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Advanced Taoist techniques for detoxifying and rejuvenating the internal organs through the release of negative chi • Works with the navel center, where negative emotions, stress, and illness accumulate • Presents advanced techniques to release negative energy from the body and reestablish a healthy flow of vital energy to internal tissues and organs From the Taoist point of view, good health depends upon the free flow of chi--healthy life-force energy--throughout the body. Taoists refer to healthy chi as good wind. When energy is trapped in the body it stagnates and becomes negative, manifesting in the symptoms of physical or emotional illness. Taoists call this negative energy sick or evil wind. The advanced Chi Nei Tsang practices focus on mastering these winds. They include techniques for developing sensitivity to

sick winds, releasing internal energy blockages, and chasing sick winds from the body to reestablish a healthy flow of energy. Negative energies caused by stress, tension, and the effects of past illnesses tend to accumulate in the naval center, so the advanced Chi Nei Tsang techniques use elbow pressure on specific reflex points around the navel to release energy blockages associated with each internal organ. They also work with wind access points found near the standard acupuncture points. These advanced practices build upon the organ detoxification and rejuvenation practices introduced in Chi Nei Tsang, allowing the practitioner to work intensively at an energetic level toward the restoration of optimum health and well-being.

A wonderful collection of fun rhymes and easy to learn massage routines, all beautifully illustrated to bring calm, relaxation and a positive tactile experience for parent and child. Routines can be carried out in a seated position working over clothes, to involve massage of the back, shoulders, arms and head only. Alternatively, if offered as part of a bedtime routine, or to a disabled child who cannot sit unaided, or to soothe at times of poor health, the routines can also be performed in a laying down position with or without the use of oil/cream. Suitable for all children over 18 months of age. As Story Massage has also proven to be beneficial to children with life-limiting illnesses, an agreed percentage of the proceeds of each sale of this book is to be donated to Chestnut Tree House, a children's hospice based in Sussex, UK.

Naturally colored Easter eggs are from traditional Norwegian or Nordic countries of Europe. In schools and kindergartens, they are prepared during this period and then taken home to their parents to decorate the house or table on Easter Day. In some Nordic countries, they are hidden in the house and garden, then the children have to find them. There are different ways to color eggs, the important thing is to be with your family and have fun. The children can unleash their imagination and invent the most extravagant and colorful drawings. Coloring eggs is an ideal pastime for the whole family, both the real ones and those on paper. Depending on the decorative motifs, this manual work can also be stimulating for older children and adults. With markers or crayons or any other type of color, we leave room for children's imagination and let the fun begin. In this book, you'll find crossword puzzles, mazes, and coloring pages...as well more than 70 pages of easy, medium, and even difficult level, to get together and have fun with the whole family.

Every family's different - not one of them the same. Each child is special and unique just like your child and their special name. This story is all about them. They're the star of this small book. To follow their adventures, peep inside and have a look.

'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. NEW TO THIS EDITION • New chapter on immediate and significant Tongue changes as a direct result of Gua sha • Research and biomechanisms • Literature review from Chinese language as well as English language medical journal database • New case studies • Over 30 color photographs

The best-selling pathology textbook for massage therapy is now in its Fourth Edition. The book presents detailed information on the etiology, signs and symptoms, and treatment of over 200 diseases and conditions, emphasizing how massage influences the disease and healing processes and how therapists can maximize the benefits while minimizing the risks. This edition includes Modality Recommendation Charts offering specific advice about modalities to pursue or avoid in various circumstances. The book has been reorganized to include an introductory chapter on fundamental concepts and a concluding chapter on cancer. New topics covered include myeloma, sickle cell disease, and autism spectrum disorders. A bound-in CD-ROM includes animations, video clips, interactive flashcards, quiz questions, an audio glossary, and printable client history forms.

The Rough Guides Snapshot Southeast Asia on a Budget: Indonesia is the ultimate backpacker's guide to this breathtaking country. It leads you through the country with reliable information and comprehensive coverage of all the top sights and attractions, from the orang-utans of Bukit Lawang to the dance performances of Ubud, alongside cash-saving tips and suggestions for when you feel like treating yourself. Detailed maps and up-to-date listings pinpoint the best cafés, restaurants, hotels, shops, bars and nightlife, ensuring you make the most of your trip, whether passing through, staying for just a few days or longer. The Rough Guides Snapshot Southeast Asia on a Budget: Indonesiacovers Java, Sumatra, Bali, Lombok and the Giki Islands, Sumbawa, Komodo and Rinca, Flores, Sumba, Kalimantan, Sulawesi and Maluku. Also included is the Basics section from the Rough Guide to Southeast Asia on a Budget, with all the practical information you need for travelling in and around Indonesia, including transport, costs, health, food and drink, culture and accommodation, plus a handy itineraries section. Also published as part of the Rough Guide to Southeast Asia on a Budget. The Rough Guides Snapshot Southeast Asia on a Budget: Indonesia is equivalent to 184 printed pages.

Want to really understand the health and wellness benefits of massage? Interested in practicing massage at home or considering taking a course? Let this be your guide on everything from effleurage to epineuria. Annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardio and lymphatic health. Learn how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, find out why drinking water before and after is important and how focusing on breathing enhances muscle relaxation. All the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Familiarize yourself with the key disciplines, from Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Become an expert in the simple but profoundly effective power of touch and share its miraculous health benefits.

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