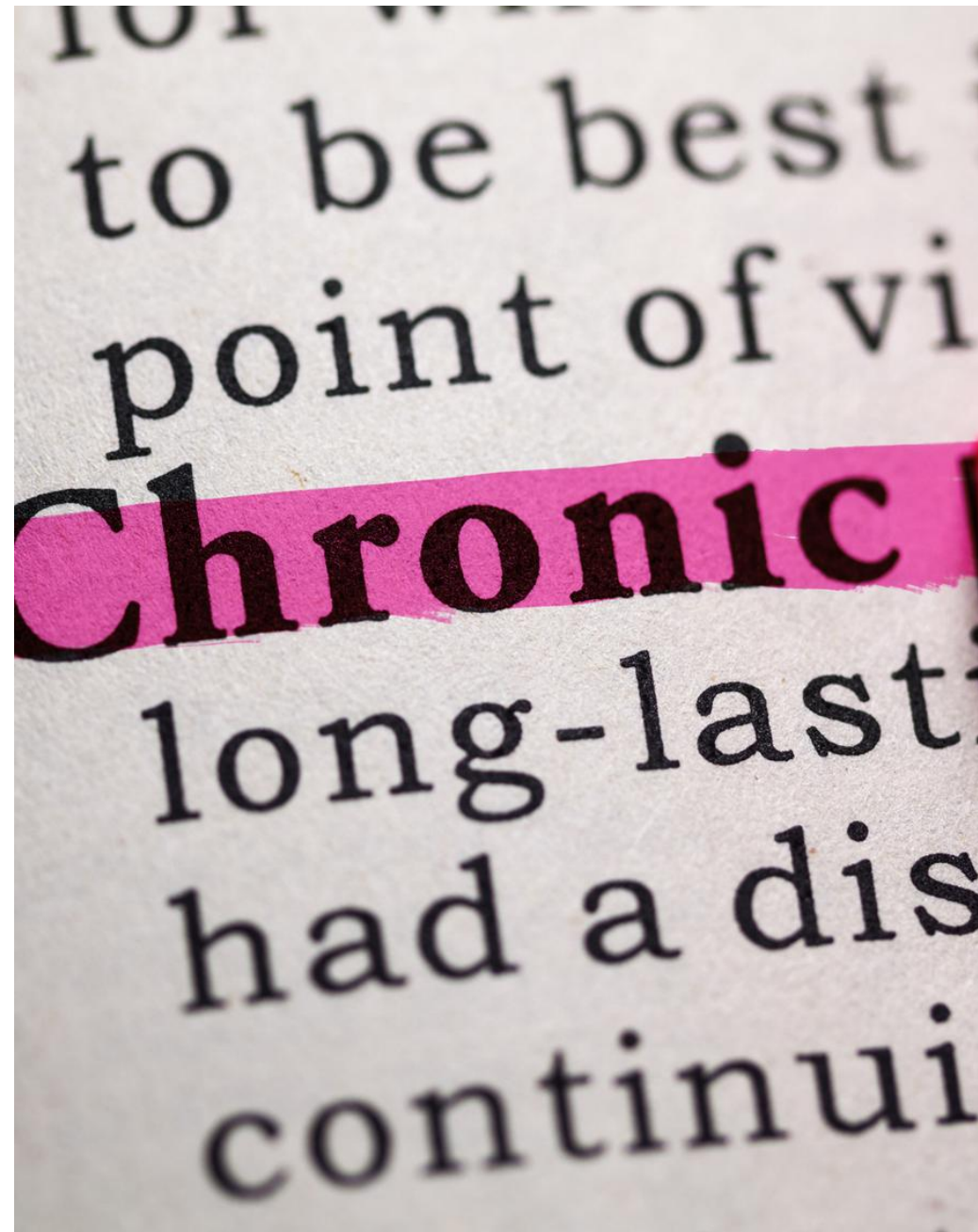
Common Chronic Syndromes

Understanding Common Syndromes

Fibromyalgia, Chronic Fatigue Syndrome, and Irritable Bowel Syndrome impact millions, affecting daily lives and overall well-being.



COMMON CHRONIC SYNDROMES



A. Chronic Pain and Musculoskeletal Tension

B. Autonomic Dysregulation

(anxiety, insomnia, migraine)

C. Autoimmune Diseases

(rheumatoid arthritis, multiple sclerosis, Parkinson's)

D. Somato -Emotional Syndromes

(fibromyalgia, chronic fatigue,..)

E. Postural and Energetic Imbalance, PTSD

F. Degenerative Diseases

(Cancer)



Chronic Musculoskeletal Tension and Pain

Chronic musculoskeletal tension

Affects **up to 20-30% of adults**, manifesting as persistent stiffness, localized or diffuse pain, restricted mobility, and fatigue.

