

*“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

What is Toyohari?

Toyohari is a refinement of a 4500-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 400-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. Its therapeutic intent is to prevent and alleviate disease and maintain health.

History

In 1959 Kodo Fukushima, a blind acupuncturist, founded the Tokyo Hari Medical Association. Through this association, hundreds of sightless meridian therapists were trained in the diagnostic and treatment techniques particular to Toyohari meridian therapy. Today, the Toyohari Association is alive and strong in Japan, Australasia, and Europe and is spreading throughout the United States.

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.

Toyohari Treatment

Using gentle needling, the acupuncturist treats the root energetic imbalance, 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 warming with herbs (moxibustion), or 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 difficult breathing.

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

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.

**For more information on Toyohari,
please visit Toyohari Association of North America website:
www.toyohari.org**