

ANMA THERAPY

A COMPLETE

TEXTBOOK OF

ORIENTAL

BODYWORK

AND MEDICAL

PRINCIPLES



TINA SOHN AND ROBERT SOHN

Amma Therapy A Complete Textbook Of Oriental Bodywork And Medical Principles

Charlotte Eliopoulos



Amma Therapy A Complete Textbook Of Oriental Bodywork And Medical Principles:

Amma Therapy Tina Sohn, Robert C. Sohn, 1996 Amma is an ancient Chinese healing art together with acupuncture and herbalism it forms the foundation of traditional Chinese medicine This is a comprehensive textbook for students of Oriental bodywork

Thai Yoga Therapy for Your Body Type Kam Thye Chow, Emily Moody, 2006-06-15 A form of Thai Yoga Massage that focuses on the three Ayurvedic body types Explains how to determine a person's Ayurvedic body type and provides hands on techniques for working with them Brings the practices presented in Thai Yoga Massage to a new customized level of therapeutic healing The traditional healing arts of Ayurveda and Thai Yoga Massage have a deep and integrated relationship that provides an unparalleled modality for restoring body mind and spirit Although it originated in India over the centuries Ayurveda has been assimilated into the predominant Thai culture and has evolved into a distinctive folk medicine With the growing popularity of Ayurveda and Thai Yoga Massage there is a renewed interest in reuniting these practices into a powerful therapeutic alliance Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality The authors first explain in detail the fundamental principles of Ayurveda and then recommend daily practices for each of the three main body types of vata pitta and kapha Practitioners learn how to customize their work with the appropriate massage approach recommended yoga asanas breathing techniques and diet and lifestyle tips More than 50 illustrated full body Thai Yoga Massage postures are presented as well as a massage flow for each body type The authors indicate the Ayurvedic benefits of each posture and detail any precautions that should be followed in this dynamic practice of transformative healing

BodyWork Shiatsu Carl Dubitsky, 1997-05 Explains the art of finger pressure massage

Balancing Your Body Mary Bond, 1996-07 Regaining body balance and easing tension Shows healthy patterns of posture and movement

The Nurse as Wounded Healer Marion Conti-O'Hare, 2002 This work depicts the evolution of the wounded healer phenomenon and its impact on the practice of nursing It explores how healing has been defined in the past and emphasizes the changing focus necessary to meet the relevant health care needs of an increasingly wounded society in the 21st century

You Got Sick—Now What? Tom Ingegno, 2011-08-22 Everyone hates coming down with a cold or worse yet the flu With symptoms such as a sore throat stuffy nose fever and body aches these diseases are uncomfortable even at their mildest But what if we were able to take control of our health using safe and effective traditional cures that have the potential to eliminate or at least shorten the course of seasonal illnesses In his guidebook *You Got Sick Now What* licensed acupuncturist and oriental medicine specialist Tom Ingegno introduces basic tools from traditional Asian healing modalities that will help alleviate the severity and shorten the duration of annoying cold and flu symptoms Tom shares a variety of holistic techniques that encourage healing the natural way While encouraging heat therapy the intake of a variety of medicinal soups breathing exercises massages with a Unique tool and acupuncture Tom presents home remedies that have been used safely and often in conjunction with modern

medicine for thousands of years You Got Sick Now What provides alternative ways to heal from a cold or flu allowing anyone to throw off those covers get back on their feet quickly and begin living life fully once again Rolfing and Physical Reality Ida P. Rolf, 1990-11 A self portrait of the warm wise woman who created the therapy that bears her name Here Ida Rolf tells of her life and the wonder of the human body and explains her technique of manipulating muscle tissue to induce correct alignment in the body *Buddhist Healing Touch* Ming-Sun Yen, Joseph Chiang, Myrna Louison Chen, 2001-05 Dr Yen teaches us how to care for ourselves naturally by using acupressure self massage breathing techniques exercises and herbal remedies Illustrations of the acupressure points accompany each treatment as do tips regarding diet and relevant folk cures

