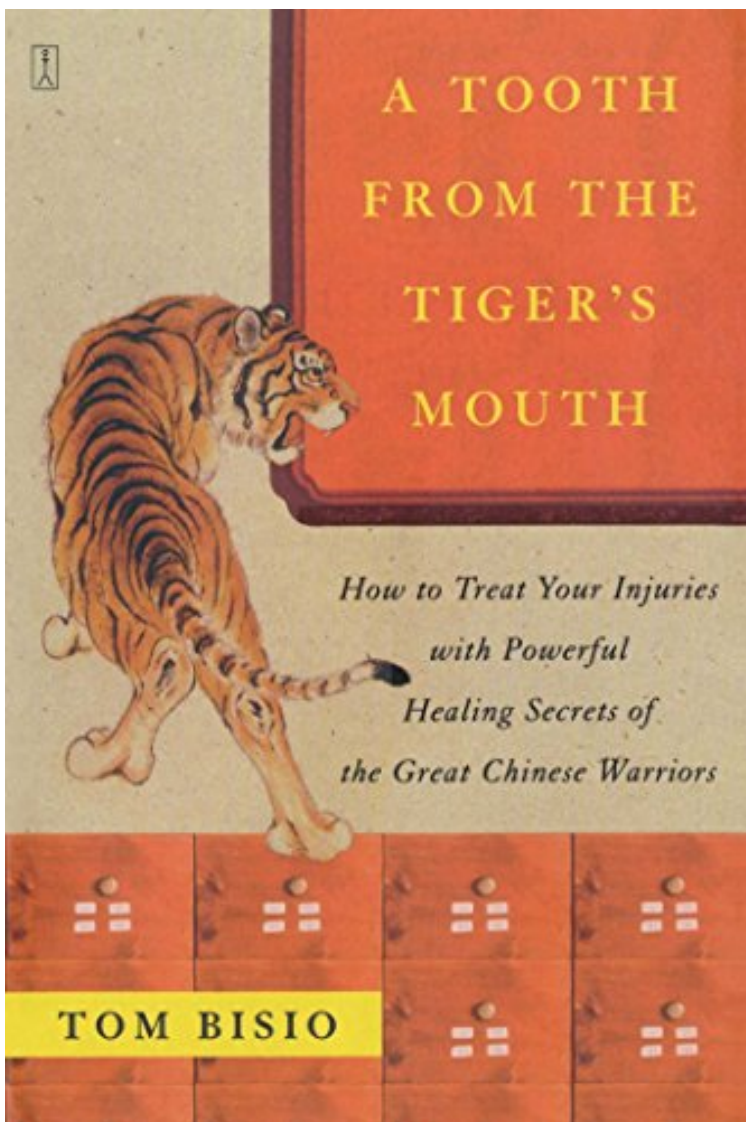


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A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) (English Edition)



Par Tom Bisio

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Description :

Prsentation de l'diteurA renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more.For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such

precious and powerful knowledge "a tooth from the tiger's mouth." Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person. While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more. He teaches readers how to: Examine and diagnose injuries Prepare and apply herbal formulas Assemble a portable kit for emergencies Fully recuperate with strengthening exercises and healing dietary advice Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors. *Revue de presse* Gregory Petaro, M.D. A must for any athlete, whether a weekend warrior or serious competitor. I have used these strategies successfully in my practice. Kevin V. Ergil, M.A., M.S., L.ac., Director, Graduate Program in Oriental Medicine, Touro College

This book should have enormous value to anyone engaged in an active lifestyle or involved in the management of minor trauma, especially as it relates to sports medicine. *Présentation de l'auteur* A renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more. For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such precious and powerful knowledge "a tooth from the tiger's mouth." Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person. While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more. He teaches readers how to: Examine and diagnose injuries Prepare and apply herbal formulas Assemble a portable kit for emergencies Fully recuperate with strengthening exercises and healing dietary advice Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors.