



Tui Na: Massage to Awaken Body and Mind (Step-by-Step)

Maria Mercati

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This step-by-step guide introduces tui na, a system of massage that controls pain, releases tension and treats common ailments, from back pain and headaches to sciatica and sinusitis. Tui na enables people to give family and friends healing massage, full clothed, at home or at work. Tui na originated in China, as part of the traditional approach to medicine, which also includes herbalism and acupuncture. In contrast to the Western style of massage, tui na is invigorating and re-energizing. Tui na can even be used to improve sporting performance. Tui na is presented in six chapters. Chapter one describes the effects of tui na, and contrasts it with other healing arts and massage styles. Chapter two explains the philosophy of traditional Chinese medicine, which includes tui na, as well as acupuncture and Chinese herbal medicine. Chapter three presents detailed diagrams of the body showing the meridians and qi-points used in tui na massage. Chapter four gives step-by-step instructions, with photographs and artwork. Finally, chapter six suggests tui na treatments for a range of common ailments, as well as those for adolescents, babies and the elderly. This chapter includes a section on tui na for sports injuries, and concludes with a simple self-help routine.

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