

How to Use Shiatsu for Indigestion

Indigestion is too common in today's stressful world. Fast-paced lifestyles and junk-food diets have aggravated our digestive systems. Shiatsu stimulates the parasympathetic nervous system, calming and quieting your body and mind as well as enhancing digestive functions.

🕒 Steps:

1. Decrease bloating and stagnation by applying pressure with your middle finger and gently massaging the point just below the tip of your lowest rib. (Image 1)
2. Stimulate intestinal peristalsis to promote bowel function and digestion by pressing the point two thumb-widths on either side of your belly button. (Image 2)
3. Put your hands on your hips (or have someone help you) with your thumbs positioned on either side of your spine and apply pressure to stimulate movement in the bowel and relieve indigestion and stomachache. (Image 3)
4. Regulate and promote energy flow by using the pad of your middle finger to apply pressure to the point on the top of your foot where the bones between your big toe and second toe merge. (Image 4)

click photos to enlarge



✳ Tips:

- Peppermint and ginger teas can also soothe indigestion. You can make your own peppermint-ginger tea with 1 tsp. dried peppermint and 1 tbsp. grated ginger in 1 cup boiling water.

⚠ Warnings:

- Avoid excessive antacids. Although they provide temporary relief of discomfort, the alkaline environment stimulates the stomach to increase acid production.
- If you suffer from chronic indigestion or heartburn, contact a physician to eliminate the possibility of an ulcer or other more serious conditions.

- If symptoms persist or if you have specific medical conditions or concerns, contact a physician. This information is not intended as a substitute for professional medical advice or treatment.