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Illustrations Of Tuina Therapy

By Jin Hongzhu , Lucy Dean & Han Chouping

Shanghai Science and Technology Press, 2009. Soft cover.
 Book Condition: New. 185*130mm. This book introduces easy to administer tuina methods for 66 common diseases. There is a Chinese saying that states; sharp tools make good works; this edition; with colored illustrations; aims to serve as a sharp tool for those who prefer to deal common conditions using tuina manipulation. Part A Commonly Used Tuina Manipulations 1 Rolling ;Gun; manipulation 2 Kneading ;Rou; manipulation 3 Circular rubbing ;Mo; manipulation 4 Rubbing ;Ca; manipulation 5 Pushing ;Tui; manipulation 6 Twisting ;Cuo; manipulation 7 Vibrating ;Don; manipulation 8 Pressing ;Ya; manipulation 9 Digital pressing ;Dian; manipulation 10 Pinching ;Nie; manipulation 11 Twirling ;Nian; manipulation 12 Grasping ;Na; manipulation 13 Patting ;Pal; manipulation 14 Tapping ;Ji; manipulation 15 Shaking ;Yao; manipulation 16 Pulling ;Ban; manipulation 17 Plucking ;Tan; manipulation 18 Pulling and stretching ;Ba Shen; manipulation 19 Pressing and kneading ;An Rou; manipulation 20 Grasping and kneading ;Na Rou; manipulation Part B Tuina Therapy for Common Conditions 1 Stiff neck 2 Cervical spondylosis 3 Acute lumbar sprain 4 Chronic lumbar muscle strain 5 Degenerative spondylitis 6 Transverse process syndrome of the 3rd lumbar vertebra 7 Herniation of the lumbar intervertebrai disc ;slipped disk; 8 Closed...



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. Its been written in an exceptionally basic way and it is only right after i finished reading this ebook in which in fact modified me, affect the way i really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better then never, though i am quite late in start reading this one. I realized this publication from my i and dad suggested this ebook to discover.

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