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*Heal common ailments, boost your vitality and achieve optimum wellness with Tai Chi, Chi Kung, Chinese Massotherapy and other master skills*

Hope padded into my office like a wounded kitten. She had tried bed rest, heat and ice, countless drugs. She had even lost weight and struggled through core and back strengthening exercises. Her endless quest for a lasting solution for her chronic lower back pain had made her skeptical. Why should Chinese Massotherapy help her?

As I massaged Hope for the first time, she told me that some of the medications she had tried worked—for a while. All of them had produced unpleasant side effects. I told her about the centrality of Chinese Massotherapy in Chinese culture. How Chinese doctors use massage to heal their patients. How Chinese families traditionally massage each other, as a simple and economical way to maintain and improve their health.

**“I can’t believe I feel so great, after just one massage.”**

As the massage did its work, I could see and feel Hope’s pain, tension and stress melt away. I had warned her that she might not experience immediate results. But when we were done, she stood up and stretched like a cat. A smile lit up her face, and she joyfully purred, “I can’t believe I feel so great, after just one massage.”

### **Modern studies support ancient knowledge**

Chinese Massotherapy, also known as “Tuina,” has been an integral part of Chinese medicine for more than 2500 years. Tuina uses the same diagnostic methods as acupuncture—but without the needles.

## Heal your lower back pain without drugs

**Chinese Massotherapy has no side effects**

**By Craig Cormack**  
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Tuina incorporates acupressure and other finger and hand techniques to treat low energy, insomnia, constipation, indigestion, high blood pressure, arthritis, and multiple sclerosis among numerous other conditions.

Modern studies and medical practice have confirmed what Chinese medical tradition has known for millennia. For example, a 2006 article published in the British Medical Journal presented a month-long study of 129 patients. This study compared the key component in Chinese Massotherapy, acupressure, to standard physical therapy in the treatment of lower back pain. The article concluded: “Acupressure conferred an 89% reduction in significant disability compared with physical therapy.”\*

### **End your needless suffering**

If you are suffering from lower back pain and you want to avoid the side effects of powerful drugs, consider getting treatment from an accredited Chinese Massotherapist. A skilled and experienced Tuina specialist can help you end your needless suffering.

F O C U S

Many therapists will be happy to teach you and your partner, spouse, or other family members how to massage each other. A few simple and easy-to-learn techniques will enable you to effectively treat a multitude of health conditions.

In addition, these techniques will help you improve your overall health, as well as improve the overall health of your family.

You and your family will then become the modern beneficiaries of the ancient Chinese medical tradition of Tuina massage.

\* **British Medical Journal**. March 2006; (332): 696-700. The article adds that this improvement lasted for up to six months after treatment. *See also: Spine*. September 2002; 27 (17): 1896-1910: “The evidence suggests that acupressure massage is more effective than classic massage.” *And for lower back pain protocols based on extensive research and practice: Secrets of Self-Healing*, Dr. Maoshing Ni. 2008: 385-391.

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