

**Chinese Tui Na Massage: The Essential Guide To  
Treating Injuries, Improving Health & Balancing Qi By  
Xiangcai Xu**

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Chinese massage therapy is a holistic approach to health care that not only provides relief from physical ailments, but also relaxes and revitalizes the body

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Tui na or tuina, is a form of Chinese manipulative therapy often used in conjunction with acupuncture, moxibustion, fire cupping, Chinese herbalism, t'ai chi, and qigong.

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### **What is tui na? - balanceflow**

To those who ve experienced both acupressure and Shiatsu, a Tui Na session may seem like a cross between the two. Like Shiatsu, Tui Na uses rhythmic compression

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Tui Na massage is an ancient healing art of Traditional Chinese Medicine which has been practiced in China for over 4000 years. The name Tui Na comes from Tui

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Welcome. Chinese Tui Na was called An Mo or massage in ancient times. The term Tui Na was first seen during the Ming Dynasty. Chinese Tui Na is a therapeutic

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all of which are thought to decrease the likelihood of successful treatment. If the de-qi De qi is more important in Chinese Tui na is a TCM

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Tui na: The Chinese Massage Manual is a comprehensive and well established handbook for students and practitioners of Tui na in the West. The author describes the

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