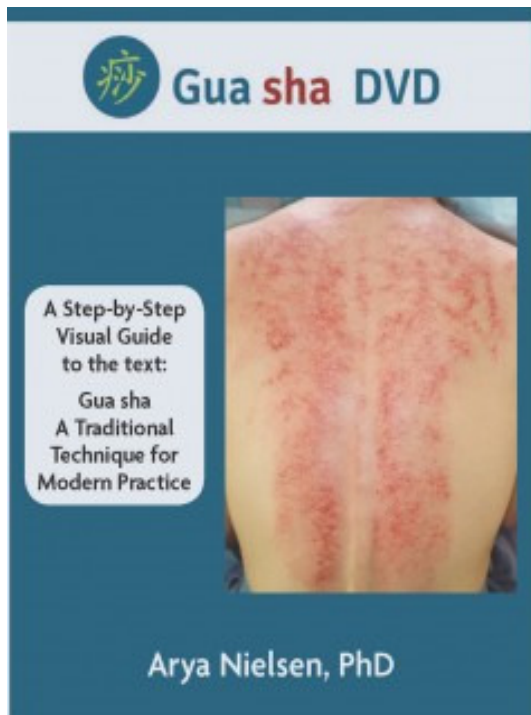


Gua sha DVD:



A step-by-step visual guide

NIELSEN Arya



This DVD is a visual companion to the text on Gua sha by Dr. Arya Nielsen. It details the essentials of safe and effective Gua sha practice and shows the step-by-step application of the technique with patients from the First TCM Hospital in Kötzing, Germany.

Information from the authors own research is shown including the diagnostic significance of the color of Sha, and immediate Tongue changes as a direct result of Gua Sha.

The technique is applicable in any hands on therapeutic practice and will be of particular interest to acupuncturists, massage therapists, physical therapists, physician and nurses practicing direct patient care.

Practitioners are encouraged to learn Gua sha and its clinical applications from a qualified Gua sha instructor.

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