**Moxibustion**

Moxibustion treats and prevents diseases by applying heat to acupoints or certain locations of body. The material used is Moxa. For centuries, moxibustion and acupuncture have been combined in clinical practice.

Functions:

1>To warm meridians and expel cold.

2> To induce the flow of qi(the engery) and blood.

3>To strengthen the function of our body.

4> To prevent diseases, maitain healthy and slow the process of aging.

**Gua Sha**

**Gua Sha** bases on the theory of TCM by using tools (cow horn, jade stone, cup) to scrap the skin, in order to unblock the meridians and promote the flow of engery and blood, thus reduce the discomfort and ensure health condition.

From morden opion, our body produce a lot of toxin during the process of diseases because of the invading of virus and bacteria. Our blood vessels may be injuried by these toxin to cause their self-fusion. This can be seen on the skin and mucosa, just like grits scattered or clustered. They slow down the circulation and put back the healing of our body.

Functions:

1>Promote the metablism and the discharging of toxin.

2>Unblock meridians and relax tendons to reduce pain, inflammation and edema;

3>Regulate the funcitons of organs to maitain health condition.

Contraindications:

1. Open wounds.
2. Bleeding disorders.
3. New injury of bone, tendons and ligaments.
4. Over full, over hunger and overstrain.
5. Severe and acute conditions.
6. Areas of tumors or scar.
7. The abdominal and lumbosacral region of the pregnant woman.

**Cupping**

Cupping method is a therapeutic approach by attaching small jars which a vacuum is created.

Functions: Warm and promote the free flow of qi and blood in the meridians, dispelling cold and dampness, dimisnishing swellings and pains.

Contraindications: Same as Gua Sha.