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( , 4 . . )



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$\mu$	.....	vi
$\mu$	.....	viii
$\mu$	.....	ix
1.	.....	10
2		
2.1	$\mu$ .....	10
2.2	.....	10
2.3	$\mu$ .....	12
2.4	$\mu$ .....	12
2.5	$\mu$ , .....	12
2.6	$\mu$ .....	16
2.7	$\mu$ , .....	19
2.8	$\mu$ .....	20
2.9	.....	20
2.10	$\mu$ ( - - ) .....	22
2.11	.....	24
2.12	$\mu$ .....	25
2.13	$\mu$ .....	26
2.14	.....	29
2.15	.....	32
2.16	.....	32
3		
3.1	$\mu$ $\mu$ $\mu$ $\mu$ .....	34
3.2	$\mu$ $\mu$ .....	36
3.3	$\mu$ $\mu$ .....	37
3.4	$\mu$ $\mu$ .....	38
3.5	$\mu$ .....	40
3.6	$\mu$ .....	41
3.7	$\mu$ .....	44
4		
4.1	$\mu$ .....	71
4.2	.....	73
4.3.	$\mu$ .....	74

5

5.1 .....75

5.2 .....75

5.3 / .....76

5.4  $\mu$  - .....77

5.5  $\mu$   $\mu$  - -  $\mu$  .....78

5.6  $\mu$   $\mu$  - - .....80

5.7  $\mu$  .....80

5.7 -  $\mu$   $\mu$   $\mu$   $\mu$  .....83

6

6.1 .....85

$\mu$  .....

7

7.1  $\mu$  .....94

8. ....96

.....99

.....106

.....108

.....109

.....111

μ				
2.12.1				25
3.2.1	μ	μ		36
3.3.1				37
3.6.1				42
3.6.2				42
3.6.3	μ	μ		43
3.6.4				44
3.7.1				45
3.7.2		μ		45
3.7.3			μ	46
3.7.4		μ		μ
3.7.5	Trigger point therapy			47
3.7.6		μ		49
3.7.7				50
3.7.8			-	51
3.7.9	Shiatsu			55
3.7.10	Shiatsu			57
3.7.11	Acupressure			57
3.7.12				58
3.7.13				60
3.7.14				64
3.7.15			μ	64
3.7.16		μ	Anma	66
3.7.17	Ayurvedic	μ		66
3.7.18	Bowen therapy			67
3.7.19	Lomi Lomi			68
3.7.20	Stone massage			69
3.7.21	Watsu			71
8.1				97



	<b>μ</b>			
	1.5		.....	
μ	B.M.I.	μ	.....	14
	3.7.1.1	μ	.....	52

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μ 2006).

μ μ .

μ , μ μ

(Field A.E. et al, 2001).

μ μ μ

μ , μ μ μ

μ μ ( , 2004).

, μ

, μμ , μ et al. .

μ μ μ μ μ μ

μ μ μ μ μ μ μ

μ μ ( , 2004).

μ μ μ

, μ μ .

μ μ μ μ μ μ μ μ

### 2.1 $\mu$

$\mu$   $\mu$  . . .  $\mu$   $\mu$  ,  
(  $\mu$  , 2001).  
George Bray  $\ll$   $\gg$   
 $\mu$  ,  $\mu$   $\mu$   $\mu$   $\mu$   
.  
obeci esum ob  $\mu$   $\ll$   $\gg$   
 $\mu$  edere  $\mu$  ,  
 $\ll$   $\gg$ .  
 $\mu$   $\mu$   $\mu$   $\mu$   $\mu$  ,  
 $\mu$   $\mu$   $\mu$  .  $\mu$   $\mu$   
 $\mu$   $\mu$   $\mu$   
( , 2001).

### 2.2

$\mu$  ,  $\mu$  . . . .  $\mu$   $\mu$   $\mu$   $\mu$   
 $\mu$   $\mu$   $\mu$  .  $\mu$   $\mu$   $\mu$   
,  $\mu$   $\mu$  (  $\mu$  ., 2002).  
 $\mu$   $\mu$   $\mu$   $\mu$   $\mu$   $\mu$  .  $\mu$   $\mu$   
 $\mu$   $\mu$   $\gg$   $\mu$   $\mu$  .  $\ll$   
 $\mu$   $\mu$   $\mu$   $\mu$  .  
 $\mu$   $\mu$   $\mu$   
 $\mu$   $\mu$   $\mu$   $\mu$  .



