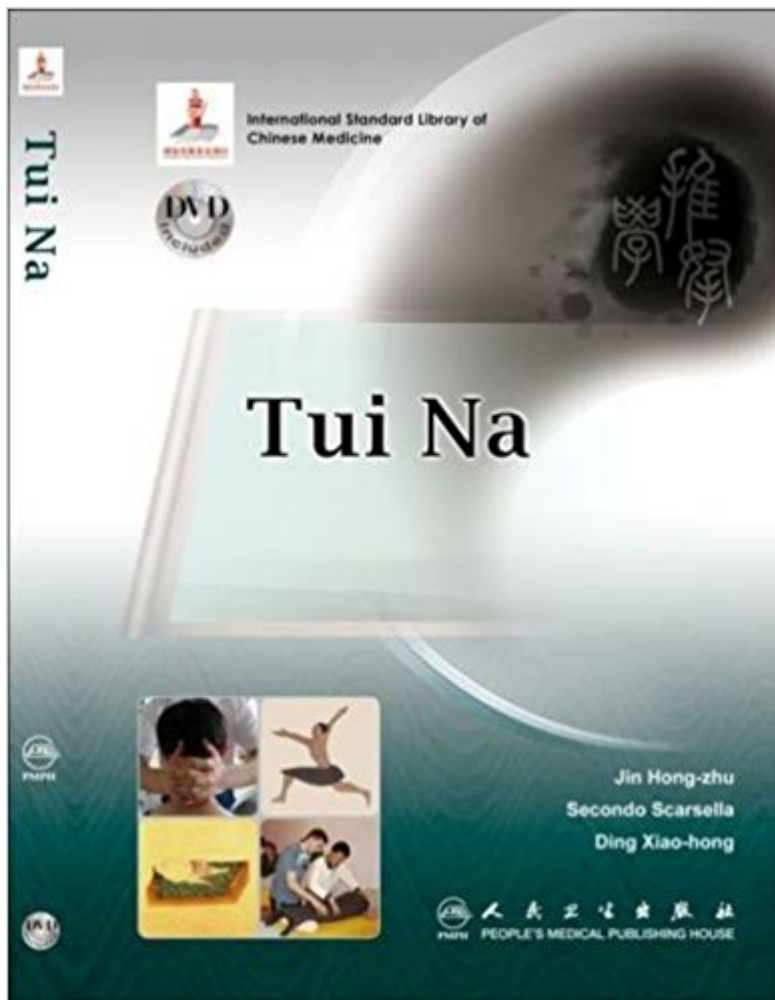




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Tui Na (book + Dvd)



Synopsis

The eight chapters in this book on tui na provide ample discussion and instruction in the methods of Chinese therapeutic massage. Covered first are the basic concepts of Chinese medicine diagnosis, pattern differentiation and treatment, followed by the essential tui na manipulations for treatment. Also outlined here are specific exercises that a tui na therapist should practice in order to possess the level of physical fitness required for clinical practice. Self-massage techniques for patients are also provided here. The chapter on pediatric tui na therapy is an especially valuable addition for all clinicians. The book is fully illustrated with both pictures and text, and the attached DVD disc is practical learning tool for the tui na student or therapist.

Book Information

Paperback: 344 pages

Publisher: People's Medical Publishing House; 1st edition (January 1, 2011)

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Product Dimensions: 10.1 x 7.3 x 0.9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,235,708 in Books (See Top 100 in Books) #78 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Acupuncture #664 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #927 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Physical Therapy

Customer Reviews

Jin Hong-Zhu, Nanjing University of Chinese Medicine - Secondo Scarsella, San Salvatore Hospital, L'Aquila, Italy

The three stars is for the text but the DVD easily gets a five star rating. The DVD alone is worth the price of the combined book and disc offer. Everything is covered. I was expecting to view just the patient applications and was surprised to see that the qiqong exercises were included as well. Simply outstanding.

The book met my expectation and is supplemental to literature I own. It is well structured and worth

its price. The DVD is good for Chinese standards but in my opinion could need a "face-lift" in order to get closer to Western standards. Nevertheless I am happy with my purchase.

I'm learning Tui Na and I met Ding Xiao-hong as one of my teachers. The methods are explained clearly and also the dvd is very interesting. For all who'd like to know more about this wonderful massage.

Great detail

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