

BLOG — Sensitivity Treatment:

How My Heart Throbs!

A Diary of

Sound Mind & Body Gardenⁱ Master

I have perfected the method to cure Frozen Shoulder!!

Warning—Disclaimer

You are reminded that *shiatsu*, acupuncture, or moxibustion generally known as alternative medicine is not panacea for all illnesses. It works only when proper treatment is given at the proper TRIPSA and only when the patient makes his/her own efforts for recovery, beginning, for example, by sticking to the “Early to Bed Early to Rise” practice in line with the working hours of the various bodily organs.

Every effort has been made to make this material as complete and accurate as possible. However, there may be mistakes in content, typography and translation. This text should be used as a general guidance and not as the ultimate source of information. The purpose of this BLOG is to merely inform you of another knowledge which you might not have encountered. Otherwise, the author, Shinshin Kenkodo, and the translator shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained herein. The ideas and suggestions contained in this BLOG are not intended as a substitute for consulting with a physician. Always consult your doctor and other professionals.

Table of Contents

Part 1	Abnormalities surface when muscles and tendons are overworked.....	2
Part 2	This condition appears in the form of swollen surface, fever and pains.....	3
Part 3	Both <i>Gojukata</i> and <i>Gikkurikoshi</i> are triggered by the same causes.....	3
Part 4	Do you wake up in mid night from acute pains?.....	4
Part 5	The treatment based on the theory of <i>holo-shiatsu</i>	5
Part 6	Treating Stiff Shoulders and Neck.....	6
Part 7	An acupuncture needle is the deputy for the finger and the endoscope for the muscles.....	7
Part 8	Don't move the ailing arm during the period of acute pains and <i>Onnetsuki</i> Heat Treatment..	8
Part 9	KT <i>Gojukata</i> Treatment Method.....	10

April 17, 2007

Have perfected the method to cure Frozen Shoulder!!

Part 1 Abnormalities surface when muscles and tendons are overworked.

[Health Control and Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness] (4110)

The symptoms of Frozen Shoulder, known as *Shijukata* (forty-year-shoulder) or *Gojukata* (fifty-year-shoulder), collectively, *Gojukata* in this article, are typified by a sudden painful heaviness and disability of arm movements-- forward, backward, upward or round the hip and have affected people since the day one of the recorded history.



Despite its long history, no decisive treatment method has been established either under the Oriental or Occidental schools of medicine.

“It assaults suddenly and takes half a year, a year or even two years to cure.” This sort of statement comes out of the mouth of even orthopedic surgeons. Why and what causes this malady appears to be uncertain. In the occidental medicine, *Gojukata* is called *periarthritis humeroscapularis*. Along with lumbar pain, stiff shoulder and hip gout, this malady is quite popular at acupuncture/moxibustion clinics. Affected arm would not go upward, and a severe pain accompanies if the patient tries to turn the affected arm. The patient is rudely awakened in midnight by a severe pain. These are common symptoms and it takes at least three months even when the symptoms are the least serious. Normally, it takes 6 months to a year for full recovery. In the worst cases, the

ailments are not improved, even after the lapse of two to three years.

In my 27 years of having clinically treated *Gojukata*, I have kept wondering why an immediate remedy is not available. Treating or heating hip joints, and softening stiffness around arm, neck, blade bone and shoulder does lessen severe pains. However, such treatment has not been accompanied by a realization that the malady is totally removed. While treatment somewhat ameliorates pains, these pains tend to return back again in time.

Why does it take so long to cure frozen shoulder?

Can't there be any treatment that assures an immediate cure?

For the past year or so, I have been brooding over a hypothesis that the *Gojukata*-pain is triggered by the arm motion that stimulates “the hardened and numbed *suji*’s (tendons) that are connected to the shoulder joint (humeral articulation)”.

Over the years, I have specialized myself in treating tendons.

The pain in the lumbar back is no different. The true cause of the pain is traced to the numbness of the *suji* called ‘greater psoas muscle’ about 2-3/4” to 4” (7~10mm) deep that supports the lumbar back.

Softening of the hardened and numbed spot and its surrounding areas by an acupuncture needle of *nisun* or 3-1/4” (8 cm) long removes the lumbar back pain.

Muscles and tendons share the common characteristics.

A coil spring stretches when the weight is placed on the scale, and reverts to the original form when

the weight is removed. However, if the weight applied on the scale is excessive, the coil spring remains stretched or compressed and loses its function as a spring.