$\mu$   $\mu$   $\mu$   $\mu$   $\mu$  ,  $\mu$  ,  
 $\mu$   $\mu$   $\mu$   $\mu$   $\mu$  ,  $\mu$   $\mu$   $\mu$   
 $\mu$   $\mu$  (  $\mu$   $\mu$  ., 2002).

### 2.3

$\mu$   $\mu$  .  $\mu$  -  $\mu$   $\mu$  ,  
 $\mu$   $\mu$  .  $\mu$  -  $\mu$   $\mu$  ,  
 (  $\mu$  , 2001).

### 2.4

$\mu$   $\mu$   $\mu$   $\mu$   
 :  $\mu$   $\mu$   
 -  $\mu$   $\mu$   $\mu$   $\mu$   $\mu$   $\mu$  kg  
 -  $\mu$   $\mu$   $\mu$   $\mu$  kg  
 -  $\mu$   $\mu$   $\mu$  kg kg  
 -  $\mu$   $\mu$   $\mu$   $\mu$  kg kg%  
 -  $\mu$   $\mu$   $\mu$   $\mu$  cm  
 -  $\mu$   $\mu$   $\mu$  - cm  
 -  $\mu$   $\mu$   $\mu$   $\mu$  - cm  
 -  $\mu$   $\mu$   $\mu$  kg  
 (  $\mu$  ., 2002).

### 2.5

$\mu$  ,  $\mu$  ,  $\mu$   $\mu$   $\mu$  ,  $\mu$  ,  $\mu$   
 1)  $\mu$   $\mu$   $\mu$   $\mu$  :  $\mu$   $\mu$   
 (  $\mu$  100%)  $\mu$  >120%  $\mu$  -  $\mu$   
 Metropolitan Life Insurance Company (  $\mu$  , 2001).  
 $\mu$   $\mu$   $\mu$   $\mu$   $\mu$  ,  
 $\mu$   $\mu$   $\mu$  .  $\mu$   $\mu$   $\mu$   
 $\mu$  (  $\mu$  , 2001).  
 2)  $\mu$   $\mu$   $\mu$   $\mu$  (WHR) . WHR  
 $\mu$  0,85 1.00

μ , μ μ μ  
 μ , μ μ μ  
 . . . . .  
 μ . . . . .  
 3) μ μ ( / )  
 μ μ  
 .  
 = μ (kgr)/<sup>2</sup> (m)  
 . . . . . μ  
 μ μ μ μ μ  
 . . . . . 25% μ  
 35% .  
 μ μ , .  
 . . . . . μ  
 μ μ , 2001). μ ,  
 μ μ .  
 ( essential fat)  
 μ μ , μ , μ , μ ,  
 μ .  
 μ μ μ μ μ  
 6,8 Kg 57 Kg) 12% μ μ ( μ μ  
 3% μ ( 2,1 Kg  
 70 Kg).  
 (storage fat)  
 μ μ μ μ μ  
 ( ., 2007).  
 20-25% 15-20% μ  
 μ .  
 μ μ μ  
 21% 27% μ μ  
 ( , 2005).



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1) ( μ )  
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μ μ μ  
μ 81% . μ  
μ 42%

(., 1996).

2)

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μ . μ  
μ

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μ , μ , μ ( , ., 1996).

2)

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μ μ μ .  
μ

1)

μ μ μ μ μ μ μ μ μ μ μ μ  
( ., 1996).

2)

μ μ μ - μ μ μ ,





30,6%. (NHANES, 1999-2000. <http://www.cdc.gov/> ).

1995 1998 ( , 150% , 2007.).

2007). 36% ( , 2007).

( , 2007 ).

20 . 60% (National Health Survey: Summary of Results, 2001).

2004-05, 62% 45% . 32% (National Health Survey: Summary of Results, 2004-05, February 2006).

29.000 35-85 , 14

37,2%, 12,6%. (12,3%) (15,4%), (41,2%) (37%) ( , 2007).

35-65

1980-1995, (., 2004).

51%

8%

16%  $\mu$

10%  $\mu$

20-25%  $\mu$

20%  $\mu$

(5%) (8%) (., 2004).

