



ZEN SHIATSU

SHIATSU *for Chronic Conditions*

- CHRONIC PAIN
- AUTOIMMUNE DISORDERS AND ALLERGIES
- CHRONIC VIRAL ILLNESS (EPSTEIN-BARR, LYME, ETC.)
- EMOTIONALLY OVERWHELMING STATES



Learn about how new expertise at Zen Shiatsu can help you.

CHRONIC PAIN

Fibromyalgia, Migraines, PMS, Neuropathy, Muscular or Joint Pain, Limited Range of Motion, "Mystery" Pain

My friend recommended I try shiatsu to help heal my lingering injuries from seven car accidents and several sports injuries, including a torn disk and two bulging disks in my lower back, ongoing stiffness and pain in my neck and shoulders, and difficulty walking and exercising due to misfiring of the nerves in my left leg. The recurring body pain limited my flexibility and strength, making life an ongoing challenge. After just three one-hour Zen Shiatsu treatments, I regained flexibility, strength, and felt no pain continuously for four months. Deep healing has occurred in all levels of my being: body, mind, spirit and soul. My whole life outlook is more positive, re-vitalized and filled with bright hope for the future. Is it any wonder I am taking the beginning Zen Shiatsu course to learn more about this wonderful healing art?

— Bonnie

Due to an injury to my left leg in 1997, my calf muscle was 1/2 inch smaller, along with nerve issue on the top of the foot, resulting in unpredictable cramps. After my first shiatsu session, I felt the difference immediately. I felt more stable, grounded and balanced—not only in my leg, but my entire body. The second session led to deep releasing in the hip and top of my foot, and my left ankle was less inverted. I noticed a difference with my Tai-Chi and Yoga practice, and on my run, my foot strike felt more stable/uniform. I felt calmer on this run, because previously, I'd be worried about rolling my ankle.

— Jerry

I've been getting shiatsu treatments approximately every three weeks for several years now. Recently my practitioner used a new technique that in one session completely cleared up a lingering pain I'd had below my left ribs associated with—we think—a recent bout of pleurisy (although I'd had intermittent pain in that spot for my entire adult life—over 25 years!). I think this new energy work incorporated in shiatsu is extremely beneficial.

— Jane Bunker,
Publisher, Northwestern
University Press

AUTOIMMUNE DISORDERS, ALLERGIES & CHRONIC VIRAL ILLNESS

Rheumatoid Arthritis, Multiple Sclerosis, Lupus, Celiac Disease, Ulcerative Colitis, Crohn's Disease, Asthma, Seasonal Allergies, Pet Allergy, Environmental Sensitivities, Chronic Lyme Disease, Epstein-Barr Virus, Shingles



KID FRIENDLY!

My 4-year-old son suffered from eczema around his waist and groin since he was 1 year old. After three years of investigating food triggers, experimenting with lotions, etc., we'd had no success lessening his symptoms. I learned these new shiatsu protocols and treated him twice per week for three weeks. During that time, he suddenly experienced pain in his low abdomen around his bladder, and had increased urination. After that passed, his eczema completely disappeared and has remained gone for three months now. As a shiatsu practitioner, even I was amazed by how quickly his nervous system and immune system responded to the work. I'm very excited to share this work to find out what more may be possible for addressing disorders with young children.

— Steve

Being diagnosed with ulcerative colitis for over 20 years, there are not many remedies or treatments that I would endorse unreservedly. I've found that regular treatments of shiatsu have been very beneficial when included as part of my comprehensive and ongoing treatment plan in managing the various symptoms from my autoimmune disease.

— Ted Alvia, Co-Owner Avail & Company, Evanston

After living with fibromyalgia and arthritis pain and getting no relief, my doctor suggested trying Shiatsu. I was willing to try. It was the best decision. I really don't understand the whole process but I can honestly say it works. After our first session I was pain free for several hours at a time for the next few days. By the second session I have felt better than I have in months. Can't wait for the next visit. I recommend it to everyone who has any type of pain or discomfort.

— Susan

I've had limited range of motion in both my shoulders, meaning I couldn't really lift my arms above my head. I have had this issue for as long as I can remember. I've tried massage, tuina, cupping and Bikram yoga, always with the same result: a small, temporary increase in range. After my most recent Shiatsu treatment, I have never been able to get my arms so high, and it was only one session! I was truly amazed. It gives me hope.

— Christina

I have multiple sclerosis and was feeling stagnant, frustrated, and stiff. After my shiatsu sessions, my walking improved and I don't feel as if I'm dragging an iron ball behind me. I have better flexibility, and I enjoy the peacefulness that comes with each session. Those feelings last long after treatment, because my mind is happier (due to ease of movement), and my muscles and body are responding in a positive way. I am hopeful about my future well-being due to shiatsu.

