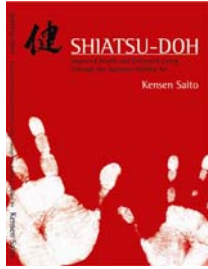


PRESS RELEASE



KENSEN SAITO'S: SHIATSU-DOH

A MEMOIR AND GUIDE TO HEALTHY LIVING THROUGH SHIATSU

BOOK RELEASE PARTY: NOVEMBER 14

4-6PM

RSVP EXTENDED TO: NOVEMBER 12

416.466.8780

Kensen Saito's role as shiatsu masseur to the rich and famous all began with a house call to an innocuous Toronto residence 12 years ago. An Australian actor had just finished shooting a film and was looking to relax with a shiatsu treatment. ([Shiatsu](#) is a type of therapeutic pressure-point massage that regulates the nervous system and promotes natural healing by stimulating chemical responses in the body.) The Aussie actor turned out to be **Mel Gibson**, and not only was Gibson more relaxed after the treatment, Saito correctly diagnosed--just from feeling Gibson's shoulders--that he was having a problem with a wisdom tooth.

Since that first celebrity encounter, Saito has been providing shiatsu treatments to an impressive lineup of local and visiting performers, athletes, politicians and business VIPs. **Lally Cadeau, Steven Segal, Brent Carver, Anne Murray, Brian Mitchell, Shoichiro Toyoda** (chairman of Toyota Motor Corp.), various members of the **Toronto Blue Jays** and the **Canadian Olympic Team** have all sought him out for treatment.

WITH A SPECIAL READING BY BROADWAY STAR:

BRENT CARVER

**SHIATSU TREATMENTS AND SUSHI FOR ALL IN
ATTENDANCE**