Likewise, abnormalities surface when muscles and tendons are overworked.

May 15, 2007

Have perfected the method to cure Frozen Shoulder!!

Part 2 This condition appears in the form of swollen surface, fever and pains

[Health Control, Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness] (4110)

At long last, my thought is beginning to get organized. Bit by bit, I wish to continue....

There is another point I wish to make. It is about the two kinds of muscles and tendons, those that “move the body”, and those that “support the body”.

Muscles and tendons that move the body are located at the surface, while those that support the body are in depth.

Deformed surface muscles and tendons cause pains and abnormalities in movements.

Surface muscles and tendons are susceptible of inflammation but seat of disease is readily identified and treatment is less difficult. Thus, such ailment can be speedily removed in relative terms.

On the other hand, seat of disease of muscles and tendons in depth are difficult to ascertain and treat, as it defies direct contact from the surface. The ailments in the muscles and tendons in depth are characterized by numbness, since inflammation rarely occurs.

Numbness in special terms is called “contracture”.

To put it in a nutshell, contracture describes the symptoms whereby muscles and tendons are contracted and refuse to revert to the normal form.

On the other hand, inflammation describes the symptoms whereby seat of disease is swollen with fever.

Think of the sprain to understand this symptom.

The damaged muscles and tendons attract a gush of blood for repair.

This condition appears in the form of swollen surface, fever and pains.

May 17, 2007

Have perfected the method to cure Frozen Shoulder!!

Part 3 Both *Gojukata* and *Gikkurikoshi* are triggered by the same causes

[Health Control, Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness] (4110)

“What causes *Gojukata*?”

The word *Gojukata* literally means 50-year-shoulder. However, the symptoms appear not upon a shoulder but on an arm.

Most patients say: “All of a sudden, I was disabled to lift my arm!”

It is true that the symptom assaults the patient suddenly out of blue. However, a certain lead time must have preceded the sudden attack of pains. It must be a manifestation that the body can no

longer withstand the burden.

It is also true with *Gikkurikoshi* (the ruptured intervertebral disk) that disables patient's movement all of a sudden. During its lead time, the in-depth muscles get hardened, and numbed, and forms a contracture. Under such conditions, if the patient moves the muscles at the lumbar surface area, such muscles get "sprains".

In fact, when a person moves his/her arm or hip, the in depth muscles supporting the arm and the hip are activated, in association with the surface muscles to assure a smooth movement in total harmony.

The patient afflicted with *Gojukata* can no longer move the arm smoothly.

The arm gets stuck in a certain point, disabling further movement.

If the patient tries to move the arm regardless, severe pains assault him/her.

The pains originate from the in depth hardened and numbed spot or in the area of inflammation.

The symptoms of *Gikkurikoshi* are no different. In many cases, the pains assault the patient when he/she tries to stand up from the chair or he/she is in a half-sitting posture.

Acute pains assaults the patient when he/she attempts to stand up from the chair or takes a half-sitting posture, because such action triggers the movement of the hardened, numbed muscles and tendons.

In addition, if the surface muscles are damaged, the patient is disabled to bend forward or backward due to the acute pains and swollen surfaces.

It is now clear that both *Gojukata* and *Gikkurikoshi* are triggered by the same causes.

It follows then that the treatment method must be identical to each other.

May 18, 2007

Have perfected the method to cure Frozen Shoulder!!

Part 4 Do you wake up in mid night from acute pains?

[Health Control, Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness] (4110)

"The Symptoms of *Gojukata*"

1. The patient is unable to raise up or down, or turn back an arm, due to the impairment in the scope of movable areas.
2. Severe pains result from attempting to raise or turn the affected arm.
3. During the acute period, the patient is unable to sleep or wakes up in midnight due to the attack of severe pains.
4. If the symptoms are further aggravated, the affected arm smarts and pains unbearably even when the patient remains still.

The difference between stiff shoulder and *Gojukata* (frozen shoulder) can be told by the aching arm in the case of the latter.

"Diagnosing *Gojukata*"

Firstly, ascertain the functional range of the arm movement, where and how the pain is triggered and how far the arm moves in all directions.

Gojukata typically disables normally: 1. raising the arm upward in the front, 2. stretching the arm horizontally, and 3. turning the arm backward.

Thus, the patient is unable to: 1. hang from a strap in a train, 2. comb the hair, 3. put the hand in the back pocket of the pants, tie a string belt at the back, fasten the brassiere hooks.

