Facial Gua sha focuses on a popular anti-aging beauty technique from the Far East which is aimed at enhancing the look and feel of your face totally naturally. Through a holistic approach in which the face and the balance of the body are seen as interconnected, this book shows you how to use light scraping techniques over the face and neck area to help enhance and rejuvenate your face on a deep level and help to combat wrinkles, eye bags, crow's feet, facial lines and other signs of aging. It also shows you how the imbalances in your body can influence your face and how you can activate the vitality of your skin and muscle tone through ancient Oriental ideas of health and well-being to look and feel the best you can.

Kyle Cline shows how to use Chinese massage methods to alleviate childhood ailments like coughs, chicken pox, bed-wetting, and asthma. With a general health plan for all children and advice on using Chinese herbal remedies, these techniques can reduce visits to the pediatrician as well as the use of prescription medicines. Tells under what circumstances massage therapy can be useful, describes the treatment of individual illnesses, and demonstrates self-massage techniques. Fully illustrated guide to massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. Explains the hammering massage technique of Tok Sen, which sends vibrational energy deep into the fascia and muscles. Details how to use the 10 Thai energy meridians known as Sen Siib and the 12 muscle-tendon meridians of Chinese acupuncture in massage. Explains Meridian Detox Therapy and Gua Sha, which clears blood stagnation, promotes metabolism, and can prevent and treat acute illness. Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. The authors explore the 10 Thai energy meridians known as Sen Siib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden hammer to send vibrational energy deep into the fascia and muscles along the Sen Siib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure than a massage therapist's fingers. The authors also explain Meridian Detox Therapy, which includes cupping, skin massage, and Gua Sha—the scraping of different
parts of the body to clear blood stagnation, promote metabolism, and treat acute illness. The final book in the Chi Nei Tsang series, Chi Nei Ching offers advanced massage techniques to work with the energy meridians for optimum health. The Chinese Way to Healing: Many Paths to Wholeness is an essential guide to achieving total health in mind, body and spirit. By showing you the powerful benefits of Chinese Medicine-particularly acupuncture, massage, nutrition, meditation and herbs-along with other healing arts as adjunct therapies, this book can help you take control of your healing process and maintain or restore wholeness and harmony in all aspects of your life. This book offers comprehensive healing plans for a wide range of ailments including digestive problems, stress, anxiety, depression, addictions, gynecological problems, PMS, menopause, and more. These plans combine Chinese dietary guidelines with Western medicine, plus various other Eastern and Western healing therapies. Includes: Basics of Chinese medicine How to evaluate a Chinese medicine practitioner Acupuncture and Moxibustion Qi Gong: Chinese exercise and meditation Case histories: profiles in healing Chinese medicine dietary practices Chinese herbal therapy 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 Sinew 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 Sinew 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 comprehensive reference tool for maximizing healing of the mind, body, and spirit through a holistic synergy of Chinese medicine and Ayurveda Details the foundational principles of each tradition and the many concepts they share, such as qi and prana, meridians and nadis, and energy centers and chakras Provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire Offers breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle at-home cleansing Chinese medicine and Ayurveda are two of the oldest healing systems in use today. Each is a complete art, in and of itself, and has profoundly contributed to the health and well-being of millions of people around the world. Drawing on their shared roots and spiritual principles, Bridgette Shea, L.Ac., MAcOM, shows how these two practices integrate seamlessly, with the two traditions’ individual strengths harmonizing to form a practical basis for prevention, wellness, detoxification, and treatment. The author explains the foundational principles of both Chinese medicine and Ayurveda in detail, providing the reader with a working understanding of both disciplines. She examines shared concepts such as qi and prana, meridians and nadis, and energy centers and chakras. She explores the strengths of each practice, such as the clinical efficiency of diagnosis and the use of acupuncture for pain relief, improving fertility, and stress reduction in Chinese medicine and the dietary, detoxification, and spiritual guidance of Ayurveda, including the detox branch of Ayurveda known as Panchakarma. Moving beyond theory into practical application, she explores the Elements, known as the Five Phases and the Panchamahabhutas, and how they affect our well-being. She provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire. Offering treatment and prevention strategies that draw from both disciplines, she encourages the reader to implement an integrated practice of these two systems in daily life or clinical practice. She details breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle home cleanses, all rooted in the holistic synergy between Ayurveda and Chinese medicine. Sharing case studies that highlight the interconnectedness of these approaches, Shea provides a
