

<<中医按摩健身操>>

图书基本信息

书名：<<中医按摩健身操>>

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内容概要

Massage at home, without even stepping out of your bedroom, by yourself or your family members. Follow the simple, step-by-step procedures detailed in this book once a week or once a day, and you will get relief from ailments and discomforts and feel refreshed. With its preventative health care approach, this manual offers an alternative to frequent the hospital trips and pharmaceutical medications, few of which are side-effect-free. Headaches? Back pain? Or hypertension? Apoplexy? Look it up in the index and find out what to do.

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书籍目录

Introduction What is yin-yang? What is qi? What are meridians and collaterals? What is "general acupoint massage"? Why is it good? Indications and Contraindications Notes and Cautions How long is one cun? Questions and Answers 1. Why does this massage start from the foot? 2. If I want to treat a particular disease, what shall I do? 3. How frequently and how long am I supposed to do this massage? 4. Why are there "transient manipulations"? 5. Why in some steps am I supposed to tap randomly at a certain place? Manipulations Category 1 : Manipulations That Promote the Circulation of Qi and Blood Category 2: Manipulations Smoothing the Meridians and Collaterals Acupoints Used in This Massage Massage Operation1 : Massage for Two People Massage Operation2 : Self Massage

章节摘录

插图：Notes and Cautions The operator's fingernails should be cut short. The operator should concentrate his/her attention when doing the massage. Avoid harsh, abrupt and too heavy manipulations. For patients with heart disease or hyper-tension, manipulation should begin with moderate force and gradually get to normal operation. The massage is not supposed to be practiced within two hours after a meal. Keep the room appropriately warm. Never manipulate with cool hands - rub them together to warm them up before massaging. It takes 45 to 60 minutes to complete either of the two sets of massage. After the massage, both the operator and the patient should drink a cup of water. Don't miss points. Except those on the anterior and posterior midlines of the body, all acupoints are symmetrically in pairs on the left and right sides from the midlines. If the Pinyin names of the acupoints are hard to come by, take the alphanumeric codes in the brackets. How long is one cun ?

When locating the acupoints, besides using the body's landmarks such as the five sense organs, hairlines, nails, nipples, umbilicus, prominences and depressions of bones, creases on the skin, etc., the unit of cun (pronounced tsuen) is usually used. (Fig. 0-1) There are several means to measure cun. When the middle finger of the person who receives the massage is flexed, the distance between the two medial ends of the creases of the interphalangeal joints is taken as one cun. Also, the width of the interphalangeal joint of the patient's thumb is taken as one cun. The width of the four (index, middle, ring and little) fingers close together at the level of the dorsal skin crease of the proximal interphalangeal joint of the middle finger is taken as three cun. (Fig. 0-2)

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编辑推荐

《Health Care at Home a Family Massage Manual(中医按摩健身操)(英文版)》：“General acupoint massage” is a set of massage all over the body created according to long-term clinical experience and research into massage treatment, This massage can be done without any equipment and under almost any conditions.

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