Prolonged postural stress, emotional strain, and sympathetic hyperactivity contribute to sustained muscle contraction, microcirculatory restriction, and pain amplification.

Autonomic dysregulation

Autonomic dysfunction is common and under-recognized; prevalence 10–30% depending on age and condition of individuals at some point, is characterized by imbalance between sympathetic and parasympathetic activity. Symptoms include **anxiety, insomnia, palpitations**, digestive irregularities, and fatigue. The system loses flexibility, becoming trapped in hyperarousal or hyperarousal states.



Autoimmune Diseases

Aggregate autoimmune and degenerative diseases including **rheumatoid arthritis**, **multiple sclerosis**, lupus, and **Parkinson's**, affect ~10% of the global population (vary by age). These syndromes reflect breakdown in systemic self-regulation, chronic inflammation, and impaired regenerative capacity.



Somatic - Emotional Syndromes

Somato-emotional syndromes arise when **unprocessed emotional experiences** become encoded in the body, affecting both physiology and psyche. Psychosocial factors contribute to up to 60–70% of visits, though only 10–20% are coded as mental-health diagnoses. (emotional roots, such as tension headaches, digestive disturbances, fibromyalgia, or chronic fatigue)



Postural and Energetic Imbalance

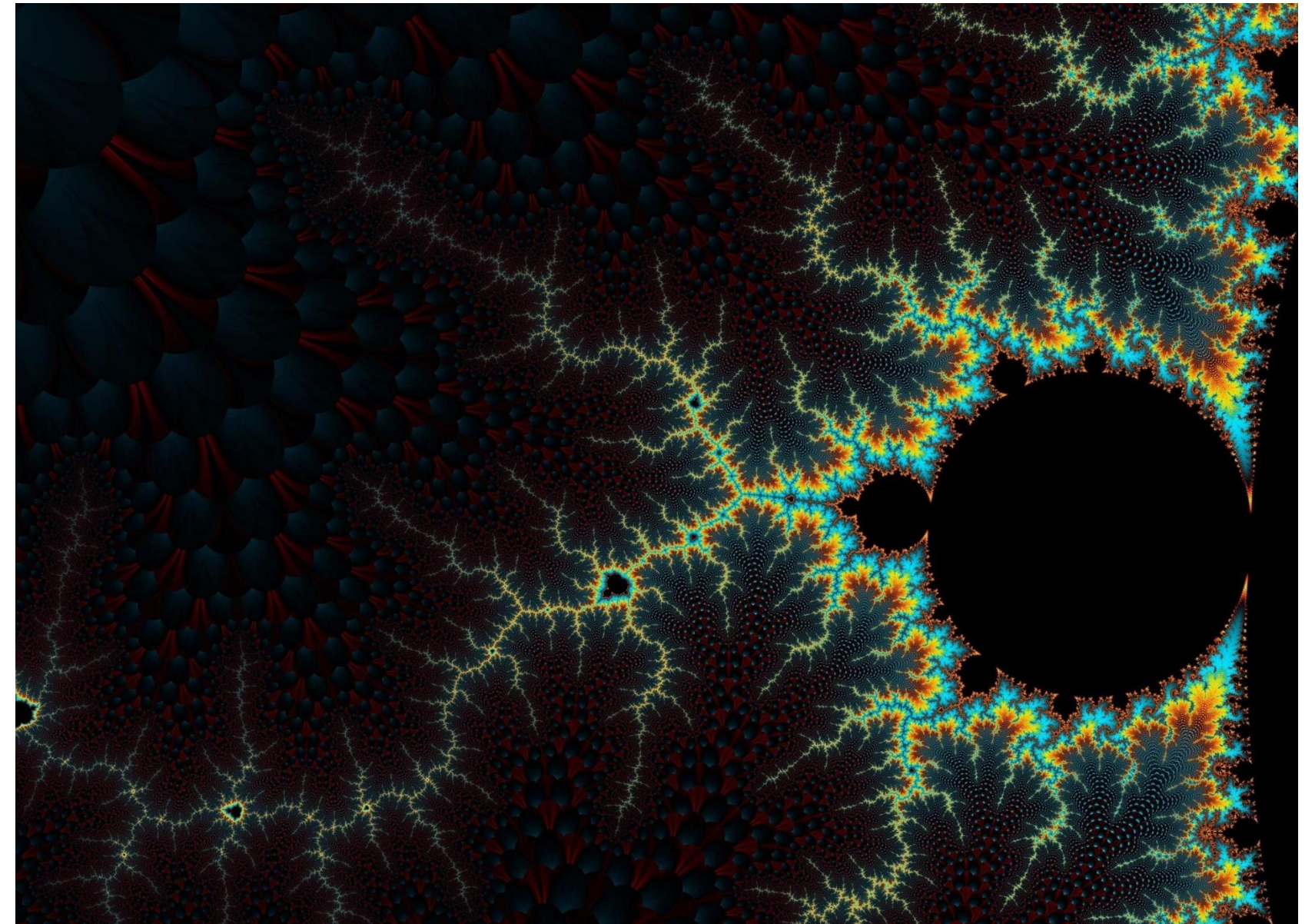
Postural and energetic imbalance is widespread: More than half of adults show at least one **postural deviation**