— Kathy Giustino-Koch

Lyme disease had been causing me horrible joint pain and stiffness, fatigue, and brain fog for seven months. My treatment plan was 3-6 weekly sessions involving shiatsu and visualization. I felt 50% better the first day, and throughout the week I started feeling improvement on emotional issues. By the third week, I began to develop a new mindset and my health continued to improve. We finished in three weeks and I'm still feeling great. I highly recommend this therapy be added to your existing plan

— M.B., Waitress



EMOTIONALLY OVERWHELMING STATES

*Phobias, Post-Traumatic Stress, Anxiety, Panic Attacks,
Depression, Unresolved Grief*

I was always afraid of heights as far back as I can remember. Even standing or walking close to the edge of a railway platform and looking down at the tracks made me feel anxious. When I heard that my phobia could be cured in a single session, I tried to keep an open mind, but there was certainly a part of me that was skeptical. We decided that after receiving shiatsu, I would test the result by going to a nearby railway platform and peer over the edge. I was completely amazed that not only was I able to peer over the edge, but was able to stand on the edge with one foot dangling over the tracks! It was a strange feeling since my logical mind seemed to be telling me that I should be anxious, but emotionally there was no fear or nervousness. Even months later, I continue to be amazed at the results.

— M.P.

I have memories of childhood trauma, which I store subconsciously in my muscles. I would feel debilitating pain on a regular basis and times of stress tend to make it much worse. I told my shiatsu therapist about the source of my chronic pain, and without having to reveal any details, she has helped me to release the memories, their emotional intensity, and the muscle tension that brought about my chronic pain. This is after just four visits with her! Her skills, compassionate approach, and commitment to my well-being, have brought me to a place that I never thought possible. I am being freed of the trauma, pure and simple.

— Ina

For months I felt severe anxiety about an upcoming event, to the point of shaking when thinking about it. Filled with dread, I'd break down crying at the thought that there was no avoiding it. Then I had a shiatsu session that specifically focused on my feelings about that event. By the end of the session, I could think about it calmly, without any of the usual emotional and physical responses. I couldn't believe it. And the effect continued for weeks leading up to the event! I went through the actual event without any problems whatsoever, even enjoying it. I'm so grateful.

— V.L.

After one treatment for my phobia of flying, my full-body tightening when thinking about flying morphed into serious consideration of flying. After three treatments, I flew! I find the treatments to be relaxing and fascinating! I've been able to feel the difference in my level of fear and anxiety at the start of my session vs. how I feel after.

— H.L.



KID FRIENDLY!

When I used to hear the noise that velcro or styrofoam make, it would tickle my brain and make me feel irritated. My Mom gave me a shiatsu session and now when I hear those noises it doesn't bother me.

— Joshua, 9 years old

HOW DO I GET STARTED?

Shiatsu can be performed on a massage table or a soft futon. You can bring soft, stretchy clothes to wear during your session. We recommend six weekly shiatsu sessions as an initial course of treatment.

The price is \$95 per one-hour session. We also offer three-session packages for \$255 (\$85 per session). Payment can be accepted by cash, check or any type of credit card. Shiatsu is typically a valid expense through Health Savings Accounts (or employer flex-spending plans), but is not typically insurance-reimbursable.

Zen Shiatsu Chicago is located at 825 Chicago Ave in Evanston, 1/2 block south of Main St. We are right across from the Main St. Purple Line stop on the CTA, or the Main stop on the Metra North Line. Meter parking is generally available near the front of our storefront. We are on a second-floor walkup. If you know anyone who would benefit from treatment but can't walk up stairs, please contact us to discuss the possibility of home visits.

This information can be shared online at:
www.zenshiatsuchicago.org/clinic/

Call 847.864.1130 to make an appointment.

Please mention that you would like to work with a therapist who specializes in chronic conditions.

Do you or your children suffer from chronic or “mystery” pain, an autoimmune disorder, allergies, chronic viral illness, or overwhelming emotional states?

WE CAN HELP.

Zen Shiatsu therapists now have specialized training to work with chronic conditions. While offering the same relaxing shiatsu, our therapists use new protocols to address symptoms related to these challenging disorders.

Learn more to see if this work could benefit you or someone you know. Read testimonials from our clients inside.



ZEN SHIATSU

825A Chicago Ave.
Evanston, IL 60202

Appointments available 7 days a week, morning through early evening

Phones are answered between 10am-5pm M-F, 10am-4pm Sat/Sun

847-864-1130 www.zenshiatsuchicago.org/clinic/