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and where to find the key meridians.

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Chinese massage is the name for a family of massage therapies practiced within traditional Chinese medicine. In traditional Chinese practice, massage is one of the fundamental treatment modalities, along with dietary regulation, herbal medicine,

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Chinese Massage | Encyclopedia.com

Chinese Massage techniques There are two main types of Chinese massage. Tui Na (pronounced "twee na") has some similarities to a Deep Tissue Massage,

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and uses kneading, chopping and stretching motions to relieve sore points and blockages in the body's muscular system.

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