Prolonged sitting, repetitive movements, and sensory overload lead to asymmetric muscle tone, fascial tension, and disrupted proprioception. Energetically, this reflects stagnant or misdirected Ki flow, resulting in misalignment and inefficiency of the body-field.



Degenerative Diseases (Cancer)

Degenerative and complex systemic conditions, including **cancer**, are characterized by **loss of cellular communication**, impaired regeneration, and fragmentation of the organism's energetic field. Globally, millions live with such conditions, where the organism's coherence is profoundly challenged. Cancer affects ~1 in 5 individuals globally during life; ~20 million new cases per year



Hado Shiatsu and Human Health: A Resonant Approach to Chronic and Complex Conditions

Hado Shiatsu approaches the human being as a living, coherent field of energy and information. Rather than treating symptoms in isolation, it works through resonant touch and mindful presence to restore the body's innate capacity for self-regulation, coherence, and vitality.



Chronic Musculoskeletal Tension and Pain



Hado Shiatsu Application

Through precise, mindful touch along meridians the practitioner **enters resonance** with the living field of the body, facilitating self-regulation.

In the treatment we will support the 3 self-regulating mechanisms of the system:

- biophotonic emission,
- solitonic production,
- dissipation

Benefits include:

- *Downregulation of sympathetic activity and pain sensitivity.*
- *Improved microcirculation and metabolic exchange.*
- *Recalibration of proprioception and nervous system perception.*

The result is a gradual release of chronic tension, restoration of fluidity in movement, and reactivation of the body's natural resources for self-healing.

Autonomic dysregulation

Hado Shiatsu Application



Through mindful touch and field resonance, **Hado Shiatsu restores oscillatory balance.**

Two possible technical tools:

- providing one's phase dynamics in Shin phase;
- modeling in Treatment phase

It will be promoting:

- ***Parasympathetic activation and vagal tone.***
- ***Reorganization of fascial, neural, and circulatory patterns.***
- ***Reconnection with natural internal rhythms.***

The result is a restored autonomic harmony, where the body can shift fluidly between activity and rest.

Autoimmune Diseases



Hado Shiatsu Application

Autoimmune and degenerative conditions—including rheumatoid arthritis, multiple sclerosis, lupus, and Parkinson's—affect over 10% of the global population. These syndromes reflect breakdown in systemic self-regulation, chronic inflammation, and impaired regenerative capacity.

The practitioner offers a coherent vibrational field to **encourages the body to self-correct.**

Sometimes it is useful to apply a touch that **"rechannels" the Ki**

This will support:

- ***Modulation of immune and nervous system communication***
- ***Restoration of tissue elasticity, fluid flow, and energetic coherence***
- ***Reduction of inflammatory overactivation***

While **Hado Shiatsu** does not cure the underlying disease, it **enhances quality of life**, restores vitality, and supports the organism's natural regulatory intelligence.

Somatic - Emotional Syndromes

Hado Shiatsu Application



Resonant touch creates a **field of containment and coherence**, allowing emotional and somatic patterns to unfold safely.

In the opening ritual Shiatsu practitioner enters an evocative state to create the "Kekkai", field of good for both of giver and receiver

Effects include:

- ***Parasympathetic activation and emotional regulation.***
- ***Release of stored somatic memory and tension.***
- ***Integration of body and mind through energetic and fascial coherence.***

Receivers often experience deep emotional release, clarity, and reconnection with their innate vitality

Postural and Energetic Imbalance

Hado Shiatsu Application



The body will be engaged as a resonant living field.

