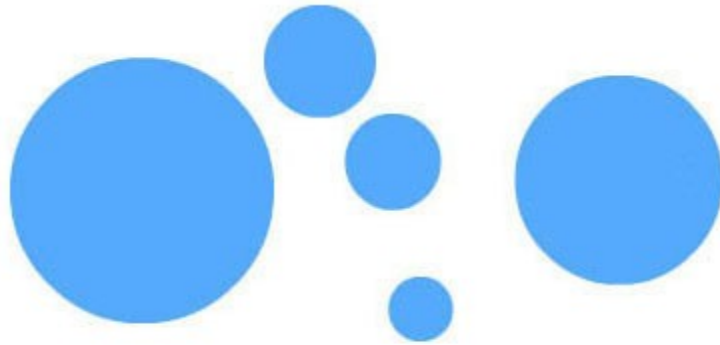


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## Foreword

The body is truly a very complex thing. Not only do we need to battle mental and emotional illnesses, there are also physical anomalies and aching muscles that we need to deal with and no medicine anyone can consume that will make the pain go away.

The Chinese however, have come up with ingenious methods to help relieve the physical ailments of the aching body through their ancient practices that can be seen nowadays in martial arts and has its roots in olden day's Taoist practices.

This art form exists today as a very special form of alternative medicine/healing.

This art of massage is extremely popular all over the world. Western societies have also embraced this practice with open arms and you will find Chinese massage parlours all over the place - and it is not just China town!

This ready form of physical healing is sought after by many - from the elderly and their aching backs to young athletes and body builders who need their muscles loosen up after a long day of working out at the gym or in competitive sports. It is also inexpensive in many places of the world and definitely in demand whether poor or affluent. Welcome to the art of Tui Na.

Heal Yourself With Tui Na

Heal Your Body With The Art Of Tui Na

# Chapter 1:

## Introduction

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### Synopsis

Tui Na is well known as one of China's best forms of manipulative therapy and is often used in conjunction with other well known methods such as acupuncture, Gua Sha, acupuncture, cupping and even Tai Chi and Qi Gong.



## The Basics

These methods are really powerful and might even help against prevention of certain diseases and symptoms. While relatively unknown to most of the western world in the past, there is a growing need for it now and people are seeking after this accessible alternative medical treatment method.

If you are the type who prefers not to ingest medicine and find natural ways to heal your body, then Tui Na is probably the best alternative healing option for you.

It is also a given that not all alternative medicine methods can fully replace what you eat at the pharmacy. Replacing proper medicine completely, especially when one is grievously sick is a fallacy.

As with all forms of alternative medicine, a proper consultation with the physician is important and necessary.

In the next few chapters, we will be having an in depth look into this ancient art of Chinese massage, its history, basics, and practical applications in healing the body.

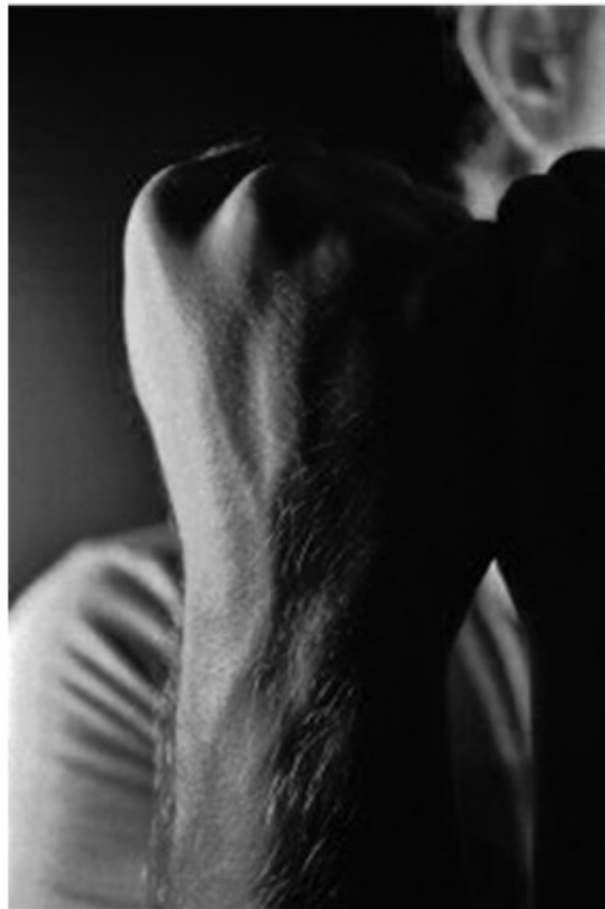
## Chapter 2:

History Of Tui Na

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### Synopsis

Tui Na as one might guess correctly goes all the way back to ancient China.