comprehensive guide for self-healing of body, mind, and spirit and a practitioner’s resource to cross-reference complex questions with respect to both healing traditions. A leading practitioner of Chinese medicine provides a parents’ handbook of simple massage plans that can alleviate most common childhood ailments. • Effective for colic, bedwetting, asthma, colds, coughs, chicken pox, teething, earache, and other conditions. • Easy-to-use workbook format with 22 illustrated massage plans and step-by-step instruction allows parents to become active caregivers for their children. For over one thousand years the Chinese have brought comfort, relief, and well-being to their children through a sophisticated, yet easy-to-use, system of massage. Now Kyle Cline, a Licensed Massage Therapist trained at Shanghai’s prestigious College of Traditional Chinese Medicine, teaches Western parents how to become active caregivers for their children by using Chinese massage techniques to alleviate childhood ailments from the simple (colds, coughs, chicken pox) to the chronic (colic, bedwetting, asthma). Chinese Massage for Infants and Children grounds parents in the basics of Chinese medicine, then illustrates 9 massage techniques, 63 massage points, and 22 complete massage plans. With additional information on a general health plan for all children and on using Chinese herbal remedies, Chinese Massage for Infants and Children can substantially reduce visits to the pediatrician and use of prescription medicines, while improving the bond between parent and child that is at the heart of good health. Britain’s leading authority on Oriental massage integrates classic tui na techniques into a new, whole-body treatment never before seen in East or West. Thai Massage is the touch that enhances health, happiness, and wholeness—and with more than 150 expertly demonstrated sequences unfolding on these pages, everyone can enjoy its benefits. Sometimes called "yoga in action," Thai massage has worked its relaxing wonders for more than 1,000 years. Explore its secrets with a detailed program that includes ten complete lessons, each concentrating on a particular part of the body. Like other forms of massage, it employs a flowing sequence of stretches, but instead of using only your fingers, pressure is applied with the thumbs, palms, elbows, knees, and feet. Full-color photographs of every move match still shots with superimposed artwork that indicate the direction of the movements. Each technique is clearly explained and its benefits—from improved flexibility to increased vitality—detailed. "All of the techniques are shown in sharp color photographs that are pleasing to the eye. Descriptions of the techniques are clear."—Massage Therapy Journal. 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. 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. A full-color, illustrated guide to Chinese tui na massage techniques for whole-body health • Demonstrates each of the 15 unique Tui Na techniques with rich full-color photos and step-by-step instructions • Explains how to use qi-points to treat conditions in close proximity to the points as well as enact healing in tender or injured regions through the use of distant points • Details how to use Tui Na in all ages to release stress, re-energize the body, invigorate the mind, and relieve pain, sciatica, headache, sports injuries, and other common ailments Tui Na, which means “grasp and push,” is a Chinese system of therapy that uses massage and bodywork manipulation to relieve pain, release tension, and treat common ailments. Often practiced in conjunction with acupuncture and Chinese herbalism, Tui Na is also used as a treatment to address specific patterns of disharmony and stimulate the overall flow of qi, or vital energy, throughout the body. The leading authority on Tui Na in the West, with years of study in China, Indonesia, and Thailand, Maria Mercati combines the individual techniques of Tui Na into an easy-to-use method for whole-body health. Providing rich full-color photos with step-by-step instructions, she demonstrates each of the 15 unique Tui Na techniques, showing clearly where to place your hands as well as offering clear diagrams of the meridian energy channels and
more than 100 powerful qi-points, where qi energy can be directly affected to restore balance and harmony. She explains how to use the qi-points to treat conditions in close proximity as well as enact healing in tender or injured regions through the use of distant yet connected qi-points. The author details how to use Tui Na treatments to relieve neck, shoulder, and back pain, sciatica, headache, and many other common ailments, treat sports injuries, and improve athletic performance. She also shows how it can release stress, re-energize the body, and invigorate the mind, as well as provide healing massage for adolescents, the elderly, and babies. Offering a healing method that requires no special equipment and is simple enough to do at home or in a chair at work, this fully illustrated guide provides a hands-on program to help yourself and others find whole-body health. The 4th edition of Tappan's Handbook of Healing Massage Techniques continues to be an authoritative and comprehensive resource for massage therapy courses. This book lays the theoretical groundwork and provides detailed descriptions of techniques for Western and contemporary massage, Asian bodywork therapy and applications for special populations. Whether you are a licensed massage therapy practitioner, another health-related professional, or simply interested in basic massage therapy techniques, this is the book for you. New to this Edition: Accompanying CD-ROM provides instructional video of the most common massage techniques to provide readers with a visual aid to accompany chapter content. Includes the Wellness Massage Pyramid which introduces a new model for understanding the broad scope of massage therapy based on the wellness perspective. End-of-chapter Study Outlines provide students and instructors with useful tools for identifying, understanding and learning the content of each chapter. Chapters on the effects of massage and clinical applications of massage provide extensive documentation of research. New chapters on Hydrotherapy and Thermal Therapy and Asian Bodywork Therapy are included. New Appendix A: 25 Forms of Therapeutic Massage and Bodywork provides a survey of the 25 most important forms of massage and bodywork with sources of additional information. Acting as a bridge between the basic theory of Chinese medicine (CM) and various clinical subjects, Diagnostics in Chinese Medicine can be regarded as a core subject in understanding the concept of CM. Based on the national textbooks of CM in China, Diagnostics in Chinese Medicine is written combined with the National Standard and Quality Course given by Professor Chen jiaxu at Beijing University of CM. According to Professor Chen's long-standing high academic profile and clinical practice, figures and tables are presented clearly