



Universal Health™



Tunia

Incorporates acupressure and massage techniques to influence directly the flow of Qi to treat the whole body, mind and spirit allowing the body to heal itself naturally.

Is a traditional Chinese massage therapy that has been used for over 2000 years and is based on traditional Chinese medical theory. 'Tui' means Push and 'Na' means Grasp. Tuina works on the energy channels and points, using the same principles as acupuncture except that the arms, hands, fingers, elbows and knees (rather than needles) are used as tools for treating diseases and illnesses. The effect of Tuina is to disperse and smooth obstructions whilst checking and restraining hyperfunction. It has the potential to release stagnant energy flows and tensions enhancing the healing process.

How Does It Work

Tuina utilizes a variety of hand techniques which are usually practiced on a clothed body, and is the most common type of technique practiced in China. It is 'push and grasp therapy' involving vigorous body massage, employing 'rubbing' and 'one finger massage' and 'kneading' followed by a 'rolling action' to recharge energy levels of your body. By regulating the meridian Qi, it influences functional activities of relative organs and tissues with which meridians connect, regulating your body's physical and pathological states. Essential oils are used in this treatment to relax tensions, promote blood circulation, reduce swelling and pain and release spasm in affected tissues. To relieve ailments and to promote health and harmony, thumb or finger pressure is applied to the acupoints which are spread over both feet and hands conferring identical benefits to those achieved by acupuncture. Tuina is acupuncture without the needles!

The Treatment

Tuina techniques and manipulations are rigorous. You will be seated or laid on a treatment couch, whichever is the most comfortable position for both you and your practitioner. Tuina treatments are usually applied on top of loose clothing, rarely on bare skin, although herbal rubs can be used in conjunction with a Tuina treatment. Tuina has no adverse side effects, although because it can be a powerful treatment in terms of re-adjusting the functions of the body, some patients may see an increase in frequency of visits to the bathroom; may feel the build up and release of pressure throughout the body; may feel slightly sedated immediately after treatment or may develop slight bruising (as blocked energy gets released). A lot depends on you and the nature and longevity of your condition. Cupping techniques may also be used. This technique stimulates the movement of Qi by the application of suction cups in any areas where there is congestion of Qi, and in which there is muscular tension. Cupping may be used in cases of backache, sprains and soft tissue injuries. For greater and more sustained relief remedial Massage techniques can be utilized. These can be deep, shallow, gentle or strong, and may also involve passive stretching, acupressure and manual techniques.

The Benefits

Tuina rectifies anatomical anomalies, alters the inner energy state of your biological system and adjusts the bio-information of your body. For soft tissue injuries, Tuina relaxes muscles and tendons and promotes smooth passage of the channels. It also promotes blood circulation and removes blood stasis. By protecting health and building up body immunity, it prevents disease at the outset. Tuina works holistically, treating the mind through the body and vice versa. Another important effect of Tuina is to bring your awareness back to what is going on within your own body, which is an essential first step in any healing process.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Do You Suffer From ?

- Kidney disorders
- Indigestion
- Nausea and other digestive disorders
- Acute pain
- Sciatic pain
- Sports Injuries
- Malfunctioning of endocrine glands
- Liver related disorders
- Headaches
- Migraines
- Addictions
- Rheumatic pain
- Tiredness
- Lack of energy
- Stress
- Emotional problems
- Prolapsed discs
- Frozen shoulder
- Diarrhoea
- High blood pressure
- Knee problems
- Tendonitis
- Tennis / golf elbow
- Sun stroke
- Menstrual problems
- Fatigue
- Insomnia
- Constipation
- Vomiting
- Enuresis
- Convulsions
- Common cold
- Asthma
- Fever
- Whooping cough
- Chicken pox
- Infantile short sightedness

Results You Can Expect

The effects of a typical Tuina treatment can last up to 3 to 4 days or one treatment may be sufficient to clear any obstruction. As a result of your massage you will feel increased suppleness in your body and a reduction of the kind of tension, both physical and mental which is the precursor of many modern day ailments. You will also feel that stress and pain have been alleviated, and you will feel a sense of deep relaxation, health and wellbeing. Massage also stimulates the body's circulation, optimizing the delivery of fresh oxygenated blood to the body and brain. This will increase your sense of vitality & mental clarity. The elimination of toxins from your body and the strengthening of your immune system make Tuina an invaluable tool of preventive health care.

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