





The author sets forth his clinical vision and suggests future explorations.

From the creators of the "New York Times" bestseller "Dragons Love Tacos" comes a rollicking, rhyme-tastic, interactive book where kids discover the lost art of the high five and improve their slapping skills. From hand-limbering stretches to lessons on five-ing with finesse, readers are guided through a series of interactive challenges. Full color.

'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.' Gua sha has been used for centuries in Asia, in Asian immigrant communities and by acupuncturists and practitioners of traditional East Asian medicine worldwide. With the expansion of traditional East Asian medicine, Gua sha has been used over broad geographic areas and by millions of people. It is valuable in the treatment of pain and for functional problems with impaired movement, the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many acute or chronic disorders. Research has demonstrated Gua sha radically increases surface microperfusion that stimulates immune and anti-inflammatory responses that persist for days after treatment. The second edition expands on the history of Gua sha and similar techniques used in early Western Medicine, detailing traditional theory, purpose and application and illuminated by science that focuses its relevance to modern clinical practice as well as scholarly inquiry. This book brings the technique alive for practitioners, with clear discussion of how to do it – including correct technique, appropriate application, individualization of treatment – and when to use it, with over 50 case examples, and superb color photographs and line drawings that demonstrate the technique. 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 color photographs

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Moxibustion is ancient. Even more ancient than needling. In modern acupuncture, however, it is often considered too time-consuming or difficult to master. And yet the classics say: for chronic conditions, moxa has no equal. Coming to the rescue of time-poor, present-day acupuncturists is the Ontake Method from Japan. This innovative technique uses a piece of bamboo filled with burning moxa wool to roll, tap and press on the acupuncture meridians using a metronome programmed to each meridian's frequency. The rhythmic application of heat, frequency and pressure triggers rapid shifts in your patients' body condition and mood. Oran Kivity is a veteran acupuncturist from the UK. The founder of Sayoshi.com, the online directory of Japanese acupuncture, he has dedicated countless hours of clinical observation and study to integrate the knowledge of contemporary Japanese masters. Through writing and teaching, he has ignited interest in Ontake, a remarkable new moxa tool from Japan, developing these dynamic new techniques further and compiling them into this practical handbook of moxibustion. In this book, you will learn: Moxa in Motion presents a step-by-step guide to clinical practice utilising the Ontake Method. Easily integrated into any style of acupuncture, Shiatsu or Tuina, the Ontake Method will boost your results and build your practice.

In parts of Korea and China, moon bears, black but for the crescent-shaped patch of white on their chests, are captured in the wild and brought to "bear farms" where they are imprisoned in squeeze cages, and a steel catheter is inserted into their gall bladders. The dripping bile is collected as a cure for ailments ranging from an upset stomach to skin burns. The bear may live as long as fifteen years in this state. Rhinos are being illegally poached for their horns, as are tigers for their bones, thought to improve virility. Booming economies and growing wealth in parts of Asia are increasing demand for these precious medicinals. Already endangered species are being sacrificed for temporary treatments for nausea and erectile dysfunction. Richard Ellis, one of the world's foremost experts in wildlife extinction, brings his alarm to the pages of Tiger Bone & Rhino Horn, in the hope that through an exposure of this drug trade, something can be done to save the animals most direly threatened. Trade in animal parts for traditional Chinese medicine is a leading cause of species endangerment in Asia, and poaching is increasing at an alarming rate. Most of traditional Chinese medicine relies on herbs and other plants, and is not a cause for concern. Ellis illuminates those aspects of traditional medicine, but as wildlife habitats are shrinking for the hunted large species, the situation is becoming ever more critical. One hundred years ago, there were probably 100,000 tigers in India, South China, Sumatra, Bali, Java, and the Russian Far East. The South Chinese, Caspian, Balinese, and Javan species are extinct. There are now fewer than 5,000 tigers in all of India, and the numbers are dropping fast. There are five species of rhinoceros--three in Asia and two in Africa--and all have been hunted to near extinction so their horns can be ground into powder, not for aphrodisiacs, as commonly thought, but for ailments ranging from arthritis to depression. In 1930, there were 80,000 black rhinos in Africa. Now there are fewer than 2,500. Tigers, bears, and rhinos are not the only animals pursued for the sake of alleviating human ills--the list includes musk deer, sharks, saiga antelope, seahorses, porcupines, monkeys, beavers, and sea lions--but the dwindling numbers of those rare species call us to attention. Ellis tells us what has been done successfully, and contemplates what can and must be done to save these animals or, sadly, our children will witness the extinction of tigers, rhinos, and moon bears in their lifetime.

In 1987, zoologist Alan Rabinowitz was invited by the Thai government to study leopards, tigers, and other wildlife in the Huai Kha Khaeng valley, one of Southeast Asia's largest and most prized forests. It was hoped his research would help protect the many species that live in that fragile reserve, which was being slowly depleted by poachers, drug traffickers, and even the native tribes of the area. Chasing the Dragon's Tail is the remarkable story of Rabinowitz's life and adventures in the forest as well as the streets of Bangkok, as he works to protect Thailand's threatened wildlife. Based on Rabinowitz's field journals, the book offers an intimate and moving look at a modern zoologist's life in the field. As he fights floods, fire-ant infestations, elephant stampedes, and a request to marry the daughter of a tribal chief, the difficulties that come with the demanding job of species conservation are dramatically brought to life. First published in 1991, this edition of Chasing the Dragon's Tail includes a new afterword by the author that brings the story up to date, describing the surprising strides Thailand has made recently in conservation. Other titles by Alan Rabinowitz include Beyond the Last Village and Jaguar.

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Simplified Chinese edition of Where the Mountain Meets the Moon

In A Myofascial Approach to Thai Massage, the author takes a radically different approach to Thai Massage by redefining the sen lines in myofascial terms. He provides a coherent system illustrating the function and benefits of Thai Massage through its actions on the myofascial network, lymph and blood flow. In addition, the author questions some of the more dubious moves in Thai Massage; looks at the 'spiritual' aspects of Thai Massage in terms of presence, attention and the therapist/client relationship; takes a unique view of Thai Massage and opens the way for further exploration of massage in the myofascial field; and includes some examples of working with clients to illustrate the themes. Although specifically about Thai Massage, content covers many aspects of the therapist/patient relationship - well