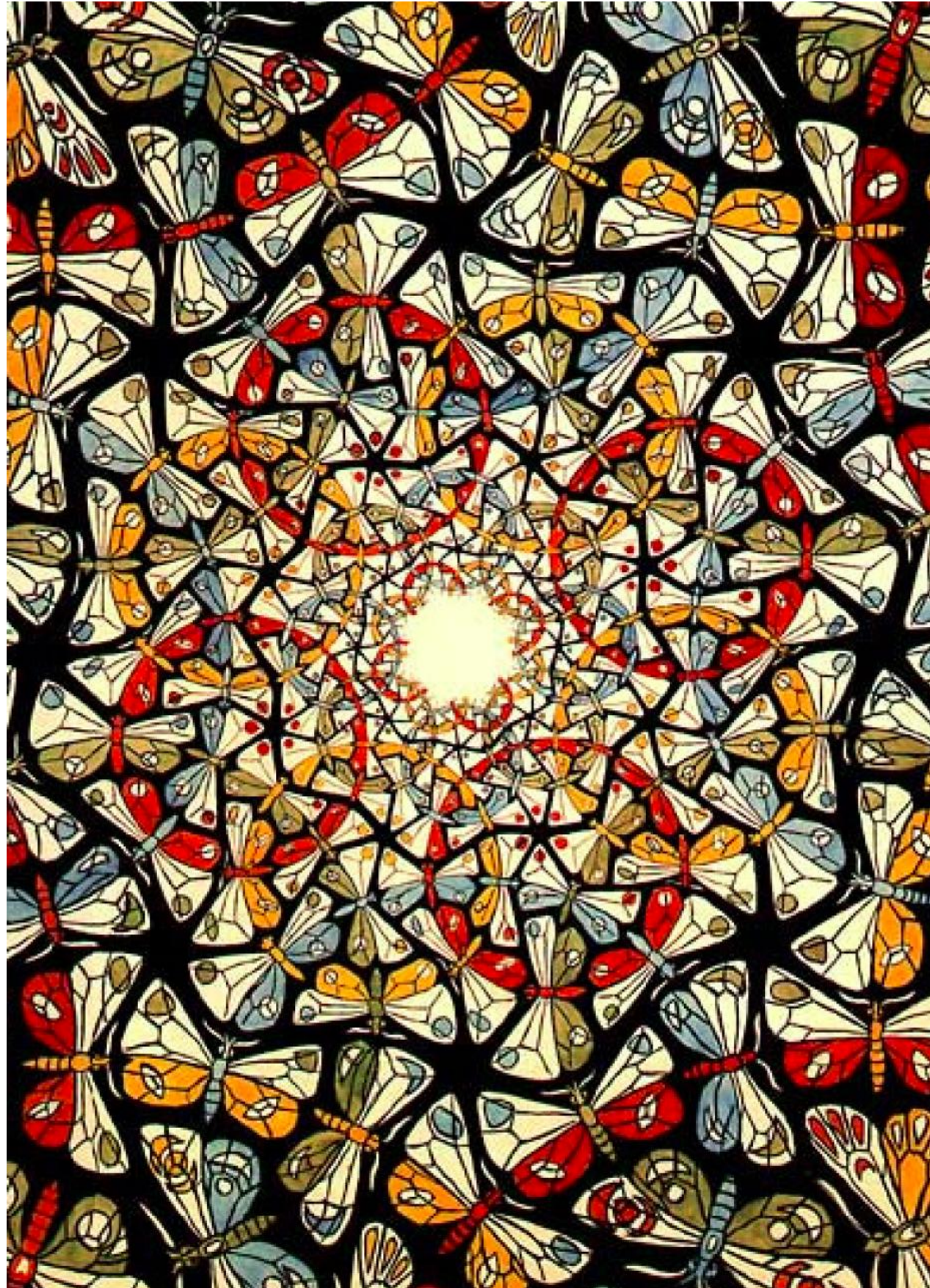
Stagnant or misdirected Ki flow will be addressed, using a fluid movement.

A sort of “joyful shiatsu dance” that will support openness and relaxation

The practitioner supports:

- ***Release of fascial and muscular holding patterns.***
- ***Recalibration of posture and vertical alignment.***
- ***Harmonization of Ki circulation along meridians.***

Receivers often report effortless posture, fluid movement, and renewed connection with gravity, reflecting a realignment of both form and energy.



Degenerative Diseases

Hado Shiatsu Application

Even in advanced conditions, Hado Shiatsu can reduce symptoms, enhance resilience, and reconnect the individual with their innate sense of wholeness, enabling presence, clarity, and self-regulation.

Sometimes, after chemotherapy sessions, it is useful to apply a touch that **restores the integrity of the energy grid**

By offering resonant, mindful touch, Hado Shiatsu facilitates:

•Rebalancing of neuroimmune and autonomic function.

•Release of fascial, muscular, and emotional holding that obstructs flow.

•Restoration of the organism's vibratory coherence, supporting regenerative processes