## The Origins

This special techniques date all the way back to the Shang Dynasty or later, approximately around 1700 BC. If you notice the inscriptions closely, on oracle bones show that massage was used help infants and adult when it came to digestive functions.

There is an author by the name of Jin Gui Yao Lue and Zhang Zhongjing, a famous physician in the Han Dynasty, they wrote: "As soon as the heavy sensation of the limbs is felt, "Daoyin", "Tui na", "Zhenjiu" and "Gaomo", and these are all their popular therapeutic methods, which are carried out in order to prevent diseases from gaining a start."

At around 700 AD, it started gaining recognition and is even included as a separate study in the Imperial Medical College.

This form of massage had many variations and it moved all the way to Korea and Japan forming their own different branches.

Only around the year of 1600 AD did it properly merge with a technique called tui na, which actually specializes in a form of bonesetting using deep manipulation to the body. Around this time more and more Tui Na systems became popular, each with having its own methodology and rules.

# Chapter 3:

Basics Of Tui Na

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## Synopsis

So how does Tui Na work?



## The Ins And Outs

This form of massage is actually a hands-on practice that utilizes traditional Chinese Taoist and martial art principles to achieve equilibrium for the body.

The massage is usually performed by a trained masseur and he or she may brush, knead, roll/press and rub the areas between each of the joints in order to open up the body's defensive chi and gets the energy moving in the meridians as well as the loosening up the muscles giving a really relaxing feel.

The person receiving the massage often lies flat on their stomach similar to most standard massages.

The masseur can then use range of hand motions and tractions deeply massaging the stimulation of acupressure points. This has been well known to treat acute and chronic musculoskeletal conditions, as well as many non-musculoskeletal conditions.

This is very useful for people who do weight training as it helps the muscles to loosen up and repair itself.

Tui na is also an integral part martial arts schools as these schools teach tui na to their more advanced students in order for them to perform healing treatments and administration to fix the injuries and

pain. Just like most of the other traditional Chinese medical practices, there are disciplinary differences based on the teacher.



# Chapter 4:

## Tools And How To Perform Tui Na

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### Synopsis

There aren't many tools that are needed to perform Tui Na except that you should use a pillow for the legs (to prevent numbness or cramps if the feet are pressed down for over an hour).

What is most important is to using the arms, hands, fingers, elbows and knees as the very tools itself. Here are a few ways Tui Na is performed:



## What Is Used

### Pressing

Pressing one's palms and fingers is used to release deep-seated tensions in the joints and muscles. Depending on the size of the area and how tense the body is, the person who presses with a thumb, fingers, palm or elbow, leaning into your body with all of his weight is used to create a 'deep tissue' effect.

This method is probably the oldest and easiest of Tui Na techniques and is one of the easiest skills used - even if one has not practiced Tui Na before (try it on your loved ones!)

### Chafing or Rubbing

When you rub your fingertips or the palms throughout the body, it starts producing enough heat as a result of the friction. The practitioner sometimes applies a circular rubbing motion over the skin.

This method is a very good way to prevent congested chi or blood. When it is applied to the center of the chest level, rubbing can help to reduce anxiety greatly by circulating the blood around the organs.

### Kneading or Rolling

Have you ever rolled a ball of dough together? It does the same thing to the muscles at the same time too. By using the fingers or the palms, the practitioner applies a light and uniform pressure to softly rub the muscles in order to release tension. There is also a warming effect as a

result of the circulation of going up and down the same spot over and over again.

### Percussion

In this case, the masseur plays the body like a drum. That is what percussion is all about when the tui na practitioner rapidly hits the surface tissue with like a karate chop using the hands in order to stimulate the organs in the body.

This form of ‘chopping’, when applied in certain areas of the back and rib cage will cause the pancreas and liver to be stimulated and you will feel a vibrant sensation running through your body.

### Shaking

This technique is also a highly favored technique when it comes to Tui Na. The masseur lifts up or holds one or more of your limbs, and then shakes it through a pattern or motion thus creating a wave that moves through your entire body.

