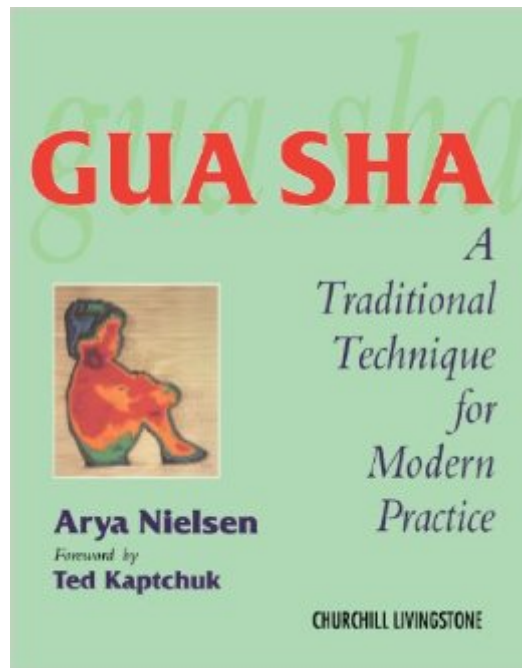


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# Gua Sha: A Traditional Technique For Modern Practice, 1e



## Synopsis

This is the first English language book on the ancient therapeutic technique 'Gua Sha'. It is a technique commonly used in Asia and Southeast Asia by TCM practitioners, Chinese families and individuals who know and use it as part of their 'health culture'. In Gua Sha, the skin is pressured in strokes i.e. scraped (but not broken) by a blunt edge (Chinese families used a spoon). This, in Western terms, raises extravasated blood and metabolic waste which collects in muscle tissue, and encourages its departure. Gua Sha is often used to counteract muscle strain through athletic injury, back pain, and conditions beyond muscle injury alone. The result, visually, is livid discoloration of the skin which subsides in a few days, considerably faster than a bruise. For this reason practitioners in the West have been afraid of using it. However it can be a very useful technique to know how to use, and will enhance the skills of any practitioner using it while giving them another treatment method to help increase their clinical skills. This book brings the technique alive for Western practitioners, with clear discussion of how to do it - including correct technique, appropriate application, and difficulties to bear in mind - and when to use it, and superb colour illustrations and specially commissioned line drawings to demonstrate the technique. The author is an expert practitioner of 'Gua Sha'.

## Book Information

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## Customer Reviews

Gua Sha is a technique that uses a skin lubricant, such as massage oil and a simple chinese ceramic soup spoon (no sharp edges now!). It's a life saver for the tired figers of those who have to

give massages to those with tight, fibrous, ropy or crunchy muscles. I first came across this book at an acupuncture conference in 1996. It was one of my best purchases of the year. The book covers in depth, a topic only glanced upon in most acupuncture schools. It's technique is not just for acupuncturists. I believe it's a must read for massage professionals, especially if your hands are starting to wear out from years of giving massage. The beauty of the book is the pictures of the skin discoloration that may occur if you are very vigorous in your technique. They can be shown to clients as a form of informed consent. If you are more moderate in your technique, this extreme reaction will rarely occur past the first hour. However, a forewarned patient is one that will not sue you. Worth the price of the book right there! Secondly, in most acupuncture schools, gua sha is largely taught as a technique for wind-cold invasion or stiff necks. My practice has included a lot of chronic musculo-skeletal pain due to old sport injuries and the such. Before reading this book, I limited the technique to scapular and upper back pain, but after reading it, have confidentially expanded gua sha to every sort of muscular injury with great results. I have saved a number of people from exploratory surgery by removing pains of unknown etiology, thru the use of this technique and proper muscle knowledge. This is why I recommend it for massage therapists, physical therapists as well as Oriental and TCM practitioners.

This is an excellent book. Gua Sha or scraping therapy is an age old bodywork technique which is still practiced in China and other parts of Asia. What is Gua Sha? The word "Gua" means to scrape and "Sha" has three meanings. 1. "Sha" from a TCM point of view, refers to the blood stasis or stagnant blood and qi that blocks the meridian pathway that can affect proper flow of energy and blood. Blood stasis will accumulate in the subcutaneous tissues. 2. From the western medicine point of view, it refers to the fluids that contain metabolic waste that has accumulated in the tissues and muscles. 3. "Sha" can also be described as a series of reddish, minute hemorrhages that look like a red colored speckled rash. This is called petechia that can surface to the skin after a Gua Sha treatment. It is often performed in TCM clinics, hospitals, spa as well as in many Asian households. Gua Sha can be used to remedy your daily aches and pains or headaches to chronic severe ailments. By scraping the skin surface to produce Petechiae helps to detoxify the body and relieve pain. Gua Sha is popular in Asia because the technique is simple, easy to use, and the results are often fast and effective. For those who have not had any experience with Gua Sha, you may think that it sounds bad. Well, it does sound bad and it looks bad too! However, the appearance of petechia actually detoxifies and cleanses the body. By letting your body get rid of this old stagnant blood, new and healthier blood cells can be created. Once your body releases excess waste, it can

then allow your new cells to efficiently absorb more nutrients.

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