



TEISHINDO

- Japanese metal therapy training -

Daniel Luz

TEISHINDO means in Japanese "the way of Teishin".

Teishin are metal tools typical of some styles of Japanese acupuncture. The word was originally used for a specific tool, then the meaning expanded to include others (here Teishin, Butterknife, Megashin and Soaps)

The technique	p.2
The advantages of this technique	p.2
Features of this technique	p.2
Wat level is the course?.....	p.3
What will I achieve?	p.3
The tools	p.4
The teacher	p.5

THE TECHNIQUE:

Teishindo is a new form of treatment, with impressive therapeutic effects that can be observed in a very short time, which uses the properties that metals have, to change the configuration of human energy, thereby restoring health.

These effects are interpreted in the context of Chinese medical thought, for example:

- Copper "disperses heat"
- Brass "disperses stagnation"
- Silver "tonifies yin"
- Aluminum "invigorates the yang"

It is therefore a new form of "Traditional Chinese Medicine" which is much simpler to learn and practice than acupuncture or Chinese herbal medicine. It is easily incorporated in the treatments of any type of manual therapy or bodywork.



THE ADVANTAGES OF THIS TECHNIQUE:

- It can be combined with any style of manual therapy, such as physiotherapy, craniosacral therapy, osteopathy, shiatsu, anma, etc., as a supplement to local treatment on the affected areas. If there is still pain, the application of metals will help eliminate the problem!
- The treatment does not exceed 25 minutes; it can be used as a supplementary treatment and it often gives amazing results in 3 minutes or less
- Patients enjoy the feeling of the metal tools on their bodies.

FEATURES:

- Teishindo works above all else on the maintenance of health, then, it deals with deviations from health, on the principle of "first strength health, then fight the disease".
- It is also effective as preventive healthcare.
- It is especially effective in the treatment of pain due to trauma, muscle contractures, painful rashes and joint problems.

WHAT LEVEL IS THE COURSE?:

- This training can be followed by anyone working in healthcare. It will be particularly appreciated by physiotherapists, osteopaths, massage therapists, and other manual therapy and bodywork practitioners.
- You don't necessarily need to know Chinese Medicine, although a basic knowledge will definitely be an advantage. The notions of Qi, Yin Yang, the 5 elements, the classical meridians and several categories of acupuncture points will be discussed.

WHAT WILL I ACHIEVE?:

By the end of this course you should be able to...

- Know the properties of metals and their effect on our health according to the Traditional Chinese Medicine vision
- Have at your disposal a complete therapeutic tool which will enhance the results of your practice
- The ability to support the fundamental principles of healthcare

THE COURSE:

- The course is open to all those who hold a qualification in any type of manual therapy or bodywork which includes the study of anatomy and physiology.
- The course is taught over three weekends.
- All those who want to practise professionally and receive the certificate need to send us 50 case studies.
- There will be a one-hour assessment on the final day in which students will demonstrate on other students.



THE TOOLS:

- There is a multitude of different tools in Traditional Japanese Medicine. Practically each great master has his/her own, sometimes even invented by them for their specific practice. To learn how to use all of them would be too long and expensive, and often it would not add anything to our practice. We have chosen to focus on a small, fairly comprehensive number of tools which allows us to deal with all situations. The various tools of this training are fascinating and the manipulation techniques can be used for whole treatments.
- **Teishin** (needles with one pointed end and the one rounded) make use of techniques from Japanese acupuncture without insertion, such as percussion to tone and disperse certain areas, and acupuncture point stimulation techniques, by simple contact with the skin.
- **Megashin** (thick cylinders) provide a more powerful effect due to their large metallic mass; they are used on acupuncture points or muscle areas, to rub, massage deeply, hold the fascia and vibrate to release them, and to treat by percussive frequency according to the principles of master Manaka.
- **Butterknives** (spatulas in the shape of a butter knife) are mainly used for stimulation of the meridians and more targeted areas, in light drainage movements that are particularly pleasant for the patient.
- **Soaps** (pebble-shaped) are tools designed to adapt to the palm of the hand, allowing the application of different techniques of holding / vibrating, shaking along the meridians. Also very powerful thanks to their large metallic mass.



THE TEACHER:

Daniel Luz started studying qigong and taiji quan in 1982 and has continued practising ever since, having won several prizes in demonstration competitions in taiji, sword and tuishou. He was champion of the State of Rio in Brazil.

He began studying Shiatsu and Chinese medical theory in 1989. In 1998 he met his master, Acácio Suzuki, with whom he learned several Traditional Japanese Medicine techniques: teishin, anma, moxa and acupuncture, particularly the style of Matsumoto Kiiko. He completed his training in the Hari style with master Kuwahara Koei in 2013, in Brazil. In 2014 he went to Japan to study at Goto College of Oriental Medicine, where he studied with important names in the world of Japanese medicine such as Okada Akiso, Funamizu Takahiro, Togasaki Masao and Ooasa Yoko among others. In 2015 and 2016, he learned the Kobayashi style in California.

From 2011, he dedicated himself to create a discipline mixing qigong and Japanese acupuncture, discipline that was used to great effect with the refugees from the floods in Teresópolis, during the worst natural disaster in the history of his country. Realising that his technique was having amazing results, he devoted himself to developing it meticulously and in 2016 began to teach it in Europe.

At the same time, he enthusiastically threw himself into investigating the vast field of application with metals, according to the traditional Chinese vision. He decided to study with Jeffrey Yuen which seemed to be one of the very few people who had investigated this field. Daniel realised that working with metals constituted a therapeutic practice in its own right, and decided to call it Teishindo and to teach it.

Daniel lives in Teresópolis, Brazil, with his wife and two children, and has his own clinic where he practises these techniques.