$\mu$

$\mu$  1980 2001,

( >40 Kg/m<sup>2</sup>)

1990 ( Department of Health 2001. Health Survey for England. <http://www.doh.gov.uk/> ).

60%

35%

$\mu$

$\mu$

$\mu$

(1-2%) (., 2004).

26%

18,2%

41,1%

29,9%

1,4%

1,1% .

45% (  $\mu$  61-70 , 2002, , 2005).

$\mu$  Attica

2001-02  $\mu$  3.042  $\mu$  , 53%

20%

31% 15% .(Panagiotakos DB, Pitssavos C, Chrysohoou C, Kontogianni MD, Zampelas A et al, 2004).

$\mu$

$\mu$   $\mu$

$\mu$  4.032  $\mu$  , 50%



μ (cm) <94 94-102 >102  
WHR <0.90 0.90-1.00 >1.00

-  
μ (cm) <80 80-88 >88  
WHR <0.75 0.75-0.85 >0.85

WHR = μ μ μ μ  
( , 2001).

**2.8 μ**

μ , μ μ .  
μ μ .  
- μ : μ 50-60  
) ( μ μ  
- ( μ ) μ  
- ( μ ) μ  
μ - μ ( μ ) μ  
- μ μ ) μ  
- μ μ  
μ ( μ , 2001). μ ,

**2.9**

μ μ μ μ μ μ  
μ μ μ μ μ μ  
Framingham μ . . . . 30-42  
μ 1%, μ 50-62 2%  
. . . . 21-25 . μ  
μ μ μ μ μ μ  
μ 30 , μ μ μ μ . . . μ  
. . . . 20-25 . ( , 1996) μ  
:













μ μ , μ  
 μ , μ  
 ( ... μ , μ . . . ),  
 ( . , . , 2002). 1-1,5  
 μ μ μ μ μ  
 μ μ μ μ  
 μ μ ( . , K., 2002).  
 - Atkins <20 gr μ μ :  
 50 gr  
 - Zone : 40-30-30 ( μ  
 - - )  
 - Weight Watchers :24-32 μ (1  
 =50Kcal)  
 - Ornish : μ 10% μ  
 ( )

**2.13 μ**

μ μ μ μ  
 μ μ μ μ μ  
 μ μ μ μ μ  
 μ μ μ μ μ μ 10-30%  
 μ μ 50%  
 «μ » μ μ  
 ( μμ . , 1999 ,  
 . , 1999).  
 : μ  
 :

-  $\mu$  ) (  $\mu$  )  
 -  $\mu$   $\mu$  ( )  
 -  $\mu$  (  $\mu$  ,  $\mu$  ).  
 .  $\mu$  :  $\mu$   $\mu$   
 -  $\mu$   $\mu$   
 30kg/m<sup>2</sup>  
 -  $\mu$   $\mu$   
 27kg/m<sup>2</sup>  $\mu$   
 $\mu$  ,  $\mu$  ,  $\mu$  ,  
 $\mu$  ( 45 , 55 ,  $\mu$  ,  $\mu$  ,  
 LDL - ,  $\mu$  HDL -  
 ,  $\mu$  ).  
 ( -  $\mu$  )  $\mu$   
 ( , 1999, . &  $6\mu$   $\mu$  , 2007).  
 $\mu$  :  
 -  $\mu$   $\mu$   
 -  $\mu$   $\mu$   $\mu$   
 .  $\mu$  .  
 -  $\mu$   $\mu$  .  
 -  $\mu$   $\mu$  .  
 $\mu$   $\mu$  ,  $\mu$  :  $\mu$  3  
 $\mu$  :  $\mu$   $\mu$   $\mu$   
 -  $\mu$   $\mu$   $\mu$   
 -  $\mu$  (  $\mu$  A., 1999).  
 \_\_\_\_\_ (XENICAL) :  $\mu$   $\mu$  :  
 $\mu$   
 .  $\mu$   
 $\mu$  30%.  $\mu$  120 mgr  
 $\mu$   $\mu$  ,  $\mu$   $\mu$   
 $\mu$  30%  $\mu$  .  $\mu$   
 $\mu$   $\mu$

LDL- 10%,  
10%  
2 mmHg  
1,8%.  
12

15-30%  
(  
2.  
(., 29/6/07).

μ μ (REDUCTIL):

10mg (μ 15mg).  
(μ μ μ μ )  
(., 1999).

