

# Benefits of Tui Na Massage



You may be interested in learning more about Tui Na. The benefits of this kind of massage include resolving neck pain and inflammation as well as balancing yin and Yang, regulating spleen function, and reducing levels of prolactin. Learn more about the benefits of Tui Na in this article. Learn more about the benefits and benefits of acupuncture. This information is not complete.

## Neck pain can be relieved

Tui Na massage is a great alternative for neck discomfort. The treatment is built on Chinese medicine and involves applying pressure and drag direction, speed and speed to soft tissue. The manipulation triggers physiological reactions by increasing circulation and relaxing tight tendons or muscles. Tui na assists those suffering from neck pain chronically increase their flexibility. The technique also helps ease tension and tightness in muscles. It can ease pain that comes with shoulder or neck pain.

Tui na massage is an effective treatment for neck pain that is chronic. It can help reduce pain without the need for medications or surgery. Massage can also increase flexibility and mobility. People who have pain in their shoulders, necks arms and hips are able to benefit from Tui Na massage. It's cost-effective, too. One study found that it was less expensive than a placebo treatment and more effective than conventional surgery for chronic neck pain.

## Balances yin and yang

According to Chinese medicine, each human body contains qi, which is the life energy. To prevent disease this vital energy must be balanced. Imbalances can cause a variety of illnesses. In addition, yin and Yang can interact, meaning that they could be the same thing or possess distinct characteristics. Here are the benefits of balancing your Yin and Yang by

using the Tui Na Massage.

There are many things that yin and yang can be used to refer to. In nature, yin is a reference to things that move slowly but slowly, while yang refers to things that move swiftly and are heavier. Both are interdependent, complementary, and serve different functions. Tui na can be used to help balance the energy of your body, mind, or even your spirit.

Regulates the spleen function

Traditional Chinese Medicine places a lot of importance on the spleen. It regulates blood flow and also forms qi. This organ can be affected by imbalanced diet and liver function. Stress hormones can trigger a variety of digestive symptoms. Acupuncture and herbal therapy may aid in helping to restore the health of the spleen.

The spleen is an organ of yellow situated in the middle of the body. It is hemopoietic as it regulates blood flow throughout all hollow and solid organs. The Spleen is also involved in blood metabolism and also the function of the lung and the heart. The Spleen is interrelated with the stomach, which means they are in direct contact with the stomach.

Reduces prolactin levels

Acupuncture has many benefits for women and can help them overcome infertility. It balances hormone levels in the body and may even enhance menstrual cycle and ovulation functions. It is also used to treat ovarian cancer. In addition to reducing levels of prolactin Acupuncture may also improve overall reproductive health. Interested in learning more?

Mammary gland hyperplasia, which is a common condition that affects women, is still being researched. The only treatments that have proven successful for this condition are hormone therapy and endocrine therapies. These treatments are designed to restore a dysfunctional hormone system. These treatments can cause severe side effects, and there isn't much evidence that they work in curing the condition. Chinese herbal medicine is an option for treating this condition.

Chinese medicine is a potent treatment for elevated levels of prolactin. Prolactin is a hormone produced by the pituitary gland. It's necessary for the process of reproduction for both women and men. Prolactin levels that are high can cause infertility, however most women are able to overcome this issue. Chinese medicine can help women who are infertile by adjusting their hormone levels.