



Leitfaden Tuina: Die manuellen Techniken in der TCM (German Edition)

Chaling Han

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Tuina lernen und anwenden

Tuina, eine der **fünf Säulen der chinesischen Medizin**, verbindet Massagetechniken, Akupressur und manuelle Therapieverfahren nach den **Prinzipien der TCM**. Die Autorin Dr. Han Chaling entstammt einer alten Arztdynastie und greift auf 25 Jahre praktische Erfahrung zurück. Im Leitfaden Tuina vermittelt Sie Ihnen Ihr Wissen systematisch und einprägsam in **Wort und Bild**.

Beschrieben werden die **Grundtechniken des Tuina** sowie die Kombination der Grundtechniken in einprägsamen Bausteinen für die **verschiedenen Körperregionen** bei Erwachsenen und Kindern. Han Chaling zeigt Tuina-Behandlungskonzepte für die **wichtigsten Krankheitsbilder** nach westlicher Diagnose. Zahlreiche schematische Darstellungen visualisieren alle wesentlichen Merkmale. So gelingt es Ihnen z. B. Massagepunkte zu lokalisieren und bestimmte Handgriffe fachgerecht durchzuführen.

Neu in der 3. Auflage: Erweiterung um wichtige Erkrankungen wie Gelenkschmerz, Adipositas und Fibromyalgie. Außerdem finden Sie jetzt im Kapitel „Kinder“ das Thema Hyperaktivität

Das erwartet Sie in „Leitfaden Tuina: Die manuellen Techniken in der TCM“:

- Alle Techniken und Manipulationsformen systematisch dargestellt
- Viele erklärende Grafiken und Tabellen machen Inhalte schnell erfassbar
- Kombination der Grundtechniken in Bausteinen für die verschiedenen Körperregionen

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Caleb Jones:

Spent a free the perfect time to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? May be reading a book may be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled Leitfaden Tuina: Die manuellen Techniken in der TCM (German Edition) can be great book to read. May be it is usually best activity to you.

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