4-5  
3mmHg.  
(. & μ μ ,  
2007).

Rimonabant (Acomplia):

μ μ  
2006 ( )

20mg  
 ( )  
 ( , )  
 ).  
 18  
 ( , 2007).  
 ,  
 3  
 3-6  
 .  
 4  
 rimonabant  
 2  
 -  
 rimonabant  
 ( , 2007).

**2.14**

**Dumping** ( ) ( , 1996).  
 0,1-2%.  
 >40 ( >35 , 1996).  
 2  
 :  
 20-60  
 > 35  
 > 40.

: 2

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$\mu > 35$

(  $\mu$  ., 2007).

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 $\mu\mu$

$\mu$  .  $\mu$

(  $\mu$  ., 2007).

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$\mu$  (  $\mu$  )







(., 2002).  
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μ . μ  
μ  
μ μ  
μ μ  
μ μ  
μ  
μ .

(., 2007).  
μ μ μ  
μ μ μ  
μ , μ μ  
μ : μ μ

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- μ μ  
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- , μ μ .  
- μ μ  
- μ μ  
- stress μ

(., 2002, ., 2007).  
μ μ μ μ  
μ μ μ :  
- , μ  
- μ μ , μ  
- μ μ , μ  
- μ μ  
- μ μ μ  
(., 2002, ., 2007).

3.1

( , 2007, .195-6). 2000 . . (Fritz, 2000, . 13), (Elton, Stanley, & Burrows, 1983, . 275).  
 Veda, 1800 . . . Ayur  
 (reflexology). Nei Ching  
 1000 . ,  
 ( , 2007, .196).  
 “Atharva-Vedra”,  
 1200 . ,  
 (460-380 . ),  
 : «  
 ».



Ling  
 Mezger  
 Johann  
 (Fritz, 2000;  
 .16-17, Salvo, 1999; . 9-11).

### 3.2

massage,



3.2.1 [http://www.iatronet.gr/article.asp?art\\_id=1986](http://www.iatronet.gr/article.asp?art_id=1986)

“



















3.6.4

( : <http://kids.pblogs.gr/tags/masaz-gr.html>)

μ . μ .  
 μ μ .  
 μ .  
 μ .  
 μ .  
 μ .

μ ( , 2007; . 218).

μ .  
 , μ μ μ .  
 μ ( , 2007; . 219).

3.7 μ

μ . μ .  
 μ , μ .  
 (Podder, 2002; . 21).  
 :  
 μ μ μ .



3.7.1  
 ( : <http://www.esquire.com/features/75-things-0808>)

μ μ  
 .  
 μ : H μ  
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 μ .  
 μ :  
 μ μ μ μ ,  
 μ μ μ μ ,  
 μ μ μ μ .



3.7.2 μ  
 ( : [http://cherryblossomtips.blogspot.com/2010\\_06\\_01\\_archive.html](http://cherryblossomtips.blogspot.com/2010_06_01_archive.html))

μ μ μ μ μ  
 μ .  
 μ μ (effleurage), μ μ (petrissage),  
 (tapotement), (friction) .  
 μ μ μ μ μ μ ,  
 μ μ μ μ μ  
 μ . μ μ μ μ μ .

Ling μ Per Henrik  
 Johan Georg Mezger  
 μ . μ " μ " (Calver R.,  
 2006 ).

μ : μ  
 μ μ «μ » (μ , μ ).  
 μ μ μ ,



3.7.3 μ  
 ( : <http://www.shantala.gr/holisticmassage.html>)

μ , μ μ  
 μ , μ μ μ ,  
 μ , μ μ μ ,

μ : μ  
 μ μ μ μ μ , μ  
 μ μ μ μ μ .



3.7.4 μ  
 ( : <http://www.fisiokinesis.gr/26.html>) μ

μ . μ μ μ





Trigger points

Janet G. Travell ( ) David  
 Simons. 2007 RI.  
 (neuromuscular junctions/NMJ),  
 (pressure point), (Chen et al, 2007).

« »  
 Gattefossi 1900. Rene-Maurice  
 or Clinical Aromatherapy). (Medical  
 (Aesthetic Aromatherapy).  
 (Holistic or Practical  
 Aromatherapy).  
 (Jones E., 2005).



