



The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide

By Kuniaki Imoto

Download now

Read Online →

The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto

Though a relatively recent form of treatment, Seitai integrates the secret techniques of ancient therapies to activate the natural healing power of the human body. With over fifty years of experience, the author has adapted and developed the essence of this practice into a unique, innovative method-Imoto Seitai.

The human body has the power to restore itself naturally to its normal condition from illness and injury without external interference. The role of the Seitai practitioner is to examine and treat the body's skeletal frame and muscles in order to eliminate any factors that weaken or obstruct the body's natural healing power. Seitai techniques are based on a combination of traditional Japanese healing therapies.

Throughout his fifty years of experience with Seitai, the author has adapted his own discoveries and ideas into a unique form of treatment in accordance with the changes he has witnessed occurring in the human body during the course of his practice. The Seitai approach to staying healthy will be both innovative and compelling for the Western reader, who will in time come to regard it as an essential, commonsense practice for maintaining the body's health.

With many detailed photographs illustrating comprehensive physical exercises, *The Seitai Method* shows readers how to treat themselves for a variety of disorders, from common ailments such as stiff shoulders, toothache, and colds, to more serious diseases such as asthma and tonsillitis, as well as debilitating conditions like obesity. The author also deals extensively with general measures for maintaining overall physical and mental health. *The Seitai Method* will be an invaluable resource for anybody interested in a fresh holistic approach to maintaining a healthy body.

[↓ Download The Seitai Method: A Holistic Approach to Staying ...pdf](#)

 [Read Online The Seitai Method: A Holistic Approach to Stayin ...pdf](#)

The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide

By Kuniaki Imoto

The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto

Though a relatively recent form of treatment, Seitai integrates the secret techniques of ancient therapies to activate the natural healing power of the human body. With over fifty years of experience, the author has adapted and developed the essence of this practice into a unique, innovative method-Imoto Seitai.

The human body has the power to restore itself naturally to its normal condition from illness and injury without external interference. The role of the Seitai practitioner is to examine and treat the body's skeletal frame and muscles in order to eliminate any factors that weaken or obstruct the body's natural healing power. Seitai techniques are based on a combination of traditional Japanese healing therapies.

Throughout his fifty years of experience with Seitai, the author has adapted his own discoveries and ideas into a unique form of treatment in accordance with the changes he has witnessed occurring in the human body during the course of his practice. The Seitai approach to staying healthy will be both innovative and compelling for the Western reader, who will in time come to regard it as an essential, commonsense practice for maintaining the body's health.

With many detailed photographs illustrating comprehensive physical exercises, *The Seitai Method* shows readers how to treat themselves for a variety of disorders, from common ailments such as stiff shoulders, toothache, and colds, to more serious diseases such as asthma and tonsillitis, as well as debilitating conditions like obesity. The author also deals extensively with general measures for maintaining overall physical and mental health. *The Seitai Method* will be an invaluable resource for anybody interested in a fresh holistic approach to maintaining a healthy body.

The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto Bibliography

- Sales Rank: #2203129 in Books
- Published on: 2005-03-11
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 7.30" h x .60" w x 10.40" l, 1.01 pounds
- Binding: Paperback
- 144 pages

 [Download The Seitai Method: A Holistic Approach to Staying ...pdf](#)

 [Read Online The Seitai Method: A Holistic Approach to Stayin ...pdf](#)

Download and Read Free Online **The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto**

Editorial Review

Review

"His new book served as an Imoto Seitai manual. Complete with step-by-step instructions and photos highlighting his stretching techniques. These exercises demonstrate how to more serious conditions such as asthma and obesity." -*American Spa*

"...Parts of Seitai can be performed alone, to help maintain a flexible, healthy spine; and to correct poor body mechanics; and to support the body through illness." -*Massage Magazine*

"An inexpensive and easy-to-use resource for getting in touch with the healing power of one's own body." -*Midwest Book Review*