to intensify understanding and comprehension. We are sorry that the DVD content are not included. The New Chinese Medicine Handbook is an essential guide to achieving total health in body, mind, and spirit. Explore the powerful benefits of Chinese medicine—particularly acupuncture, massage, nutrition, meditation and herbs—along with other Eastern healing arts. This practical guide to traditional Chinese medicine can help you take control of your healing process and maintain or restore wholeness and harmony in all aspects of your life. Dr. Misha Ruth Cohen, an internationally-recognized practitioner, lecturer, leader and mentor in the field of Chinese medicine, offers comprehensive healing plans for a wide range of ailments including digestive problems, stress, anxiety, depression, cancer support, liver health, gynecological problems, PMS, fertility, menopause, and more. This comprehensive guidebook combines Chinese dietary guidelines with Western medicine, plus various other Eastern and Western healing therapies including: -Basics of Chinese medicine -Acupuncture and moxibustion -Qi Gong: Chinese exercise and meditation -Dietary practices -Chinese herbal therapy The New Chinese Medicine Handbook keeps esoteric information to "need to know" basics and shows you how to use Chinese medicine for different conditions from pain to infertility to various illnesses like cancer and diabetes. Take the first steps to natural healing remedies and a longer, healthier life. Body Reshaping through Muscle and Skin Meridian Therapy: An Introduction to 6 Body Types shows you how your weight and body shape can be a direct result of ill health and explains the structures and functions involved. It explores much more than just what your scale and the fit of your clothes might tell you. It looks at skin, fat, muscles, diaphragm, historical illnesses or injuries, body posture, body clock or circadian rhythm, digestion, blood vessels, nutrition, sympathetic nervous system, parasympathetic nervous system, and enteric nervous system. By examining the above factors, you will learn how they contribute toward changes in body shape (notice no mention of dieting or exercise). Muscle meridian therapy refers to the passive application of treatments to muscles not connected to any major organ. The techniques
involved improve all the metabolic balances of the body (pressure, temperature, and balance) as well as your overall health. Therapies can benefit all people, including those with traumas such as digestive system disorders, autonomic nerve system disorders, medication complications, post-childbirth complications, major scarring, posture issues, and pain management. The author provides the traditional Chinese medicine (TCM) tools and techniques needed for practitioner-guided wellness or at-home wellness understanding and maintenance. The book offers a full guide to "body type" evaluation for muscle meridian therapy and presents a "passive" therapy method (like massage or acupuncture) to complement "active" therapies (like physical therapy and exercise). It covers concepts that are highly individualized yet very "whole body" for physical restoration and balance.Tui na: The Chinese Massage Manual is a comprehensive and well established handbook for students and practitioners of Tui na in the West. The author describes the roots and development of Tui na, how it works therapeutically with the context of Chinese medicine, and how to become an effective Tui na practitioner. The book contains detailed and clearly illustrated descriptions of Tui na techniques, how to practice them, their clinical applications and therapeutic effects. Foundation area routines are provided to support 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, the author discusses the principles of practice and enables the student practitioner to make choices and formulate treatments by bringing together their knowledge and skills. Frameworks are provided, and techniques, methods and approaches suggested for presenting patterns of disharmony within the treatment of common ailments. The book features - Over 120 photographs clearly illustrating the techniques - The application of the ancillary therapies of cupping, gua sha and moxibustion - The application of external herbal media - `Tips for Practice' easy reference to support the learning of techniques - Case histories illustrating the treatment of common clinical ailments - Treatment foundation area routines - Yin and yang styles of practice - Demonstration of how to combine Tui na and acupuncture in practice - a related series of videos (available online) showing how to apply all the major techniques• 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.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.A comprehensive manual for using crystals, gems, and stones to address physical, emotional, and spiritual health conditions • Includes an extensive Materia Medica detailing the healing and spiritual properties of 200 crystals and stones based on Classical Chinese Medicine • Explores the role played by the color of each stone, its Yin and
Yang qualities, crystalline structure, chemical composition, and topical and internal applications • Explains how to make stone and crystal elixirs, wear stones as healing jewelry, use them in massage and energy work, and cleanse and recharge them • Based on the oral teachings of Dr. Jeffrey C. Yuen, a Taoist priest from the ancient lineage of the Jade Purity School (88th generation) masters In addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive Materia Medica, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE. Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones. She explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. She discusses how to make stone and crystal elixirs for internal and topical use, how to charge quartz with the healing properties of other stones, how to cleanse and recharge a stone after use, and how to combine stones to create healing formulas for individual conditions. She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work. She examines the chemistry and sacred geometry of crystal structure, revealing how the minerals contained in the stones affect our physiology by supporting our Jing (Essence); by nourishing Qi (energy), blood, and fluids; and by clearing Wind, Cold, Damp, and Heat conditions that can lead to disease. Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research, this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change. Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand—as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality. A renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more. For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such precious and powerful knowledge “a tooth from the tiger’s mouth.” Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person. While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more. He teaches readers how to: Examine and diagnose injuries Prepare and apply herbal formulas Assemble a portable kit for emergencies Fully recuperate with strengthening exercises and healing dietary advice Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors. 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. Addressing the issues of how and why illness occurs, this informative guide provides fresh Eastern perspectives on wellbeing and health. With easy-to-understand explanations, clear illustrations, and straightforward treatment alternatives,
previously unexplained signs and symptoms can be researched, understood and dealt with. Tried-and-true techniques developed over hundreds of years — diet, acupressure, massage, exercise, scraping, and tapping— are offered for common maladies from colds and high blood pressure to backache and depression. Even with limited medical knowledge you can learn to assess your own conditions and become proactive in lifestyle changes, thus taking charge of your own healing process. Ideal for both classroom and practice, Modalities for Massage & Bodywork, 2nd Edition presents 23 modalities of bodywork, their history, development, effects, benefits, contraindications, basic curricula and certification requirements. Updated photos and illustrations, critical thinking questions, and flash cards give you a better picture of today's massage best practices. Evolve companion website provides matching activities, flash cards, answers to multiple-choice questions, weblinks and video demonstrations of various modalities covered in the text to make learning more interactive. Case histories in each chapter illustrate the effects of the modality within a therapeutic context, creating the opportunity for integrative, clinical reasoning that helps prepare you for work in the various modalities. Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter. In My Experience boxes provide personal insights about specific techniques from experts in the field. Full-color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality. Multiple-choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales. Suggested readings, resources and references in each chapter offer robust resources for you to further research each modality. Clinically relevant boxes and tables highlight important information. NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work. NEW! Student resources on Evolve supplement the classroom experience and ensures you retain the material in the text. 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques. More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective. NEW! Updated content, photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students. NEW! Critical thinking questions added to each chapter actively engage and challenge your reasoning skills. NEW! Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge. 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. Drawing from the ancient wisdom of the Five Elements of Traditional Chinese Medicine, Robin Ray Green, L.Ac., MTCM, offers simple solutions for creating a natural healing program that is as unique as your child. Questionnaires and quizzes help you gain an understanding of your child's 5-Element type —whether it's Wood, Fire, Earth, Metal or Water—to allow you to diagnose imbalances within the body that create health issues. Once you've gained a solid understanding of the 5 Elements and how health conditions are affected by elemental imbalances, nutrition, and lifestyle, you'll learn simple techniques —such as acupressure, massage, and meditation—that will help your child achieve vibrant health. Ultimately, empowered with this knowledge and a new, holistic perspective on health, you’ll be able to augment Western treatments with time-tested natural solutions to help your child, and your whole family, heal naturally. Provides definition of terms as well as a description of symptoms and their clinical significance. Gives acupuncture and medicinal treatments for virtually every disease and pattern. Amma is an ancient Chinese healing art, together with acupuncture and herbalism it
forms the foundation of traditional Chinese medicine. This is a comprehensive textbook for students of Oriental bodywork. Do you know which of the twelve animal signs you are? Or how the "animal that hides in your heart" influences your outlook on life? What happens in your chart when your Eastern moon sign meets your Western sun sign? The Handbook of Chinese Horoscopes answers these questions and more. For forty years, The Handbook of Chinese Horoscopes has remained the classic book on the topic, artfully combining the Eastern lunar calendar with Western, solar-based astrology. You'll discover how the five elements, four seasons, and the ascendant sign based on the hour of your birth can affect your personality. Read about the 144 relationship combinations to better understand the compatibility of the twelve lunar signs. This revised edition will delight seasoned astrologers and interested novices alike. Chinese self-massage has many benefits and uses, ranging from maintaining health to treating acne, losing or gaining weight, and preventing wrinkles. This comprehensive overview of the theories and techniques of Chinese self-massage is for both professional practitioners of Chinese medicine and people who are interested in caring for their health. It includes self-massage procedures for treatment and prevention of many common complaints, such as colds and flus, insomnia, high blood pressure, constipation, diabetes, menstrual pain, tennis elbow, and fibrocystic breast disease, along with accompanying pictures showing how and where the technique should be done. This book also includes sections on self-massage for sexual dysfunction, beautification, weight loss, maintenance of teeth, prevention of balding, and the promotion of better breast health.