

## Tui Na A Manual Of Chinese Mage Therapy

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Tui Na is the manual therapy branch of Chinese Medicine which has been practiced in China for over 4000 years. Using the same theory and system as Acupuncture, Tui Na can be used for most conditions that would be treated using needles.

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Tui Na is a hands-on body treatment that uses Chinese Daoist principles in an effort to bring the eight principles of Traditional Chinese Medicine (TCM) into balance. The practitioner may brush, knead, roll, press, and rub the areas between each of the joints, known as the eight gates, to attempt to open the body's defensive chi (Wei Qi) and get the energy moving in the meridians and the muscles. [2]

**Tui na - Wikipedia**

CHAPTER 1 Foundations and development of Tui na A brief history of Tui na Tui na has a long history with many periods of flourishing and development. The first massage techniques were born instinctively from the needs of the people who were living physically hard lives, exposed to the elements and prone to frequent injuries.

**Foundations and development of Tui na | Musculoskeletal Key**

This long-awaited manual of Tui Na for practitioners has been eagerly awaited by her students. It contains all of the factual information taught in the course, and more.

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**Tui na - 1st Edition**

Tui Na Tui na , also called Chinese medical massage, is a traditional hands-on manipulation treatment method guided by TCM theory. Through manual manipulations, tui na is used widely to treat various diseases, including not only musculoskeletal disorders, but also diseases of internal organs.

**Tui Na - an overview | ScienceDirect Topics**

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