

NEWS

Chinese Massotherapy

Ancient tradition relieves stress, modern ailments

For information on Tai Chi, Chi Kung, Reiki, Integrative Healing and more, visit: www.risingtao.ca

Treats root of problem, not just symptoms

Chinese Massotherapy—also known as “Tuina”—dates back thousands of years, and in its modern form still relieves pain and stress and enhances health for millions of people. Tuina is an integral part of Chinese medicine. In fact, Chinese doctors use it as a primary treatment for their patients.

Tuina relieves the symptoms, and in some cases completely eliminates the causes of many illnesses—illnesses typically addressed in Western medicine with medication. Unlike medication-driven Western medicine, Tuina addresses the root of the disorder and not just the symptoms.

Tuina is deeply rooted in Chinese culture. Families practice it as “family massage,” as preventative medicine to keep the family healthy and happy. Historically, most families couldn’t afford expensive medical care so they adapted Tuina to meet their health treatment and preventative health needs.

Tuina literally translates into “push-grasp.” Techniques in Tuina include rolling, pulling, stretching, tapping, kneading, pressing and various acupressure techniques. Chinese massotherapists perform Tuina through clothing or directly on the skin.



Restores the body's natural balance

Trapped energy and poor circulation cause illness and pain in the body. Tuina releases trapped energy and enhances the circulation of the blood.

It breaks down stress and other obstacles to restore the body's natural balance. Clients report rapid results, often within just a few sessions.

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Rising Tao Integrative Health offers you Tuina as a frontline service to help you achieve maximum health and physical vigour. We will work with you directly or with your doctor, therapist or caregiver to help you reclaim or enhance your well-being.

Rising Tao
4112 St. Catherine West
Montreal (QC)
Canada H3Z 1P2

514 369 7860
info@risingtao.ca

Chinese Massotherapy treats stress, migraine headaches, sciatica, high blood pressure, constipation, digestive problems, arthritis, and many other conditions, including:

Lower Back Pain

“The evidence suggests that acupressure massage is more effective than classic massage.”¹

Insomnia

“This study confirmed the effectiveness of acupressure in improving the quality of sleep of elderly people and offered a non-pharmacological therapy method for sleep-disturbed elderly people.”²

Respiratory Tract Infection

“Massage has been proved very helpful in improving the general constitution, enhancing the immune functions, preventing and treating the condition and in health care as well.”³

Cervical Spondylopathy

“The cure rate was 82.7%. Of the 278 cases treated by three to five sessions, the pain and numbness disappeared in about 96% of the patients.”⁴

Asthma

“Patients with clinically stable, chronic obstructive asthma experienced clinically significant improvements in quality of life when their standard care was supplemented with acupuncture or acupressure.”⁵

Cardiovascular system ailments

“Pressure on acupoints can significantly influence the cardiovascular system.”⁶

1. Spine. 2002 September; 27 (17): 1896-1910.
2. British Journal of Anaesthesiology. 1999 March; 82 (3): 387-90.
3. Journal of Traditional Chinese Medicine. 1998 December; 18 (4): 285-91.
4. Journal of Traditional Chinese Medicine. 1997 June; 17 (2): 116-18.
5. Journal of Alternative Medicine. 2003; 9 (5): 659-70.
6. Journal of Complementary Therapeutic Medicine. 1999 Dec; 7 (4): 231-34.



Testimonials

“Thank you for all the marvelous body work you have done on me the past two years. The healing touch you possess, the skills acquired through your training are unique. I have benefited greatly from choosing you to be my massage therapist. The last time I saw you I was suffering greatly from a back injury and could hardly move, after our session I was able to function again and following your recommendations, each day got better.”

Anne Howard,
Writer and Publicist

“I have found the Chinese massage practiced by Mr. Cormack to be deeply relaxing for my muscles and I have felt completely balanced in terms of my energy. Mr. Cormack’s treatments are long lasting. Before my back muscles were tight, tender and frozen with pain all of the time. I appreciate the precise treatment of the therapy and Craig’s fundamental respect in every session.”

Françoise Poitras,
School Teacher (retired)

For more testimonials
visit www.risingtao.ca