

# New TCM DVDs from CHINA BOOKS

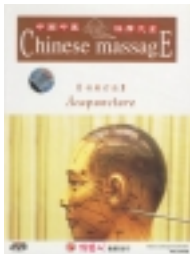
## November 2007

**\$15.95 each**

Effective and informative DVDs on the basics of Chinese Medicine from China's premier DVD publishers.  
Approx 45-50 mins, Chinese soundtrack, Chinese - English Subtitles

### ~ Series 1: Chinese Massage ~

#### Acupuncture



For thousands of years the Chinese have been fighting against disease and the sum total of their experience is encapsulated in the tradition known as acupuncture. This is a way of stimulating certain points of a body by using various kinds of needles to cure diseases. Acupuncture works by joining the channels, meridians and vessels to make the blood and breath flow smoothly, and it can help to tonify the blood and internal organs to achieve maximum efficiency.

#### Cupping



Cupping is a highly esteemed Chinese traditional medicine. It is popular for its virtues of simplicity, convenience, effectiveness, obvious health benefits and lack of toxic side effects. By the use of cups on the meridians - making the skin congest through the negative pressure caused by the vacuum within the cups - it stimulates the blood and increases the power of the circulation to remove toxins.

#### Ear Massage



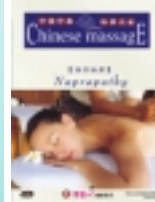
Certain points on the ear, in traditional Chinese reflexology, have links to the internal organs and the limbs; the ear thus acts like a window reflecting the physical functions of the human body and pathological changes in it. Through massaging the ears' points, you can treat and protect many diseases, particularly of the bowels.

#### Hand Massage



Hand Massage therapy is the traditional treatment applying Chinese massage techniques which can adjust the blood and breath make Ying and Yang parallel so as to preserve and protect people's health and prevent diseases.

#### Naprapathy



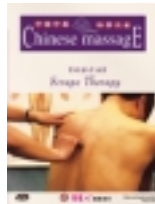
Naprapathy is also called massage. Naprapathy is the way which the doctor treats the patients on the surface of the body by applying techniques of massage according to the particular state of the illness. The movements of the doctors' hands should be forceful, gentle and balanced, maintaining constant contact with the body.

#### Head Massage



This film introduces the detailed handlings of twenty treatments by massaging the head points for: 1. Cold 2. cough 3. hiccough 4. headache 5. insomnia 6. dizziness 7. apoplexy 8. hiccough and deafness 9. neurasthenia 10. asthma 11. stomachache 12. impotence 13. spermatorrhea 14. dysmenorrhea 15. maladjustment of menses 16. toothache 17. sciatica 18. carsickness 19. stiff neck 20. acute stiffness in the waist.

#### Scrape Therapy (Gua Sha)



Scrape therapy belongs to the Chinese medicine theory of internal organs and meridians, and operates like other no-drug treatments such as acupuncture, massage and cupping. Through the use of edge tools, it can make the points become congested by scraping the meridians, channels and points on the surface of the skin so as to improve micro-circulation and 'dredge' the channels and meridians.

#### Thenar (Foot Reflexology)



According to TCM, thenar is the twelfth positive channel of the human body and the starting point of the third Yin channel and the third Yang channel, and it can reflect the functions of the human bowels. When the function of the human bowels is mal-adjusted, the relevant point on the sole of the foot can eliminate blocks of the circulation of blood and breath, and so adjust the normal physical activities of the human body.

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Series 2:  
~ Lectures on Massage by Acclaimed TCM Experts ~

Series 3:  
~ Chinese Medicinal Food ~

**Insomnia**



This DVD gives a clear introduction to the common acupoints for curing insomnia and describes basic hand techniques for prevention and care. It is easy to grasp and of benefit not only to professional masseurs and teachers but also to anyone who want to help cure insomnia.

**Frozen Shoulder**



In China, 8 percent of older adults can be suffering at any one time from frozen shoulder. Medical massage is one of the most common Chinese techniques for dealing with this condition and this DVD explains basic techniques and precautions which can be used to remedy it.