"Use the Seitai method, in addition to your current treatment, for better health. Apply these exercises as a means of prevention, and of strengthening your body, to withstand or shorten the duration of ailments such as colds, stomach cramps or stiff shoulders. Individuals of any age could follow these simple, slow and natural techniques which promote alignment and well-being. I highly recommend The Seitai Method for those looking for an alternative means of therapy towards holistic well-being." -BookLoons.com

"With many detailed photographs illustrating comprehensive physical exercises, *The Seitai Method* shows readers how to treat themselves for a variety of disorders, from common ailments such as stiff shoulders, toothache, and colds, to more serious diseases such as asthma and tonsillitis, as well as debilitating conditions alike obesity." -*Japan Today*

About the Author

KUNIAKI IMOTO was born in 1944 in Yamaguchi Prefecture, Japan. His father was a Seitai teacher and practitioner, introducing Kuniaki to Seitai treatment at the age of five. After becoming a qualified acupuncturist in Japan, Kuniaki was dispatched by the Japanese government to practice and teach acupuncture in Germany and Switzerland, and during this period he deepened his knowledge of Western medical science. It was here that he came to the conclusion that among all the various therapies he had encountered, Seitai was the most effective. After returning to Japan, he founded his own branch of Seitai treatment, Imoto Seitai, which he has practiced all over the world ever since. He has established Seitai educational institutions in Tokyo, Osaka, Sapporo, and Fukuoka, in order to hand down his skills and philosophy to future generations. He contributes to many magazines and has published more than ten books in Japanese.

Users Review

From reader reviews:

Michael Watkins:

Do you one among people who can't read enjoyable if the sentence chained inside straightway, hold on guys this kind of aren't like that. This The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide book is readable simply by you who hate those straight word style. You will find the facts here are arrange for enjoyable studying experience without leaving perhaps decrease the knowledge that want to supply to you. The writer involving The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide content conveys prospect easily to understand by a lot of people. The printed and e-book are not different in the information but it just different by means of it. So , do you nonetheless thinking The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide is not loveable to be your top record reading book?

Irene Forrest:

This The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide usually are reliable for you who want to be described as a successful person, why. The reason of this The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide can be one of many great books you must have is definitely giving you more than just simple examining food but feed a person with information that might be will shock your earlier knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions in the e-book and printed people. Beside that this The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide giving you an enormous of experience for example rich vocabulary, giving you demo of critical thinking that we know it useful in your day exercise. So , let's have it appreciate reading.

Michael Walsh:

This The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide is completely new way for you who has intense curiosity to look for some information because it relief your hunger of knowledge. Getting deeper you in it getting knowledge more you know or perhaps you who still having little bit of digest in reading this The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide can be the light food in your case because the information inside this kind of book is easy to get through anyone. These books develop itself in the form and that is reachable by anyone, yes I mean in the e-book type. People who think that in guide form make them feel sleepy even dizzy this publication is the answer. So there is not any in reading a guide especially this one. You can find actually looking for. It should be here for an individual. So , don't miss this! Just read this e-book variety for your better life and knowledge.

Crystal Parrish:

Guide is one of source of expertise. We can add our know-how from it. Not only for students but also native or citizen require book to know the upgrade information of year in order to year. As we know those ebooks

have many advantages. Beside we all add our knowledge, may also bring us to around the world. By the book *The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide* we can take more advantage. Don't you to be creative people? To get creative person must like to read a book. Simply choose the best book that acceptable with your aim. Don't become doubt to change your life by this book *The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide*. You can more pleasing than now.

**Download and Read Online *The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide* By Kuniaki Imoto
#U46VQWKDI9S**

Read The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto for online ebook

The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto books to read online.

Online The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto ebook PDF download

The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto Doc

The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto Mobipocket

The Seitai Method: A Holistic Approach to Staying Healthy through Stretching and Body Alignment: A Self-Treatment Guide By Kuniaki Imoto EPub