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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Alternative Massage Medicine You Can Do At Home**

**By Brian B. Carter, MS, LAc**

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You may have only experienced the most common types of massage— circulatory or Swedish, deep tissue, maybe even shiatsu. But you should also know about a more powerful form of alternative massage medicine you can practice on yourself at home.

**Tui Na, The Chinese Alternative Massage Medicine**

Tui Na, pronounced 'twee nah', literally means 'push grasp'. The push and grasp refer to two techniques you do with your hands (and there are at least six different hand techniques). Tui na is a sophisticated form of acupressure, a true alternative medicine massage style, because it can be used to treat all manner of disease.

In my new book, I spend an entire section (several chapters) talking about acupressure and how to use it as one of the tools in your healing toolkit. Whether it's short-term to relieve a headache, or long-term to improve your energy level, you can use some of this alternative medicine medicine yourself. In fact, if you're seeing an acupuncturist now, they can guide you even more specifically about what acupoints to massage.

**Simplifying the Alternative Massage Medicine**

It takes thousands of classroom hours to learn all there is to know about Tui Na. That's probably not practical for you. So, the simplest hand technique to use is just to push on a point. You can rotate your finger or knuckle on the point (in a circle while pushing in), or just push in, release, push in, release, etc. You can even just clamp down on a point and hold it.

The key, the thing you can't avoid, and which I can't go into in this small space, is knowing which points you should massage on yourself. The reason it's complicated is the same reason we can call this alternative massage medicine something like a real medicine— because it's personalized to you and your imbalances, and it heals rather than just making you feel better for a little while.

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### Alternative Medicine Plus the Massage

If you have a minor problem, massaging yourself may be enough. Or it may be something you use only when circumstances dictate— even if you're used to taking herbs or pharmaceuticals, you may find yourself somewhere out of reach of your normal remedies. In this case, it's good already to know some massage medicine you can do on yourself.

But I would emphasize overall that you should work with a professional of some sort – acupuncturist, naturopath, chiropractor – while you learn to take care of yourself. I say this because even as a professional myself who has spent many hours learning healing and trying it out on myself that it is a process... wisdom and knowledge help, but trial and error still plays a role, and real life has so many variables that you never know what you'll need...

So I urge you to add this form of alternative massage medicine to your healing knowledge database (in your brain)... the only hitch? You'll have to buy my book to learn how!

In the meantime, to get a visual idea about this alternative massage medicine, look at this free acupressure chart: <http://pulsemed.org/free-acupressure-chart.htm>

Acupuncturist, herbalist, and medical professor Brian B. Carter founded the alternative health megasite The Pulse of Oriental Medicine (<http://www.PulseMed.org/>). He is the author of the book "Powerful Body, Peaceful Mind: How to Heal Yourself with Foods, Herbs, and Acupressure" (November, 2004). Brian speaks on radio across the country, and has been quoted and interviewed by Real Simple, Glamour, and ESPN magazines.

### **The Roots Of Alternative Medicine**

**By Lee Dobbins**

Alternative medicine and modern medicine have many differences and whose to say which is best? Today, we expect doctors and medicines to fix whatever ails us instantly and doctors only look at the current physical problem when diagnosing our needs.

Alternative or holistic medicine, on the other hand, takes many different factors into consideration before prescribing a cure. This type of healing has been in use for thousands of years and can be very effective. It concerns itself not only with the physical problem, but with the problems of the "whole" self.

Alternative medicine includes massage, therapy, herbal tea, herbal medicine and millions of people today still use these types of treatments instead of or in addition to modern medicine.

Different cultures have had their own specific types of alternative medicine and many different types of treatments. Many of these treatments have survived and are still effective today. In fact, massage,

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which many people swear by in the modern world is actually one of the oldest forms of alternative medicine and records of massage therapy date back to ancient Egypt.

In ancient Europe there were two types of healers, the professional physicians and the folk healers. The folk healers lived in the lower class and healed the people of each village who could not afford the expensive physicians. These people believed in the folk treatment and it worked for them. This type of situation also occurred in many other cultures.

In Western culture, philosophy was frequently used to assist the folk healers in their quest for a holistic treatment. Philosophy was important because it told the stories of their lives. With a twist of philosophy and religion as well as belief, they easily found the best treatment available for whatever it was that was ailing the villagers of this time.

We now have a more advanced or instantaneous form of medical treatment, but alternative medicine can still be very effective. Massage, aromatherapy, acupuncture, herbal, humor therapy, meditation, and many other forms of holistic healing are used every day. In fact some of these treatments have become so popular that they are no longer considered alternative medicine and they are now supported by modern physicians.

Although the theory of alternative medicine has been ridiculed throughout the centuries, it has survived for one reason – It works. Alternative treatments may not work as fast as the treatments that we have today, but these natural types of treatments can be better for you overall, if you just give them a chance.

Lee Dobbins enjoys learning and writing about

.

Please visit [www.herbs-home-remedies.com](http://www.herbs-home-remedies.com) for more on alternative healing.



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