

# How to Use Shiatsu for PMS

Premenstrual syndrome is a collection of physical and emotional symptoms experienced by 90 percent of women during the weeks prior to menstruation. Shiatsu eases the aches, pains and general fatigue associated with PMS by stimulating movement in the body to promote the circulation of energy and blood, thereby alleviating the stagnation of fluids in the tissues and joints associated with PMS.

## Using Shiatsu on Your Feet for Symptoms of PMS

### 🕒 Steps:

1. Sit comfortably with your left ankle across your right knee.
2. Use your middle finger to apply gentle pressure and movement to the point on top of your foot where the bones between your first and second toe merge. This promotes circulation of blood, releases cramping, and calms the nervous system. (Image 1)
3. Ease water retention by pressing the area on your heel between the inner anklebone and the Achilles tendon.
4. Get a quick "pick-me-up" if you suffer from premenstrual fatigue by stimulating the point in the center of the sole of your foot where the arch meets the ball. (Image 2)
5. Quell cravings for sweets and prevent depression by applying simultaneous pressure with your middle finger to the top of your foot where the bones between your second and third toe meet, and with the pad of your thumb to the point on the inner border of your foot just before the joint of your big toe. (Image 3)

[click photos to enlarge](#)



### \* Tips:

- If you are more flexible, sit on the floor with the soles of your feet together so you may work on both feet at the same time.

## Using Shiatsu to Treat Backache and PMS

### 🕒 Steps:

1. Lie on your back on the floor with your knees bent, feet flat and slightly wider than your hips, and hands placed palms down under the curve of your lower back.
2. Press with your feet to roll your pelvis and massage your spine. Your lower back should move

away from the floor when you inhale and flatten against the floor when you exhale.

3. Relieve lower back tension by making a fist and using your knuckles to press the points along your lower spine and along the ridge of your hipbones. Let the weight of your body guide the depth of pressure.

 **Tips:**

- Back pain and spinal fatigue associated with PMS are usually related to water retention. Excess fluid causes inflammation of the tissues (the discs) and irritation between the vertebrae. Thus, stretching and movement assists in the release of excess fluids from the tissues and helps to decrease inflammation and soreness.

 **Overall Warnings:**

- If you have any questions or concerns, contact a physician or other healthcare professional before engaging in any activity related to health and diet. This information is not intended as a substitute for professional medical advice or treatment