This form of Tui Na stimulates the flow of blood to the joint and improves the circulation of Chi.

# Chapter 5:

## Applications Of Tui Na

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### Synopsis

In a typical Tui Na session, the client will be wearing loose clothing and their shoes must be taken off. They will lie on a massage table or a floor mat where the Tui Na practitioner will ask a series of questions pertaining to the specific areas that the 'patient' wants to be healed.





## How Is It Used

The major focus of its application is to find the stiff muscles or pain points and focus on those areas over and over again. Sometimes, herbs and oils are added to the body in order to facilitate healing such as a muscle relaxant.

The same can be applied to acupressure points and energy meridians as well.

Sometimes, the client can experience a lot of pain especially when the body is not accustomed to Tui Na. The deep penetration spots can cause their pain receptors to react. This is quite normal actually - similar to foot reflexology, when the portions of the body or foot is barely massaged before, the tolerance for deep tissue kneading and rubbing is rather low.

A typical Tui Na session can last from 30 minutes to up to three hours depending on the needs (or the budget of the client). Of course, longer sessions are highly recommended because it will give more time for the practitioner to work on the sore areas a bit longer.

There are also times when sore muscles can be opened up further and will result in even more pain the next day. But this is a necessary process as the muscles are being stimulated.

The pain will go away as the healing will come much faster the following day.

Tui Na can also be combined with foot reflexology, Gua Sha, Ba Guan and ear candling.

# Chapter 6:

Who is Tui Na Not Suitable For

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## Synopsis

Although Tui Na is relatively safe and is a good source of alternative medicine, care must be observed when faced with the following situations:



## Who Should Be Cautious

-Pregnancy: If you suspect you are pregnant, it is better not to do Tui Na as the back rubs can cause damage to the fetus and you don't want a miscarriage.

-Going for Tui Na on a really full stomach. You don't want to get indigestion.

-People with severe bleeding disorders such as thrombocytopenia.

-People with allergic skin reactions

-If you suspect you have terrible spine injuries

-In general, if you feel moderately uncomfortable with the Tui Na process, you should inform the practitioner immediately to prevent injury or worsening of the condition.

Finally, for people with pre-existing medical conditions, Tui Na should be initiated under a doctor or qualified practitioner's advice.



# Chapter 7:

## Comparing Chiropractic To Tui Na

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### Synopsis

Tui-Na is unlike either massage or chiropractic in process and theory. On a theoretic level, Tui-Na utilizes traditional Chinese medical theory as a base for treatment. Constructs of chi energy, blood, yin & yang, and essence play pivotal roles.



## Relief

On a technological level, Tui-Na is far less specific and encompassing than either massage or chiropractic medicine. Massage, generally, doesn't treat diseases, but instead relaxes muscle tension and stepups local circulation to alleviate discomfort.

But, most massage schemes lack the sort of comprehensive scope that Tui-Na is known for. Most massage is likewise unable to effectively treat upsets in bone alignment. Chiropractic, on the other hand, while it might reliably cut back misalignments in bony structures, broadly doesn't spend enough time treating the muscles skirting the bony structures prior to and after re-alignment.

As a result, a lot of patients of chiropractic complain of a backlash effect following treatments. Tui-Na, all the same, treats the muscular tension encompassing bony structures in such a way as to downplay the rebound effect directly following treatments.

Tui-Na may treat: \_\_\_\_\_

Scoliosis

Sprains & strains

Carpal tunnel syndrome

Myofascial pain disorders

Low Back Pain

Muscle spasms & Adhesions

Herniated disk syndromes

Tennis elbow / Golfer's elbow

TMJ (Temporo-mandibular Joint disturbances)

Neck pain & stiffness

Headaches (tension headaches or migraine headaches)

Sports injuries (including martial arts)

Whiplash (car accident injuries)

Other soft tissue injuries

Circulatory system disorders:

Angina Pectoris

Hypertension

Poor circulation (cold hands & feet)

Asthma

Chronic Bronchitis

Digestive disorders

Ulcers

Gall bladder inflammation

Reproductive & OB/GYN disorders:

Constipation

# Wrapping Up

The benefits of Tui Na as an alternative medicine used together with  

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western medicine are a potent combination indeed.

Even if you don't feel that you are sick, it is very important to keep the blood and the Chi flowing through your body.

If you think you will want a good relaxing massage coupled with the benefits of energy relaxation and blood circulation then go ahead and try it.