**Cervical Spondylosis ¾**



Medical massage is a convenient and effective treatment for cervical vertebra disease or cervical spondylosis. This DVD explains in detail about the origins and diagnosis of cervical spondylosis, and clearly emphasizes basic techniques and precautions for Cervical Spondylosis treatment.

**Stiff Neck and Chest Pain**



This DVD has a clear introduction to the common acupoints for curing stiff neck and chest pain, basic hand techniques and prevention and care. Though aimed basically at professional masseurs, it can also be used by non-professionals interested in massage techniques for health care.

**Headache**



In traditional Chinese medicine, the head is the center of Yang influence and all the arteries and veins flow from it. Any changes to human mentality or physiology will cause headache, and massage is foremost among the practicalities used to treat head pain.

**Chronic Lumbago**



This DVD starts by explaining in detail about the pathogen and diagnoses of Chronic Lumbago, and looks at massage techniques for halting the condition. It gives the common points, basic techniques, and precautions for Chronic Lumbago treatment, with the emphasis on strengthening body tone.

**Slipped Disc**



This DVD covers treatment involving massage for any kind of slipped disc. Medical massage can not only help the spine to adjust but also strengthens the rest of the muscular structure. This DVD is clear in exposition and practical in its instructions for slipped disc treatment.

**Hemiplegia**



Hemiplegia is a sequel of cerebrovascular stroke, and massage treatment for hemiplegia has the double function of dissolving the embolus and stopping bleeding. It can not only help recover the arthrosis function but also comfort the patient. In fact, massage can directly cure hemiplegia.

**Lumbar Sprain & Ankle Sprain**



The Lumbar region is very important in the human body. The ankle similarly, because of its special structure, can be easily sprained. Massage is effective for both Lumbar Sprain and Ankle Sprain, and the basic hand techniques, and instructions for prevention and care, are all covered in this DVD.

**Patella Osteomalacia**



This DVD focusses on patella osteomalacia, a disease of the knee joint which commonly affects older adults. Medical massage has a long history in China and is known to be of benefit in treating all kinds of muscular and bone conditions.

**Curative Food**



1. Tea of Whitethorn and Eucommia Ulmoides 2. Porridge of Polygonatum and Pumpkin 3. Fairy Porridge to Blacken Hair 4. Decoction of Angelica, Milk vetch Root with Chicken 5. Medicated Wine of the Emperor 6. Nutlet with Pork Chop 7. Soup of Eucommia and Sheep's Kidney 8. ...

**Food in Autumn**



1. Crab with Dendrobium Nobile 2. Eel with Mingseng 3. Bean Curd with Chrysanthemum 4. Ginseng and Forest Frogs Oviduct 5. Tangerine Peel with Jellyfish 6. Double Ginsengs and Duck 7. Changium Smyrnioides With Dissolved Sugar 8. Stewed Fritillary Bulb With Snow Pear 9. ...

**Food in Spring**



1. Soup of Dodder and Liver Fat 2. Decoction of White Peony Root and Fish 3. Medicated Egg with Radix Polygoni Multiflori 4. Zikou with Beef 5. Decoction of Yam, Medlar and Young Pigeon 6. Decoction of Christina Loosestrife Herb 7. Fruit of Wolfberry with Shredded Chicken 8...

**Food in Summer**



1. Goldthread Root with String Bean 2. Cowpea with Coix Seed 3. Akebi with White Gourd 4. Decoction of Plantain and Bamboo Parasitic Fungus 5. Honeysuckle with Chicken Soup 6. Silver Carp with Panax Notoginseng 7. Achyranthes Root with Tendon 8. Duck with Aweto 9. ...

**Food in Winter**



1. Smoked Duck With Clove 2. Mutton Soup With Angelica and Ginger 4. Caulis Cynomorii with Fresh Scallop 5. Hippocampi with Spring Chicken 6. Soup of Ten Wonderful Tonics 8. Chinese Caterpillar Fungus with Grass Tortoise 9. ...