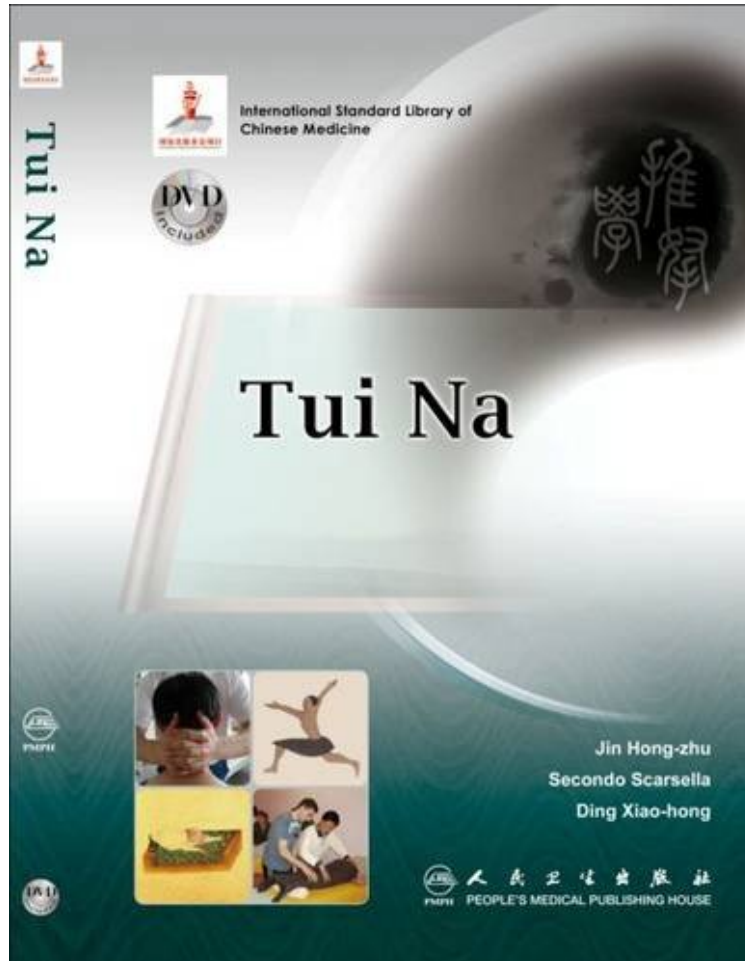


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Tui Na (book + Dvd)

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Jin Hong-zhu, Secondo Scarsella : Tui Na (book + Dvd) before purchasing it in order to gage whether or not it would be worth my time, and all praised Tui Na (book + Dvd):

0 of 0 people found the following review helpful. SO SO TEXT, OUTSTANDING DVDBy G'manThe 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 qigong exercises were included as well. Simply outstanding.1 of 1 people found the following review helpful. Tui NaBy Werner PreiningThe 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.6 of 7 people found the following review helpful. Very instructiveBy KabaI'm learning Tui Na and I met Ding Xiao-hong as one of my teachers.The methods are explained clearly and also the dvd its very interesting.For all who'd like to know more about this wonderful

massage.

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.

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