



Zen Shiatsu Massage— for inner vitality and harmony

Zen Shiatsu uses acupressure and stretching methods to balance the energy pathways of the body. Often referred to as “acupuncture without needles,” Zen Shiatsu is a holistic therapy designed to uplift and harmonize physical, emotional, mental, and spiritual well-being.

By applying
p r e s s u r e
to specific
acupressure

Zen Shiatsu supports the body’s
natural tendency toward balance
and activates its natural healing
powers.

points along the meridians (energy pathways) of the body, the Shiatsu practitioner rebalances the body’s energy, and creates a feeling of deep relaxation, renewed vitality, and overall well-being. This restoration of energy supports the body’s natural ability to cope with stress and prevent illness.

Additionally, studies have shown that Zen Shiatsu reduces cortisol levels, thus improving systemwide health.

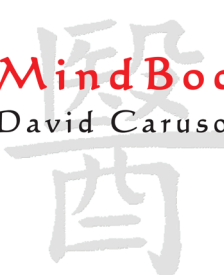
Mind Body Herbs

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May you enjoy excellent
health and long life!

David Caruso-Radin
LAc, MS, MQP, DiplABT



David is a licensed acupuncturist, herbalist, certified Asian bodywork therapist, medical Qi Gong practitioner and instructor, and certified facial rejuvenation practitioner. David created MindBodyHerbs to help his clients learn the skills and habits necessary to maintain health gains for long term benefits. For more info and treatment details visit mindbodyherbs.com.

MindBodyHerbs has two offices: North Berkeley and East Richmond. Specialties include:

- Acupuncture
- Asian Bodywork
- Wellness Education
- Facial Rejuvenation
- Herbal Consultation
- Nutrition & Lifestyle Consultation



Call or email to make an appointment: 510.684.0926
or info@mindbodyherbs.com.

Top tips to get the most out of your Zen Shiatsu
massage:

- Relax. Be open and receptive to the process.
- Wear loose, comfortable clothing.
- Don't eat directly before your treatment.
- Drink plenty of fluids following your massage to deepen and extend the beneficial effects.

Visit mindbodyherbs.com for more tips!