

Gua Sha A Complete Self Treatment Guide

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Gua sha: A Complete Self-treatment Guide - Clive Witham
I'm author of The Book of Oriental Medicine, Gua sha: A Complete Self treatment Guide and Facial Gua Sha: A Step-by-step guide to a natural facelift. I've been a licensed acupuncturist for 18 years, have a Masters degree in Health Education and am a member of the British Acupuncture Council.

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Learn the ancient techniques and health benefits of Gua Sha massage with this complete illustrated guide. Gua Sha is a traditional Chinese therapy for expelling toxin and preventing diseases. A simple scraping plate coupled with oil, when applied to the body repeatedly, can reach the effect of smoothing Qi and blood flow, stimulating main and collateral channels, expelling toxins and alleviating pain.

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