

What to expect

Treatments are given with the patient seated or lying down and the patient remains clothed throughout.

The Tui Na techniques can be adapted to suit the age and build of the individual. Throughout the sessions you will be asked for feedback so the treatment can be adapted to suit your needs.

Generally, people report a feeling of deep relaxation after the massage and an increase in energy over a series of treatments.

About myself

I became interested in Chinese medicine through the practice of Tai Chi, which gave me an insight into the ideas behind the Chinese system of healthcare. My motivation to learn Tui Na has come from personal experience. Chinese medicine practitioners have successfully treated my family and myself for various problems including back pain, fatigue and arthritis.

I studied Tui Na at the recently established Jingshen School of Traditional Chinese Medicine in Taunton, Somerset.

Appointments

For information and appointments please phone:

John Hamlett Jingshen Dip. Tui Na
01752 894150

Or contact:

Ivybridge Natural Health Centre,
Above **Nature's Larder,**
10 Glanville's Mill,
Ivybridge.
Tel: 01752 894197

**Plymouth Natural Health and
Healing Centre,**
Unity House,
175 Outland Road,
Peeverell,
Plymouth.
Tel: 01752 770048

水
金 木
土 火

CHINESE 气 TUI NA 气 MASSAGE



Tui Na can help treat a wide range of conditions including: **joint & muscle** pain; **insomnia**; **stress & emotional** problems; **fatigue**; **headache / migraine**; **diarrhoea & constipation**; **menstrual** problems; **colds & flu**.

It is also beneficial to the **immune system** and helps to increase the body's resistance to disease.

John Hamlett
Jingshen Dip.Tui Na

What is Tui Na?

Tui Na (pronounced 'twee na') is a medical massage therapy that uses various arm, hand, and finger techniques to remedy imbalances in the body's energy system.

It is one of Traditional Chinese Medicine's five main healing arts (along with acupuncture, herbal medicine, Qigong healing and diet therapy).

TCM

Traditional Chinese Medicine (TCM) is underpinned by the theory of Yin and Yang, two opposite but interdependent forces that, when balanced, keep the body's natural energy (Qi) flowing smoothly and its functions working correctly.

When Yin and Yang become imbalanced, Qi is prevented from flowing as it should, and the body cannot function properly. This is when we can experience illness.

Causes of illness

Impairment of our energy flow can be caused by many things including:

- Poor diet
- Mental and physical overwork
- Emotions
- Climate
- Hereditary weakness

How does Tui Na work?

Tui Na combines deep massage and acupressure (stimulation of specific points on the body) to move blocked energy and rebalance excess or deficient energy in the body.

The points used in acupressure lie on channels that carry Qi around the body. The channels (or meridians) connect the exterior of the body with the interior, allowing this external treatment to affect the energy of internal organs.

Treatments and fees

Free initial consultation

A **free** 20 minute consultation is available to discuss how the treatments may help you, and to enable me to answer any questions you may have about Tui Na.

Treatments

Treatments usually last **one hour**.

The first session will normally be taken up with a diagnosis, in which you will be asked to provide detailed information about yourself. This will help me to establish the root causes of your condition, which can then be treated along with the presenting symptoms.

Any information taken is treated in the strictest confidence.

Fees

£30 per hour session.

Please note, a £15 charge may be made if less than 24 hours notice is given for a cancelled appointment.