To treat the patient, measure the movable area angle by marking on the aching spot.

To determine if the symptoms are acute or chronic, ask the following questions: “Do you wake up in mid night from acute pains?” or “Does it pain even when you remain perfectly still? (to see if the pain is self-generated).

If the pain is felt at night or self-generated, it means that inflammation is present at arm and shoulder joint (humeral articulation).

Have perfected the method to cure Frozen Shoulder!!

Part 5 The treatment based on the theory of *holo-shiatsu*.

[Health Control, Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness] (4110)

May 19, 2007

“Treating *Gojukata*”

The purpose of the treatment is to lessen pains and widen the movable areas.

<If the symptom is acute, give the same treatment as in the case of sprains>

The muscles and tendons to move the arm are in the same predicament as in the case of sprains.

If the symptom is acute and inflammation is present, namely, if pains are felt in midnight or self-generated, the damage in the in-depth-tendons are causing the pains. Avoid treating directly the aching points but give treatment based on the principle of reflexology.

As explained in **Part 2** on the cause of *Gojukata*, the lead time in which tendons continue to remain stiff and numb precedes the swelling. If the affected points are nevertheless burdened further, then they get strained and damaged with inflammation and the resulting stiffness and numbness of the tendons that support the in depth arm.

The pain felt while the patient remains still or in midnight manifests the inflammation in the affected points.

Gikkurikoshi or sprain in the initial period is best treated by working on the corresponding parts based on the principle of reflexology, while avoiding the direct contact to the inflamed, aching spots.

Work on the trigger points located at the head top (at GV20 *Hyakue* (Baihui), Hundred Convergences, chest, and at the back of the knee to treat *Gikkurikoshi*.

In case of a sprained ankle, work remotely on the trigger points at wrist by exploiting the principle of reflexology.

<Excite reflections by working on the trigger points at hip joint, etc.>

Reflection is analogous to the principle of reflexology, namely, the treatment that stimulates the remote area, without contacting seat of disease. The stimulus thus given reaches seat of disease, representing the axis of the oriental medicine.

Hip joints (*articulatio coxae*) are correlated to shoulder joints (humeral articulation).

The area of arm movement is improved and the pains are significantly eased through creation of the tendon reflection by giving stimulus to the trigger points surrounding *Daitenshi* (Dazhuanzi), the great trochanter (or the bone, which the hand touches by standing to attention) at the side of the femoral region. Exciting reflection by *Shiatsu*, acupuncture or *Onnetsu* (Wenre), heat-treatment at the tensor *fasciae latae* muscle also appeases pains and improves the areas of arm movements.

This is the treatment based on the theory of *holo-shiatsu*.

Have perfected the method to cure Frozen Shoulder!!

Part 6 Treating Stiff Shoulders and Neck

[Health Control, Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness"]

May 23, 2007

The contracture of the in depth tendon in the arm is inducive to stiff neck and shoulders.

Inability to move arms freely at will, by logic, causes stiff shoulders at the connecting points of the arms, and then stiff neck, which is connected to the shoulders.

Apply *Onnetsu-ki* (Wenreqi), Heater, to neck and shoulders. The spots where strong reaction (*A-chi-chi* reflection¹) or a strong burning sense is detected are the trigger points.

The quickest remedy is to give an acupuncture treatment to the areas where the strong *A-chi-chi* reflection is detected.

If *Onnetsu-ki* (heater) is not available, give *Shiatsu* or Acupuncture treatment to the stiff shoulders to loosen the stiffness.

Stiff neck appears, in case of *Gojukata*, at *sternocleidomastoid* muscle, and *scalenus* muscles behind it. In other words, stiffness appears at the neck side. Lay the patient sideways on the bed and loosen stiffness around the SI12*Heifu* (Bingfeng) or GB21 *Kensei* (Jianjing) of the neck.

When the stiffness at the shoulders and the neck is removed, the patient is able to raise the arm freely with much less difficulty.

In recent years, the stiff neck and shoulders caused by the use of PC are inducive to *Gojukata* in many cases.

<The basic remedy for *Gojukata* is removal of numbness at the stiff tendons.>

The bottom cause for *Gojukata* is in the in depth tendon of the arm, or in other words, the stiffness and the contracture of both the muscles and tendons that support the arm and the muscles and tendons that are first triggered when the patient moves the arm. The basic remedy for *Gojukata* therefore lies in the removal and loosening of the stiffness in the tendons.

