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# Gua Sha: A Complete Self-treatment Guide



## Synopsis

Gua sha is a simple, effective scraping technique used for centuries in the Far East for maintaining health and helping to prevent and combat ailments such as headaches, colds, neck and shoulder pain, anxiety, backache, insomnia and depression. This definitive guide, by a leading acupuncturist and health educator, takes you step by step through everything you need to do to treat yourself and others both safely and securely within a holistic vision of health and well-being. It includes anatomical information, key points and channels in Oriental medicine and clearly explained techniques for treating your whole body from head to toe, including facial Gua sha. Packed with accessible information and fully illustrated, anyone with an interest in their own health and wellbeing, whether you are just curious or a professional, can benefit from this essential guide. A very comprehensive, clearly laid out and written book which is ideal for beginners as well as practitioners, offering simple step by step practical treatments for common conditions. Excellent value. • Yoga & Health Magazine

## Book Information

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## Customer Reviews

I am so impressed with this book! As a Licensed Acupuncturist, I found this book to be well written with clear photos and explanations. It is written for the layperson, which is great. Even better, the author outlines the Chinese medicine explanation of Gua Sha as well as the meridians. Very well done and user friendly whether you have a background in Chinese medicine or not. The book is organized in a logical format making it easy to quickly look up an area that needs attention without digging through the entire book. Highly recommend this for anyone!

Beautifully illustrated and very well researched. This manual is comprehensive in describing the history of gua sha and how it works, but also provides detailed instruction how anyone may use the techniques either for self healing or for improving the health of family and friends. Soon to become a trusted source for both the lay person and anyone in the healing arts such as massage therapists, physiotherapist and Traditional Chinese Medicine practitioners alike.

As an acupuncturist myself, I think this is a great book, both for practitioners of acupuncture to learn more and also for the lay person who does not have a background in Chinese medicine. The book has lots of details about the history of gua sha, the channels on the body used in Chinese medical treatments, safety guidelines, techniques, and even special protocols for specific health concerns. I will definitely be using this book to sharpen my gua sha skills!

This is a much needed book with good, clear, concise information on gua sha treatment. Like the previous two reviewers, I am a licensed acupuncturist. In school the information provided about gua sha was minimal. This fills in the gaps and gives me another nice modality to use with clients. But it's not just for acupuncturists. The information is presented so the non-acupuncturist can understand and use it as a home treatment tool. Gua sha may be a "folk remedy" but it's also a powerful healing tool. Good graphics help with the understanding of the material.

I have had tension in my neck that I have suffered with for a long time. The first time I used the gua sha it went away and has not returned. Very Happy!

very informative

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