



Chinese Massage Manual: The Healing Art of Tui Na

Sarah Pritchard, Wang Jianmin

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Combine the ancient secrets of Chinese medicine with hands-on treatment! One of the most unique healing techniques ever, Tui Na, or Chinese massage therapy, works as effectively as acupuncture. Locate the meridians as well as 57 common points, and see how they affect the body and symptoms connected to each. 20 techniques diagnose and treat ailments such as common colds, headaches, insomnia, menstrual pain, and indigestion. *Bonus:* recipes for safe, herbal remedies.

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