There are two points of contracture, 1. Kessetsu (Jienfeng Guanxi Dian or Jiejie), *articularis acromii*, and 2. SI09 *Kenbanten* (Jianzhen), Shoulder True.

The easiest way to identify the points of contracture is to apply *Onnetsuki* until the points of *A-chi-chi* reflection are located. The in depth tendons at the points of *A-chi-chi* reflection are numbed and stiffened.

Remove the contracture by giving acupuncture to the points of contracture and their surrounding area.

To reach the points of contracture, long needles are required. Frequently used are No.3 in sizes 2-

¹ *A-chi-chi* reflection is an onomatopoeia of sound a person utters when contacting burning charcoal, boiling water, etc.

sun 3-1/4" (8 cm) and 1.6 sun (1-29/32" or 4.8 cm).

(This explanation is given for the benefit of acupuncture specialists only and not intended to laypersons.)

Part 7 An acupuncture needle is the deputy for the finger and the endoscope for the muscles

[Health Control, Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness] (4178)

May 24, 2007

<Why it has not been possible to cure *Gojukata* since the recorded history?>

It has not been possible to cure *Gojukata* because there has not been any treatment that reaches the in depth area of the shoulder joint (humeral articulation).

No one has ever thought about directly treating the in depth tendon that is numbed and stiffened by contracture.

However, thanks to the successful development of the method to treat the numbed tendon, it has now become possible to give treatment with an immediate curative effect.

<An acupuncture needle is the deputy for the finger and the endoscope for the muscles>

My philosophy about the acupuncture needle is: "It is the deputy for the finger and the endoscope for the muscles". I give the following explanation to my patients:

"The finger can only guess from the surface at what is hidden in the deep end of muscles and tendons, while the acupuncture needle can directly contact seat of disease"

I have no idea of *piercing* the acupuncture needle. To me, the acupuncture needle is a means to *see* seat of disease.

I can *see* the conditions of muscles and tendons at the needle point just as if it is an endoscope, by directly inserting the acupuncture needle into muscles.

Then, I can treat seat of disease, using the needle point.

Thus, the acupuncture needle is the endscope for inspecting muscles and tendons.

<How can I treat the numbness (contracture) by the acupuncture needle? >

The numbed muscles are stiffened.

And in many cases pains are felt at their surfaces.

Even if the patient tries to move his/her arm, the acute pains hamper such movement. The *tsubo*'s or the trigger points are located at the so-called stuck, stiffened and aching spots.

While groping, with the needle-end-point, the surfaces of the stuck, stiffened, and aching spots, the acupuncture specialist can determine the trigger point or the acupuncture point, by narrowing down to the center of the ailing plane.

The failure to hit the correct trigger point in this process may exacerbate pains. No positive effect can be expected from the acupuncture treatment by treating on the incorrect acupuncture point.

Insert the needle so that its end-point reaches the spot of contracture and numbness.

Remove the numbness and contracture, using the needle-end-point. The patient feels nothing during the time the numbness continues. However, with the removal of numbness, the perceptive sense returns and the patient begins to feel the reverberation of the needle-end-point at work.

The reverberation is a manifest that shows the recovery from the numbness and contracture.

The reverberation is nothing but the sign that the numbed points are getting better.

The numbness created over the years can be likened to the growth ring of a tree, which is accumulated and stiffened layer after layer. In the like manner, the acupuncture specialist removes the numbness layer after layer.

<**All my patients are moved!**>

As numbness is removed in this manner, the patient's arm begins to move freely upward and round the body, and the sleepless nights due to the severe pains become things of the past.

The treatment has an immediate and yet lasting effect. The pains and restriction in movement do not return.

My patients remark in great surprise:

“This is a miracle! Marvelous, indeed!”

“I can't believe I have regained my health so soon!”

“Just one treatment has worked so much change in the symptoms that have remained unchanged for 6 months, a year!”

This may sound a bit exaggerated. However, this is the true story. This kind of stirring remark comes out of the mouths of my patients.

May 25, 2007

Have perfected the method to cure Frozen Shoulder!!

Part 8 Don't move the ailing arm during the period of acute pains and Onnetsuki Heat Treatment

[Health Control, Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness] (4178)

<**Progressive stages of *Gojukata* and the method to self-treat it at home**>

1. “Don't move the ailing arm during the period of acute pains, typified by the self-generated pains (pains felt without the patient moving any body part and the pains felt at night).”