3.7.6  $\mu$

( : [http://www.kepansi.gr/index.php?page=kepansi\\_eidikotites](http://www.kepansi.gr/index.php?page=kepansi_eidikotites))

$\mu$  ,  $\mu$  . ,  $\mu$  ,  $\mu$  .  $\mu$  ,  $\mu$  .  $\mu$  ,  $\mu$  ,  $\mu$  .  $\mu$  ,  $\mu$  ,  $\mu$  .  $\mu$  ,  $\mu$  .  $\mu$  ,  $\mu$  ,  $\mu$  .  $\mu$  ,  $\mu$  ,  $\mu$  . ( , 1997).  $\mu$   $\mu$  ,  $\mu$  .  $\mu$  ,  $\mu$  .  $\mu$  ,  $\mu$  .  $\mu$  ( . .  $\mu$   $\mu$  ) .  $\mu$  ( . .  $\mu$  ,  $\mu$  )  $\mu$  ( . . , )  $\mu$  ( . . , )  $\mu\mu$  ( . . , )  $\mu$  ( . . , ) ( . . , ) ( . . ,  $\mu$  ) ( . . ,  $\mu$  )





1.	13.	25.	37. $\mu$
2. $\mu$	14.	26.	38. /
3.	15. -	27.	39.
4	16.	28.	40.
5. $\mu$	17. $\mu$	29. -	41.
6. $\mu$ -	18. $\mu$	30 -	42
7. -	19.	31.	43.
8.	20.	32.	44.
9.	21.	33.	45. $\mu$
10. -	22. -	34. -	46.
11. $\mu$	23. -	35 -	47. $\mu$ ( $\mu$ )
12. $\mu$ -	24.	36. -	48.
/		-	
49. /	50. $\mu$ -	51.	52. $\mu$
	)		

3.7.1  $\mu$   
( :[http://www.sitemaker.gr/msyregela/page\\_GREEK\\_7.htm](http://www.sitemaker.gr/msyregela/page_GREEK_7.htm))

$\mu$

$\mu$  .  $\mu$   $\mu$  ,







3.7.9 Shiatsu

( : <http://www.bergrose.at/de/wellness/shiatsu/>)

shatsu:

*shiatsu*

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 – μ .  
 – μ μ .  
 – , ,  
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 – μ μ .  
 – μ .  
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 – μ .  
 – shiatsu μ μ μ : μ .  
 – μ μ ,  
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 – μ .  
 – μ μ μ .  
 – μ μ .  
 – μ μ μ .  
 – μ μ μ .

( , 2004, , 2004).

shiatsu

– μ μ μ , shiatsu :  
 – μ . , shiatsu :  
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( , 2004, , 2004).

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μ μ μ μ ,  
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, μ . , μ  
μ μ μ .  
μ μ μ , ,  
μ . μ shiatsu  
μ μ  
( , 2004, , 2004).



3.7.10 **Shiatsu**

( : <http://www.bergrose.at/de/wellness/shiatsu/>)

*Acupressure*

μ μ μ . μ μ  
 acupressure μ μ μ μ  
 μ , μ μ .



3.7.11 **Acupressure**

( : <http://www.altmedicinezone.com/acupressure/acupressure-points-to-provide-relief-from-different-body-problems/>)

(YOGA)

« » «yuj»  
 ( ) « μ “ , “ , “ ”,  
 “ , ... “ ” μ μ « μ »  
 « , μ ,  
 μ , μ Q». μ ,  
 μ « μ »  
 μ ( μ , « μ » , 2003, . 310,314,328).



(Chakras).

μ « », .

μ μ

μ

1. μ (Muladhara)

2. μ (Swadhistana)

3. μ (Manipura)

4. μ (Anahata)

5. μ (Vishudda)

6. μ (Ajna)

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7. μ (Sahasrara)

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 , μ μ μ  
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 μ μ μ . μ  
 μ μ μ . μ μ , μ  
 μ μ μ . ( μ , 2005).



3.7.13  
 ( : <http://www.sxolixorou.gr/Content.php?Pagelid=136>)

*REIKI*  
 To μ μ , μ  
 μ μ μ . μ  
 μ μ μ , μ μ μ ,  
 μ μ μ . 1922 μ  
 μ μ μ μ ( μ μ ) .  
 μ μ μ " " μ μ .  
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 ( μ μ , 2005). Reiki μ μ , μ μ .  
 μ μ μ .

