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# Gua Sha: A Complete Self-treatment Guide



## Synopsis

Gua sha is a simple, effective scraping technique used for centuries in the Far East for maintaining health and helping to prevent and combat ailments such as headaches, colds, neck and shoulder pain, anxiety, backache, insomnia and depression. This definitive guide, by a leading acupuncturist and health educator, takes you step by step through everything you need to do to treat yourself and others both safely and securely within a holistic vision of health and well-being. It includes 174 pages of anatomical information, key points and channels in Oriental medicine and clearly explained techniques for treating your whole body from head to toe, including facial Gua sha. Packed with accessible information and fully illustrated, anyone with an interest in their own health and wellbeing, whether you are just curious or a professional, can benefit from this essential guide. “A very comprehensive, clearly laid out and written book which is ideal for beginners as well as practitioners, offering simple step by step practical treatments for common conditions. Excellent value.” Yoga & Health Magazine

## Book Information

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## Customer Reviews

Wonderful, easy to follow guide!

I've learned a lot from this book, not finished with it yet, but have tried qua sha on my neck and it does help. I have to do it some times daily and then again only every couple days. Cheaper than going to a message therapist or a chiropractor all the time with the same results.

Good read, easy to understand, loved it.

This is a very useful book. I went to physical therapy for tendinitis, and received ASTYM treatment. When my Medicare ran out last year, I bought this book and tools to continue the treatment at home by myself.

Very helpful.

Lots of tips for your health

Great book and condition. ThanxÃfÂ Ã ÅÃ ÆœÃ â ¬

I have had tension in my neck that I have suffered with for aLong time . The first time I used the gua sha it went away and has not returned. Very Happy!

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