



Zoku Shin Do The Art of East Asian Foot Reflexology

Shogo Mochizuki

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Zoku Shin Do is the oldest known form of reflexology. Zoku Shin Do originated in China over 5000 years ago. This book details the method of foot massage that arose from this ancient tradition. Over 300 photographs and illustrations supplement 45 examples of foot massage techniques. This book also introduces the basic principles of Zoku Shin Do, the Yin/Yang and the five elements theories, meridians, pressure points, and diagnosis concepts. This book was written with the layperson in mind. Even if you have never performed a massage before, this book will enable you to enjoy the benefits of a Japanese foot massage.

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