Reiki  
 Reiki,  
 ( , 2005).

Reiki,  
 ( , 2005).

YANG ( YIN )  
 YANG YIN  
 ( , )

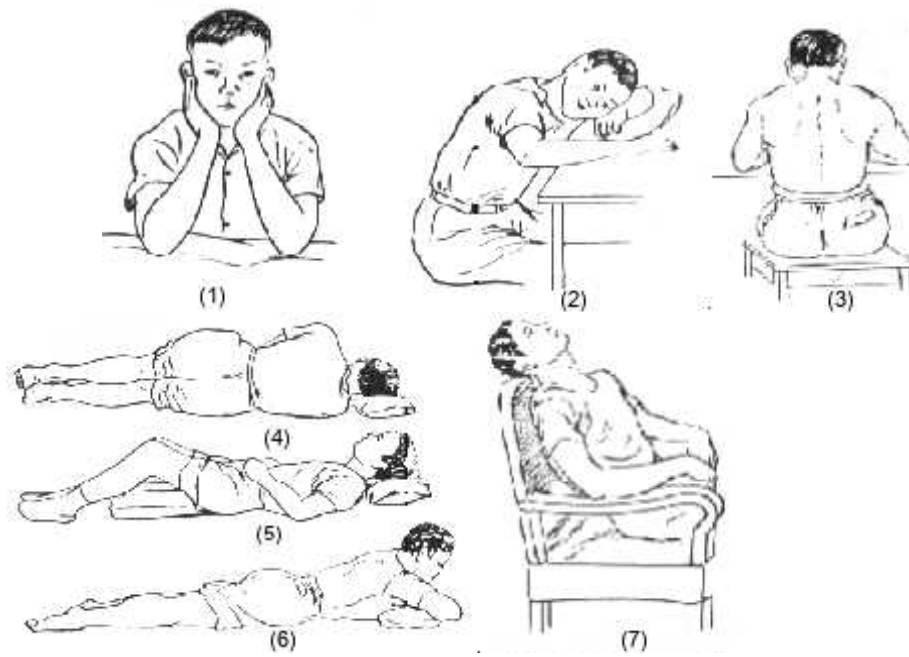
YANG (YIN, 2001).  
 12 YANG (YIN, 2001).  
 308 6 YIN (YIN, 2001).  
 " (YANG, 2001).  
 YANG (YIN, 2001).  
 (YANG, 2001).

Meniere

μ :

12 ( )

μ  
μ μ , μ μ  
μ μ ( . , μ . . ) ,  
μ ( . , 2001).





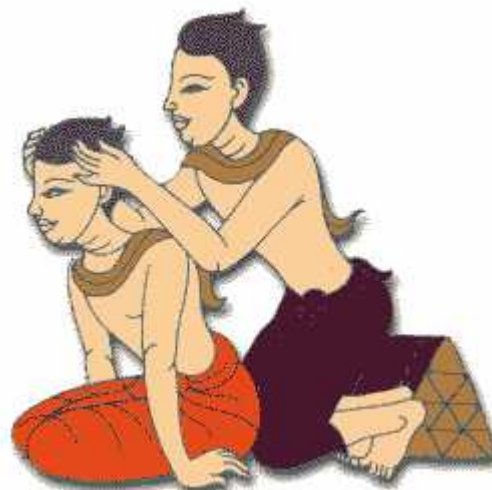


3.7.14

: <http://www.acupuncture.gr/index.php?id=57,73,0,0,1,0>

- 1 : μ μ :
- 2 : μ μ
- 3 : μ μ
- 4 : μ μ
- 5 : μ μ
- 6 : μ μ
- 7 : μ μ
- 8 & 9 : μ μ ( , 2001).

*Thai massage*



3.7.15

: [http://www.hellenictao.com/Thai\\_massage.htm](http://www.hellenictao.com/Thai_massage.htm)

boran), (Nuat phaen  
ayurveda yoga. /  
stretching yoga  
Thai massage  
*Anma*  
( , 2011).



