



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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