Gojukata goes through a period of:

- (1) self-generated pains even when the patient remains still (*self-generated pains*), and
- (2) sleepless nights continue due to pains, namely, the patient is rudely awakened in midnight due to acute pains (*midnight pains*).

This is the period when inflammation is present in the humeral articulation, or is analogous to the symptoms immediately after the sprain.

The sprain is accompanied by fever, swellings and pains.

The tendon in the humeral articulation in this period is just the same as the sprain.

The patient with a sprain refrains from moving the ankle until the swelling is abated.

Likewise, the patient with *Gojukata* should refrain from moving the arm during the time self-generated or midnight pains are present. Doing so will only exacerbate the pains.

The difference between sprain and *Gojukata* is that while in the case of sprain, the affected tendon can be directly contacted from the surface, the affected tendon of *Gojukata* is hidden deep down, far

from the surface.

Therefore, it may not be possible to detect from surface any pain or swelling. However, in the depth of 1-1/4" to 1-3/4" (3~4 cm) from the surface, the tendon is swollen and affected with high fever.

Do not attempt to move the arm when self-generated or midnight pains are present.

Since humeral articulation and hip joint are correlated, it is best to stretch hip joint, to cure the latter.

If possible, cause reflection by pressing the *tsubo* (trigger point) by the narrow end of the pestle to suppress pains promptly.

Taking a walk enables the patient to move smoothly both hip joint and humeral articulation and this affords an effective remedy.

When taking a walk, gently swing the hands back and forth (to the extent a little shy of the point where the pain is felt) and this will remove the stiffness in the shoulders.

Stretch humeral articulation and take a walk throughout the period of recuperation from *Gojukata*.

2.Heat seat of disease by *Onnetsuki* or taking a hot bath, when the self-generated or midnight pains are abated.

Abatement in the self-generated or midnight pains means that inflammation is removed. This is analogous to the receding swelling in the case of sprain.

Upon reaching this stage, encourage blood circulation by warming seat of disease. Start moving the arm however only to the extent no pain is felt.

Do not be overanxious to get better soon. Refrain from moving the arm beyond the no-pain area, as doing so may cause inflammation in seat of disease back again.

Playing golf when the pain is somewhat abated may aggravate pains later. Do not overwork yourself.

Do not attempt to stretch the arm upward unconsciously by trying to get things on the shelf, for example. This may cause resumption of sudden pains back again.

It is a good idea to take a hot bath since it ameliorates the pain. However, this will not remove *Gojukata*. It has an effect of deterring aggravation and quickening the cure.

Recently, am using heat therapy to all my patients, using *Onnetsuki*.

Of course, this is also used for my patients afflicted with *Gojukata*.

Onnetsuki has a look of a hand iron but it emits both heat and far infrared radiation. It penetrates into the depth of 1-1/4" to 1-3/4" (4~5 cm), and causes the vein to absorb the old wastes.

Seat of disease for *Gojukata* is located in deep areas from the surface. The far infrared radiation carries the heat to the in depth tendon.

Moreover, *A-chi-chi* reflection triggered by *Onnetsuki* enables the patient to locate seats of disease. Apply the heat in these seats of disease. As the *A-chi-chi* reflection abates, stiff muscles are softened, and stiffness is removed. This results in a significant improvement in the arm movement.

Continue *Onnetsu* therapy at home. This will encourage blood circulation at humeral articulation and enhances the natural-self-curative-power for a speedy recovery.

Needless to mention, *Onnetsuki* assures effective cure for lumbar pain, cold constitution, maladies of internal organs, cancers and the rest of the diseases. Its use promotes maintenance and promotion of health.

June 1, 2007

Have perfected the method to cure Frozen Shoulder!!

Part 9 KT *Gojukata* Treatment Method

[Health Control, Enhancement, Prevention of Illness, Resistance to Aging (Rejuvenation), Longevity in Quest of Richness] (4178)

<Progressive stages of *Gojukata* and the method to self-treat it at home>

3. “Swing the arm”

When the period of inflammation is over, take a walk by consciously swinging the arm.

Frequently, “iron calisthenic exercise” is employed. This is an exercise whereby the patient swings the arm back and forth while holding an iron in the hand.

The arm swing exercise using an iron is effective, since the weight of an iron enables the patient to swing the arm without putting much power into the arm, in other words, without burdening the ailing humeral articulation.

The arm swing exercise without an iron, known as “Funai style”, is also effective.

