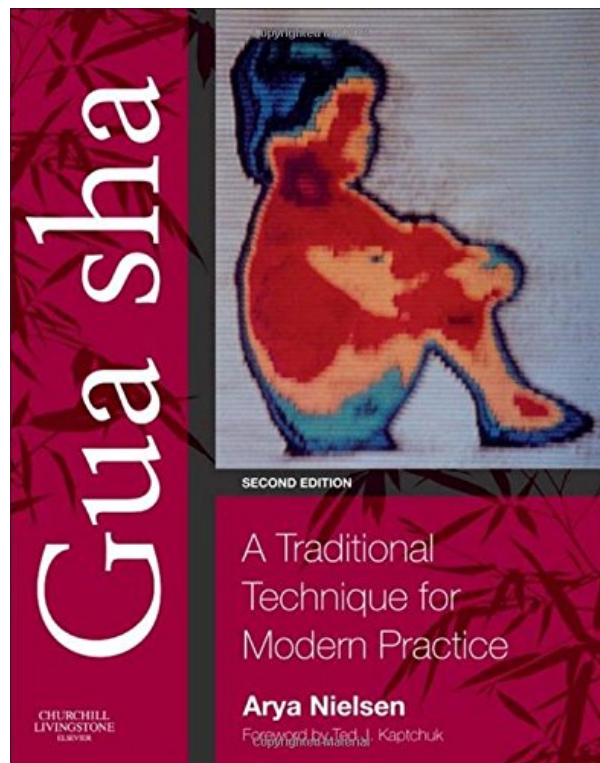
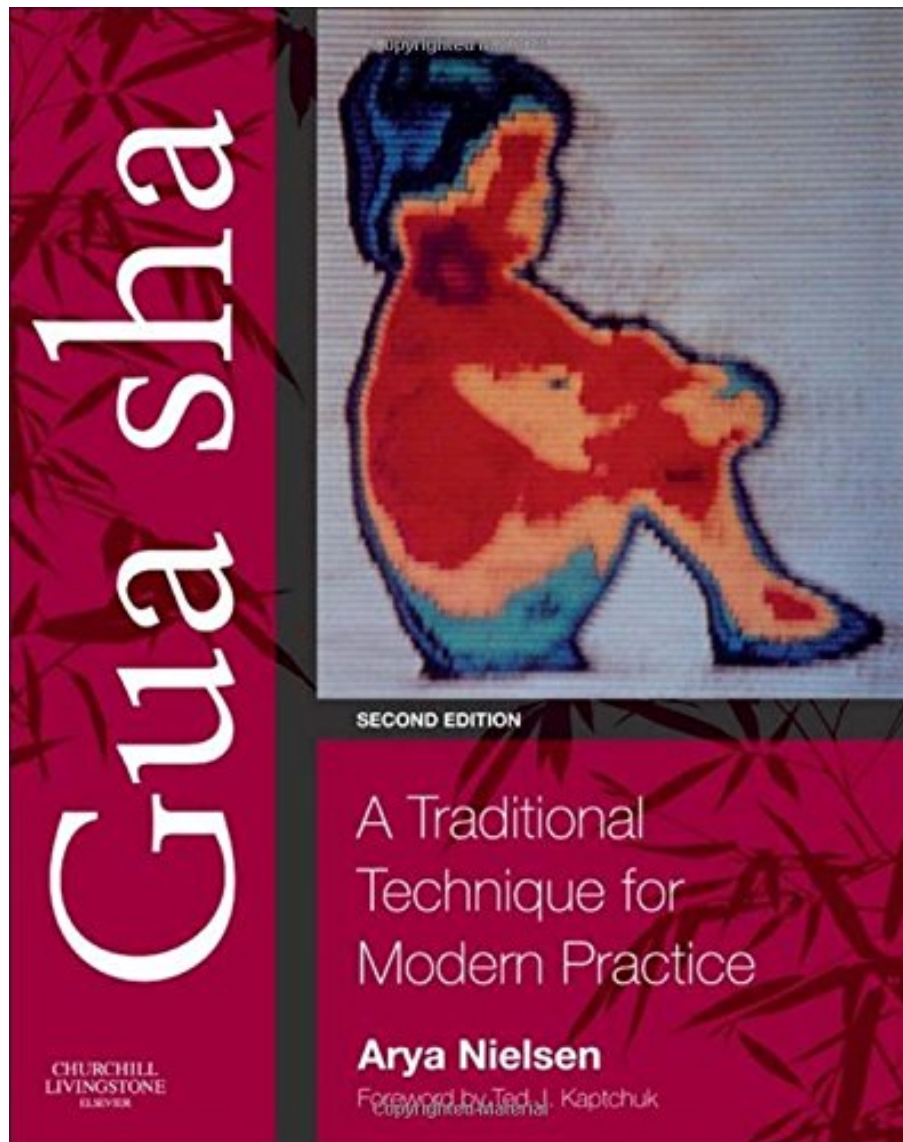