Invitation to Holistic Health Charlotte Eliopoulos, 2004 Provides solid principles and proven measures to promote optimal health and well being using a holistic approach **Homeopathic Treatment of Sports Injuries** Lyle W. Morgan, 1988-10 Dr Morgan details the homeopathic remedies that are most effective in treating injuries commonly encountered in sports **The History of Massage** Robert Noah Calvert, 2002-04 Covering the development of massage from prehistory to today's golden age the founder of Massage Magazine helps to explain the evolution of this popular therapy

Bodywork Thomas Claire, 2006-06-15 This is the essential guide answering all of the key questions about every different kind of major bodywork therapy including Alexander Technique Feldenkrais Method Reflexology Shiatsu Swedish Massage Aromatherapy and more **Health and Long Life the Chinese Way** Livia Kohn, 2005 Health and Long Life The Chinese Way brings together the wide variety of Chinese medical and spiritual methods in one integrated volume It provides not only a basic description but also discusses the relationship of Chinese healing to contemporary Western science and religious Daoism The book begins with a survey of the basic concepts of Chinese medicine followed by a presentation of clinical and contemporary practices in various countries A third part deals with ways of balancing qi such as Fengshui diets and sexual practices while the last section presents a well informed discussion of self cultivation methods Easy to read with numerous charts and illustrations and enriched by exercises that encourage readers to examine their own practices and attitudes Health and Long Life is a great resource for anyone interested in Chinese healing Book jacket **Thai Yoga Massage** Kam Thye Chow, 2002-02-01 An authentic guide to Thai yoga massage a unique therapy that combines stretching breath work assisted yoga postures and pressure point therapy Includes more than 80 illustrations 30 charts and a complete series of postures for a two hour full body massage Author Kam Thye Chow has taught massage in Thailand and throughout Europe and North America Until recently Thai yoga massage was virtually unknown in the West It has its roots in both the ancient healing traditions of Ayurveda and Thai Buddhism In this unique practice the therapist gives a full body massage that combines palming and thumbing along the Thai energy lines and pressure points with gentle stretching movement and breath work reminiscent of tai chi Using his or her own hands feet arms and legs the practitioner gently guides the recipient through a series of yoga postures creating a harmonious and therapeutic dance that leads to greater physical awareness

grace and spiritual energy In this comprehensive guide for practitioners Kam Thye Chow leads readers through every aspect of this dance from its history and philosophy to a detailed presentation of a complete Thai yoga massage session This important reference includes more than 80 illustrated postures 30 charts and drawings and a complete series of postures for a two hour full body massage that focuses attention on both the upper and lower body which receive equal stress in the Western lifestyle Information on contraindications anatomy and physiology integrates Western medical knowledge and theory with this ancient tradition Massage therapists physical therapists nurses and other medical professionals will find Thai Yoga Massage an important and innovative complement to their practice Medicine Hands Gayle MacDonald,2007

Introduces the rapidly growing specialty of oncology massage Alternative & Complementary Therapies ,1997

Prentice Hall Health's Q & A Review of Massage Therapy Jane Schultz Garofano,2004 Prentice Hall Health s Question and Answer Review of Massage Therapy 3rd Ed has been designed and revised according to the guidelines of the National Certification for Therapeutic Massage and Bodywork NCTMB exam which is administered throughout the United States Canada and Puerto Rico This review book enables the applicant to review relevant material while becoming familiar with the types of questions given on the exam Each question has one answer and a brief explanation with references provided at the end of each chapter The questions are divided into four chapters that cover all areas of therapeutic massage and bodywork and closely correlate in percentage to the NCTMB exam content areas outlined in theNCTMB Candidate Handbook The content is divided into Human Anatomy Physiology and Kinesiology 27% Massage Therapy and Bodywork Theory Assessment and Practice 41 % Clinical Pathology and Recognition of Various Conditions 20% and Professional Standards Ethics and Business Practices 12% for a total of 600 questions Within these content areas additional topics relevant to non Western bodywork and holistic touch therapy modalities as well as ethics and clinical pathology are included

Bibliographic Guide to East Asian Studies 1996 G K HALL,G. K. Hall and Co. Staff,1997-07 Compass Ranny Riley,Linda Bark,1998-04 **Forthcoming Books** Rose Army,1994-02

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9781591865414 cool springs press 2012 softcover