Just swing the arm back and forth like a pendulum.

Treatment at home of *Gojukata* enhances the recovery.

However, if the patient wishes to cure *Gojukata* in a short time, it is the best policy to give an acupuncture treatment to the in depth tendon at the humeral articulation which is the root cause of the *Gojukata* malady.

<In Conclusion>

The writer of this blog cannot help but wonder why no body has ever developed an effective remedy for treating *Gojukata* that has plagued the human beings since the day one of the pre-recorded history. Possibly, someone has developed the remedy but its method, it would appear, has not been disseminated widely.

The treatment method prescribed in this article does not involve much technical difficulty, and the writer wishes to name this as “KT-GTM”, or “***KT Gojukata Treatment Method***”.

It is the sincere wish of the writer that KT-GTM is disseminated widely in the whole world to save all patients² from the prolonged agony and pains of the *Gojukata* symptoms.

2 One report indicates that 2% of the general population are affected by *Gojukata*. “Frozen shoulder (adhesive capsulitis) is a disorder characterized by pain and loss of motion or stiffness in the shoulder. It affects about two percent of the general population. It is more common in women between the ages of 40 years to 70 years old...”, American Academy of Orthopaedic Surgeons at:
http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=162&topcategory .

ⁱ **Staff Profile of Shinshin Yojoyen (Sound Mind & Body Garden)**

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Director, Research Institute for Studying Education focused on Sensitivity and Way of Medicine.

Managing Director, *Shinshin Kenkodo* (Sound Mind & Body Clinic), *Shinshin Yojoyen* (Sound Mind & Body Garden) and *Onnetsu-Villa Machida*, ex-researcher at *Rinri* Institute of Ethics (Juridical Corporation under Ministry of Education, Culture, Sports, Science and Technology)

Publisher, Speaker, Researcher, and Clinical Instructor on *Education and I-do (The Way (doh) to Convalescence)* backed by the philosophy of sensitivity. Established “*The way (doh) to Convalescence Focused on Sensitivity*”, on the proposition that “The contemporary illness originates from maladjusted personalities and its cure is hidden in the liberalization and revitalization of sensitivity”.

Currently provides the General Medical Services through establishment of *Shinshin Kenko Gakuin* (School for Sound Mind & Body), and operation of *Shinshin Kenkodo* (at Nishikubo, Tokyo and Atsugi, Kanagawa) and *Shinshin Yojoyen* (at *Izu-Kogen Highland*) focused on *the TORU Abe's Theory of Immunity*.

Author of “Personality can be recreated – Introspection of Personal Sensitivity - The Way to Develop Independent Life ” (The SANNO Institute of Management), Co-author with Toru ABO, Professor of Immunology of “*Men-Eki-Dojo* (Immunity Ashram) – The 50 lectures on Building Up a Strong Body Immune from All Illnesses and many other books.

Member of Japanese Association for Alternative Complementary and Traditional Medicine

Member of JAPAN NAIKAN ASSOCIATION at:

<http://gakkai.umin.ac.jp/gakkai/gakkai/2005/A00637.htm>

For further details, see “The World of Sound Body and Mind that I have Reached”.

Toshinobu KADOYA, born in 1957 in Fukui Prefecture.

Since graduation from Waseda School of Acupuncture and Moxibustion, have pursued just one way, namely, *Toyo Ijutsu-doh*, the way of the Oriental Medicine. Am so devoted in giving treatment to patients that eating three meals a day is of secondary importance to me (self-proclaimed remarks).

Back in 1994, was able to recover in perfection from a severe mental agony and struggle, thanks to the warm, personal treatment received from none other than the School Master Yutaka ONIKI himself. His treatment employed “The Way to Convalescence”, the theory that is rooted in “Introspection of Personal Sensitivity”. At about this time, was able to establish my own independence by opening the Treatment Center of *Shinshin Kenkodo* at Nishi Ogikubo, Tokyo.

Am now engaged in giving treatment to patients and instructing staff members. With *Onnetsu* (Wenre) heat-treatment method at its center, now provide the general treatments such as *Seiketsu Shiraku* (Jingxue Ciluo) treatment and calf massage treatment, in addition to the conventional *Holo Shiatsu*.

Have added layer after layer of clinical treatments, that include treatment of some celebrities, such as Tetsuro TAMBA, movie actor, Kaori MURAJI, guitarist, and Chung Myung-Whun, the great Korean conductor/pianist. Enjoy a good reputation as to my treatment.

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