

The Handbook Of Chinese Massage Tui Na Techniques To Awaken Body And Mind

For over two thousand years, Traditional Chinese Medicine (TCM) has made many significant contributions to China's growth and prosperity. This textbook, based on the unique characteristics of TCM, discusses its principle theories and presents a comprehensive daily practice guide for health maintenance and disease treatment. The book provides clinical practitioners with a fundamental understanding of the essence of TCM. We highly recommend this book for students interested in TCM, Chinese medicine doctors and other healthcare professionals, biomedical researchers, and interested individuals. Readers will benefit from the inspirational viewpoints discussed in the book.

Through targeted self-massage, acupressure can relieve ailments ranging from headaches and colds to stress and insomnia. This comprehensive introduction, packed with illustrations and diagrams, presents the 12 key acupressure points along with a simple overview of the body's meridian system of energy channels. Easy-to-follow instructions outline different massage techniques before presenting directions for healing over 40 common conditions using just 12 pressure points.

Lily is the daughter of a humble farmer, and to her family she is just another expensive mouth to feed. Then the local matchmaker delivers startling news: if Lily's feet are bound properly, they will be flawless. In nineteenth-century China, where a woman's eligibility is judged by the shape and size of her feet, this is extraordinary good luck. Lily now has the power to make a good marriage and change the fortunes of her family. To prepare for her new life, she must undergo the agonies of footbinding, learn nu shu, the famed secret women's writing, and make a very special friend, Snow Flower. But a bitter reversal of fortune is about to change everything.

Learn the ancient techniques and health benefits of Gua Sha massage with this complete illustrated guide. Gua Sha is a traditional Chinese therapy for expelling toxin and preventing diseases. A simple scraping plate coupled with oil, when applied to the body repeatedly, can reach the effect of smoothing Qi and blood flow, stimulating main and collateral channels, expelling toxins and alleviating pain. This book explores the natural way of prevention and treatment through traditional Chinese medicine and explains the complete theories and practice for the treatment of over 100 ailments. Through Gua Sha Scraping Massage Techniques you will discover: The principles of Gua Sha Tools, ways, and techniques of Gua Sha How to judge your own health status, prevent and tackle common ailments and achieve healthy complexion and physique through Gua Sha How to prevent and cure various diseases through Gua Sha, such as chronic diseases, bone-joint diseases, male and female diseases, more Apart from Gua Sha, other tips for diet, massage and daily habits that combat illness and help build up your health

The Chinese Medicine Companion

Handbook of Chinese Medicine and Ayurveda

Massage For Dummies

Clinical Handbook of Internal Medicine

The Couples' Massage Book

A Comprehensive Handbook of Traditional Chinese Medicine: Prevention & Natural Healing

Chinese Massage Therapy

" Comprehensive, encyclopedic, and lucid, this book is a must for all practitioners of the healing arts who want to broaden their understanding. Readers interested in the role of herbs and foods in healing will also find much to learn here, as I have. . . . A fine work. " —Annemarie Colbin, author of Food and Healing The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the " Bamboo Curtain " was lifted in the early 1970s. Now, in Between Heaven and Earth, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Korngold and Efrem Korngold, pioneers in the practice of acupuncture and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, Between Heaven and Earth addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive, yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, Between Heaven and Earth opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. " Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine. " —San Francisco Chronicle

Tells under what circumstances massage therapy can be useful, describes the treatment of individual illnesses, and demonstrates self-massage techniques

The meridian pathways of the human body were mapped out by gifted healers in China thousands of years ago. Working with the invisible energy (Qi) that flows through these pathways, they were able to heal illness. Perhaps more importantly, they were able to support vitality in ways that prevent illness and encourage wellness. Vitality is an expression of energy. Meridian Massage is a hands-on modern application of this ancient wisdom to balance mind, body, and spirit for health and happiness. Knowing how to work directly with energy opens a powerful dimension for massage therapists and bodyworkers to access through their work. An organized and practical integration of modern energy work and ancient Chinese medicine, Meridian Massage can complement any form of hands-on healing.

Though practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture, but can be done at home, on yourself, without any tools. This book acts as a beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to address certain health concerns. Through recent studies, hand reflexology and acupressure have been shown to help with a variety of issues, including: Nausea Stress, tension and anxiety Insomnia

Headaches Chronic pain Digestive issues Muscle and joint injury The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere.

A Practitioner's Guide

Healing Your Eyes with Chinese Medicine

Chinese Massage Manual

An Integrated Practice of Ancient Healing Traditions

Snow Flower and the Secret Fan

The Definitive Guide to Soothing Aches and Pains

Heal Yourself with Chinese Pressure Points

This book is an introduction to Chinese pediatric massage which is a safe, non-invasive, low-cost & effective therapy for a wide variety of common childhood ailments. Includes over 250 easy to follow illustrations.

