



Toyohari Practitioners

To attain certification in Toyohari, state-licensed professionals must complete a comprehensive postgraduate training program through the Toyohari Association. Maintaining certification requires ongoing training and practice with senior Toyohari teachers in both the U.S. and Japan.

Toyohari Meridian Therapy Acupuncture

Toyohari Meridian Therapy can be used to treat these and many other conditions:



Member,
Toyohari Association of North America
www.toyohari.org

"Therapy is not limited to individual symptoms or single organs, and the patient is not analyzed as an entity separate from his or her environment. Traditional Acupuncture is, to put it simply, 'people treating people'."

—Fukushima Kodo, Founder and past President of the Toyohari Medical Association

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| Whiplash | Back pain |
| Headache | GYN complaints |
| Knee pain | Sports injuries |
| TMJ | Neck pain |
| Hemorrhoids | Dizziness |
| Arthritis | Hypertension |
| Earache | Constipation |
| Depression | Insomnia |
| Hot flashes | Loose stools |
| Palpitations | Poor libido |
| Mood swings | Irritability |
| Fever | Pediatric illnesses |
| Cough | Neuralgia |

Source: World Health Organization

What is Toyohari?

Toyohari is a refinement of a 2,000-year-old tradition of acupuncture derived from the Chinese classics. Its powerful effects and simple, gentle style were developed in Japan, where there is a 300-year tradition of blind acupuncture. It is largely based on the practitioner's refined ability to feel the meridian energy (*ki* or *qi*), and uses specialized needle techniques, many of which are non-insertive. Toyohari is excellent for all patients, including infants, children, and seniors, due to its gentle, non-invasive techniques. While its therapeutic intent is to prevent disease and maintain health, Toyohari acupuncture effectively treats both acute and chronic disorders.

History

In 1959 Kodo Fukushima, a blind acupuncturist, founded the Toyohari Medical Association, which trained hundreds of sightless meridian therapists in the diagnostic and treatment techniques particular to Toyohari meridian therapy. The Toyohari Association soon began accepting sighted students as well in order to train as many practitioners as possible in these highly effective methods. Today, the Toyohari Association is growing in Japan, the United States, Europe, and Australasia.

Toyohari Diagnosis

Traditional diagnostic techniques include asking for a history of symptoms, listening to the voice, touching the meridians and abdomen, looking at the color and luster of the skin, and feeling the pulse as the foundation of diagnosis, allowing for a unified interpretation of a patient's symptoms. This unified interpretation is called a *sho*, or pattern.

“Japanese Meridian Therapy’s primary aim is to strengthen our life force or *qi*. This force is the fundamental foundation of all phenomena.”
—Toshio Yanagishta

Toyohari Treatment

Using gentle needling, the acupuncturist treats the root energetic imbalance, or *sho*, to balance and strengthen the whole body. Just as a tree depends on its roots, once a strong balance is achieved the branches begin to grow. Branch treatment consists of needling, warming techniques (moxibustion), and other techniques unique to Toyohari. Treatment can take anywhere from fifteen to forty-five minutes. Patients usually remain clothed. Most find treatment pleasant and relaxing.

What are the four Sho?

Most individuals fall into one of four characteristic patterns:

Spleen Sho: This person's symptoms may include digestive disorders, body heaviness, painful joints, or fatigue.

Lung Sho: This type of person may present with recurring illness affecting the nervous or respiratory systems.

Kidney Sho: Includes reproductive and urinary disorders, cold feet, imbalance of body fluids, or low back pain.

Liver Sho: This type of person may present with eye problems, fullness in the chest, or restless sleep.

The *sho* is the root disharmony of *ki* energy, or life force, within a person's body. When this imbalance is corrected, the body has the ability to heal itself. Toyohari Meridian Therapy Acupuncture works by correcting the disturbance of overall vitality and creating balance in the human being as a whole. When the *ki* is balanced, the patient becomes well.