GUA SHA: A TRADITIONAL TECHNIQUE FOR MODERN PRACTICE, 2E BY ARYA NIELSEN



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‘Sometimes called coining, spooning or scraping, Gua sha is defined as instrument-assisted unidirectional press stroking of a lubricated area of the body surface that intentionally creates ‘transitory therapeutic petechiae’ representing extravasation of blood in the subcutis.’

Gua sha has been used for centuries in Asia, in Asian immigrant communities and by acupuncturists and practitioners of traditional East Asian medicine worldwide. With the expansion of traditional East Asian medicine, Gua sha has been used over broad geographic areas and by millions of people. It is valuable in the treatment of pain and for functional problems with impaired movement, the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many acute or chronic disorders. Research has demonstrated Gua sha radically increases surface microperfusion that stimulates immune and anti-inflammatory responses that persist for days after treatment.

The second edition expands on the history of Gua sha and similar techniques used in early Western Medicine, detailing traditional theory, purpose and application and illuminated by science that focuses its relevance to modern clinical practice as well as scholarly inquiry. This book brings the technique alive for practitioners, with clear discussion of how to do it –including correct technique, appropriate application, individualization of treatment – and when to use it, with over 50 case examples, and superb color photographs and line drawings that demonstrate the technique.

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- Published on: 2013-01-09
- Original language: English
- Number of items: 1
- Dimensions: 8.63" h x .39" w x 10.88" l, .0 pounds
- Binding: Paperback
- 174 pages

About the Author

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11 of 11 people found the following review helpful.

A good work on the history and definition of the Gua ...

By Michael C Bueti

A good work on the history and definition of the Gua Sha. Very limited information on actually doing the technique. If you're looking for an instructional work, this is not the book.

9 of 9 people found the following review helpful.

Reintroducing Gua sha to the general public

By allison brates

To my knowledge this is the only book on the market about an ancient technique used throughout Asia by family members as well as by healers and doctors of Eastern medicine. Gua sha was not included in the "menu" of techniques imported from post communist China in the body of knowledge referred to as "traditional Chinese medicine". Gua sha is not included in the curriculum of schools teaching acupuncture and Chinese medicine. Arya Nielsen Phd, has spend decades practicing acupuncture along with gua sha. In addition to initiating and participating in numerous clinical studies, she teaches gua sha and practices this medicine at a major New York hospital. She has made it her life's work to reintroduce this overlooked technique, which is inexpensive, not difficult to learn and appropriate for many clinical conditions. Her book is an introduction to the technique along with an overview of relevant Chinese medical theory and references to a copious body of clinical studies documenting the efficacy and immuno -active effects of gua sha.

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By Gayle Kildebeck

lots of research supporting a very healing modality. This is for the health professional - not the lay person - too complex for lay people.

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