



I'm not robot



I am not robot!

The basic method of performing guasha is applying of Gua Sha oil on the, the skin is scraped in the area of discomfort or at times on the entire body using a specific Gua Sha tool. Gua Sha Clive Witham, This book explains the simple, non-invasive techniques of Gua sha, effective not only in maintaining your health but in preventing and helping to combat common ailments and illnesses. Gua Sha: A Complete Self-treatment Guide Clive Witham. Free download as PDF File.pdf, Text File.txt) or read online for free. A step-by-step approach to using Gua sha to maintain overall health and address common issues like headaches, colds, pain, anxiety, insomnia, and depression. Gua Sha: A Complete Self-treatment Guide Clive Witham. Free download as PDF File.pdf, Text File.txt) or read online for free. Gua Sha: A Complete Self-Treatment Guide Alicia Wolf. Gua Sha Clive Witham, This book explains the simple, non-invasive techniques of Gua sha, effective not only. Learn how to use simple Gua sha scraping techniques to maintain your health and help to prevent and combat ailments such as headaches, colds, neck and shoulder pain. In this book, with the help of numerous colour illustrations, clear explanations are set out showing you how to use Gua sha within a holistic vision of health and well-being. This complete illustrated guide. This book explains the simple, non-invasive techniques of Gua sha, effective not only in. Learn the control hands-on approach to the safe and highly practice of Gua sha. Introduction. Part 1. What is Gua sha? Where does it come from? What does it do? How does it work? Who is it for? Part 2. How do you do Gua sha? Included in the course. Gua sha: a complete self-treatment guide. Gua Sha is a traditional Chinese therapy for expelling toxin and preventing diseases. Covers anatomical details, muscle information, Chinese medicine channels, and clear instructions for treating the entire body, including facial Gua sha. Learn how to use simple Gua sha scraping techniques to maintain your health and help to prevent and combat ailments such as headaches, colds, neck and shoulder pain, anxiety, backache, insomnia and depression. In this book, with the help of numerous colour illustrations, clear explanations are set out showing you how to use Gua sha within a holistic vision of health and well-being, including key points and channels in Oriental medicine, and also ways to treat yourself for a range of familiar health complaints and ultimately to optimize your health. Gua sha is a simple, effective scraping technique used for centuries in the Far East for maintaining health and helping to prevent and combat ailments such as headaches, colds, neck and shoulder pain, anxiety, backache, insomnia and depression. A simple scraping plate coupled with oil, when applied to the skin, produces a red, raw, and painful reaction. Gua Sha: A Complete Self-treatment Guide. read Gua Sha: A Complete Self-treatment Guide. best seller. Gua Sha: A Complete Self-treatment Guide. Gua Sha: A Complete Self-Treatment Guide book by Clive Witham. Enhance your treatment bottom by incorporating this modality if indicated.