

Chinese Acupuncture and Massage Therapy



Massage therapy is traced back to ancient India. In India, it was known as Ayurveda and was the use of certain methods, tools, medicines and oils to treat or prevent diseases. Tui Na massage is an alternative medicine similar to shiatsu that is employed in conjunction with acupuncture, moxibustion, flame cupping Chinese herbs, t'ai-chi or any other Chinese internal treatment. It is also known as Na Kua in Thailand. It was first discovered in the southern part of Thailand.

Tui Na massage is a kind of Chinese bodywork that incorporates both acupuncture and moxaustion. The term Tui Na is derived from two words tui meaning healthy and na meaning wind. It is due to the palms rub on the body's meridians which are called energy pathways is believed to boost health and well being. Tui Na is believed to promote physical and mental well-being and also stress relief and enhancing the quality of life.

When you first meet an therapist, they'll typically touch your hands with gentle attention, and sometimes without reason whatsoever. They will use this technique in an effort to relax you and aid in relaxation. They'll place their hands in different postures to target specific parts of the body as you relax. The aim of tui-na massage is to promote relaxation and to release

stress and tension.

Tuina massage is a different form of tui na bodywork. Tuina can also be called Chinese Water Massage, or Therapeutic Water. It's basically the same massage that tui Na is however it utilizes warm water instead of hot oil. It's extremely gentle and may help to reduce stiffness and soreness in your joints.

Tui Na as well as Tuina massage are part of the larger bodywork practice called tcm, which means treating the entire body. It is an ancient form of Chinese medicine. Tcm includes the use of herbs, Chinese herbal medicines like Wolfberries and ginseng. TCM is considered to be a complete system to treat and heal illnesses. Many people believe that when they undergo any of these therapies, they are in fact cured, although how accurate this assertion is up for debate.

It is clear that both of these treatments will improve your overall well-being. A healthy circulation is vital for the body as well as your mind. With a full body massage you will reap the advantages of acupuncture, which targets specific meridians throughout the body, and helps reduce the effects of stress and pain. You will have a stronger immune system, and will receive the nutrients you need from the use of herbal remedies such as tui-na or tutuina.

The primary difference between the two therapies is the method of delivery. Tui na stimulates healing by drawing energy from the patient. It is performed using traditional Chinese techniques. Tui na is the opposite of acupuncture, which uses needles to stimulate points in the body. Both are used for thousands of years to treat ailments and to promote a sense of wellbeing. The differences between these two methods are due to different theories behind them.

Acupuncture is based upon the idea that there exist energy pathways running throughout the body, just like a map. Inadequate pathways can cause illnesses and even death. For instance, if you are uneducated about how your digestive system functions and you may suffer from food allergies, which could hinder you from enjoying the food you enjoy. If you're overweight it's possible to shed weight through exercising and diet, but you may feel drained of energy, or feel worn down. The body is an outline. It is thought that the key to healing illness lies in the treatment of energy imbalances and in restoring equilibrium.