3.7.16 μ : Anma

( :

[http://www.yotsumedojo.com/Yotsume%20Anma%20Dojo/gallery\\_files/Gallery%20Pages/Anma%20Gallery%20001/imagepages/Anma%20\(Japanese%20Massage\)%20012.html](http://www.yotsumedojo.com/Yotsume%20Anma%20Dojo/gallery_files/Gallery%20Pages/Anma%20Gallery%20001/imagepages/Anma%20(Japanese%20Massage)%20012.html))

*Ayurvedic μ*

μ . μ μ , yoga,  
 μ Abhyanga. μ μ ,  
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3.7.17 Ayurvedic μ

( : <http://www.angloindiago.com/kerala-package-detail.html>)

*Balinese μ*

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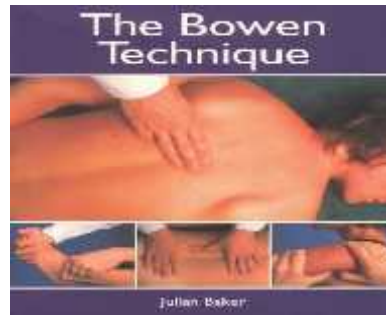
*Barefoot Deep Tissue*

"Barefoot Deep Tissue"  
 "Barefoot Compressive Deep Tissue", "Barefoot Sports  
 μ ", μ μ barefoot,

Barefoot Shiatsu, Deep Tissue, shear, PNF, stretching, parasympathetic response, Keralite, Yumeiho, Barefoot Lomi Lomi, Fijian Barefoot, Chavutti Thirummal, Ashiatsu Oriental Bar, barefoot, (John Harris & Fred Kenyon, 2002).

*Bowen therapy*

Tom Bowen (Bowen Therapists Federation of Australia).



3.7.18 Bowen therapy

(<http://bowentherapy.homestead.com/bowentherapy.html>)

*Breema*

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*Champissage*

chakras.

*Esalen*

Carlotte Selver

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*Hilot*

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*Lomi Lomi*

Lomilomi

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μ μ lomi lomi μ  
μ μ lolomi milimili.  
μ milimili, fakasolosolo, amoamo,  
lusilusi, kinikini, fai'ua. μ roromi mirimiri.  
μ fotofota, tolotolo, amoamo.  
μ rumirumi. μ  
μ popo, μ kukumi,  
μ μ μ tutu.



3.7.19 **Lomi Lomi**

( : <http://lomimassage.com/lomi.html>)

μ , Tikopia Pukapuka  
Rarotonga ( )  
μ ( Chai, R. Makana Risser., 1891).

*Myofascial release*

Myofascial release

μ μ μ μ fascia,



3.7.20 Stone massage

( : http://www.zimboulakiaristi.com/paphosspa.html)

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Structural Integration μ

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Myofascial Integration μ . Structural Integration: Kinesis  
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Elijio Panti

Belize

Rosita Arvigo.

μ Mayan

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Sobadores Hueseros.

Watsu

Watsu

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### 3.7.21 Watsu

( : <http://aquatictherapyinindia.blogspot.com/p/watsu.html>)

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(Bowling, 1997).

(THE Whoqol Group, 1995).

(McCall, 1975).

(Zautra, Goodhart 1979, Baker, Intagliata, 1982).

(Yfantopoulos, 2001c).

(1989).



2001).

### 4.3

Karnofski (The Karnofski Performance Index- PI) (1969) (Conill, Verger & Salamero, 1990, Mercler, Schraub, Bransfield, Fournier, 1992). (The WHO Performance Status) Karnofski (1979). 5, 0, 4, 5, 0, 4

Katz (The Katz Index of Activities of Daily Living) (1963) Spitzer (The Spitzer Quality of Life Index) (1981) e- & McGill (The McGill Pain Questionnaire)

Health Profile) Nottingham (The Nottingham Hunt McEwen 1980) (2000).

(Hunt, McEwen, McKenna, 1985). (The General Health Questionnaire) Goldberg 1972

Psychological Adjustment to Illness Scale) (The  
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SF-36 (The SF-36 Health Survey)  
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(Crandall 1995).

(Benson et al, 1980).

Jeffery et al, 1984).

(Kullen & Doughtry, 1984).

Sobal et al (1995)

Zwerling (1997)

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(Cliona Ni Mhurchu et al, 2004).

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(www.massagemag.com, 2011).

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(www.mag.com, 2010).

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(www.massagemag.com, 2010).

(Kuriyama, 2008).

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 JS., Thabane L., Lee J., 2009).  
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