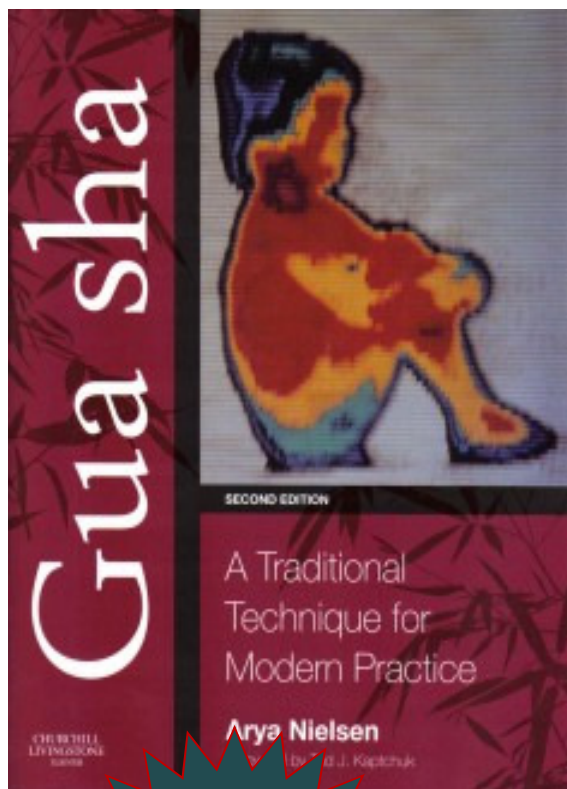


Gua sha: A Traditional Technique for Modern Practice



NIELSEN Arya



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NEW TO THIS EDITION:

- New chapter on immediate and significant Tongue changes as a direct result of Gua sha
- Research and biomechanisms
- Literature review from Chinese language as well as English language medical journal database
- New case studies
- Over 30 colour photographs

‘Sometimes called coining, spooning or scraping, Gua sha is defined as instrument-assisted unidirectional press-stroking of a lubricated area of the body surface that intentionally creates transitory therapeutic petechiae representing extravasation of blood in the subcutis.’

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