This comprehensive, introductory book covers the essentials of Chinese massage (Tui na), including the fundamental principles of Chinese medicine, and the 20 basic massage techniques. It also includes treatment advice for 12 common ailments, so that the reader can practice what he or she has learnt to good effect. The book covers: · Instruction on 20 specialized massage techniques · How to locate over 50 points to treat specific problems · How to combine massage with Qi Gong for maximum energy and wellbeing · Step-by-step treatments for common colds, lower back pain, sciatica and more · Clear photographs, diagrams and charts The author provides key information in clear, easy to refer to tables and diagrams, making this also an excellent reference for students, and practitioners of related disciplines.

Tui Na is one of the 'Four Pillars' of Chinese medicine (alongside Acupuncture, herbal medicine and Qi Gong) and is a form of bodywork that includes acupressure, massage techniques, assisted stretching, and joint mobilisations or adjustments that are all based on the key medical principles and diagnostics of the Classics of Chinese medicine. This book is an accessible clinical handbook of Tui Na principles and practice. Tui Na can be used as much more than a musculoskeletal therapy, but in order to use it to its full potential as a medical intervention, it is essential to understand its uses on the Sineu channel system as opposed to the other channel systems commonly used within acupuncture. Tui Na requires an understanding of the principles and pathways of the Sineu channels as a standalone system of the body, as well as its relationship to the other channel and organ systems, and this book provides an accessible introduction to these channels before moving onto Tui Na practice. There are Sections on Diagnosis and Assessment, Techniques and Treatments with hand and joint manipulation techniques covered in detail, along with instruction on developing a Tui Na prescription and protocols for the treatment of common conditions. This book can be used by beginners studying on a hands-on practical course in Tui Na, in addition to qualified Chinese medicine and Tui Na practitioners.

▮ A leading practitioner of Chinese medicine provides Western therapists with a comprehensive, illustrated handbook for the noninvasive treatment of childhood conditions. ▮ Provides alternatives to Western medicine that are more tolerable to children and better for their long-term health. ▮ With over 200 drawings and photographs to guide practitioners through the massage treatments in the text. ▮ A valuable addition to the repertoire of any health practitioner. A noninvasive alternative to conventional Western medicine, Chinese pediatric massage provides practitioners with greater flexibility in choosing a successful course of treatment to improve the health and energy of children without overwhelming their systems. Chinese pediatric massage has fewer side effects than other forms of treatment, making it more tolerable for children, easier on their parents, and more effective in improving the patient's long-term health. This clearly illustrated guide is designed to give all health care providers—massage therapists, homeopathic and allopathic practitioners, and bodyworkers—who know the general concepts of traditional Chinese medicine the tools and knowledge they need to successfully use Chinese pediatric massage in treating their patients. Effective on children from birth through preadolescence, Chinese pediatric massage is a valuable therapeutic addition to the repertoire of any practitioner. It considers how a child's energetic framework differs from that of an adult, and accounts for these physiological and anatomical differences through assessment, point locations, and treatment.

A Handbook of Therapeutic Massage

The Practice of Tui Na

The Tui Na Manual

Chinese Pediatric Massage

Tui Na Techniques to Awaken Body and Mind

Chinese Massage to Awaken Body and Mind

Tui Na - E-Book

Starting with a simple setting that can easily be accomplished with few special preparations, readers will learn, step-by-step, how to make a deep and meaningful connect with their partner's body. Using a combination of strokes from the most time-honored massage traditions, they will learn to be mindful of where their partner holds stress and tension. As the massage unfolds, nonverbal dialogue with their partner, learning much from the simple act of contact with another body. All of the techniques are illustrated with black-and-white photographs. Elegant and refined, this book is a perfect gift for a special someone or a friend in love.

Sooth away stress, banish pain, and share the language of touch with the healing powers of massage. What reduces pain, enhances athletic performance, job efficiency, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, and improves appearance? Right, massage. So what's the secret? Discover how to knead your way to relaxation and wellness with this fun guide to the art of massage. With the help of numerous step-by-step hands-on photos and illustrations, Massage For Dummies, 2nd Edition shows you, move by move, how to harness the healing power of touch. In no time you'll master the basics and learn how to give and receive massage. The book also includes expanded content in this edition Covers an array of techniques, from Swedish to Deep Tissue and sports massage to self-massage. The newest strokes and techniques that can relieve specific painful conditions Hands-on and extremely practical. Massage For Dummies, 2nd Edition shows you how to integrate massage and its benefits into your everyday life.

Tui na: A manual of Chinese massage therapy is a comprehensive handbook for the 21st century student and practitioner of Tui na working in the West. The book describes the roots and development of Tui na, how it works therapeutically within the context of Chinese medicine and how to become an effective Tui na practitioner. It contains detailed descriptions of their clinical applications and therapeutic effects. Foundation area routines are provided to aid the development and fluidity of manual skills and to give an initial structure for building treatments. The book has a unique approach to creating and planning Tui na treatments. Avoiding the prescriptive approach usually employed, Sarah Pritchard discusses the principles of Tui na, and explains how to use Tui na in a variety of settings. The author provides a clear, step-by-step approach to creating and planning Tui na treatments. 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