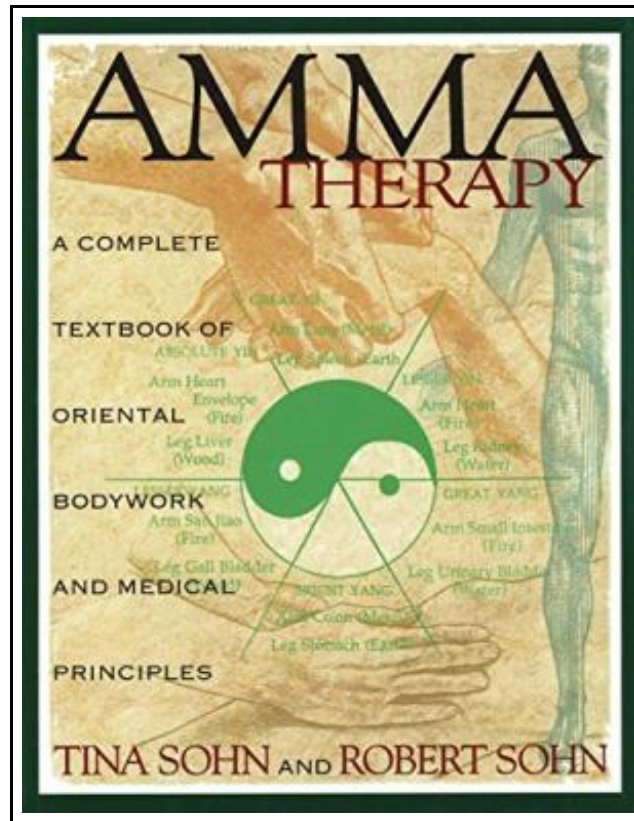


## Amma Therapy: Integration of Oriental Medical Principles, Bodywork, Nutrition and Exercise



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## AMMA THERAPY: INTEGRATION OF ORIENTAL MEDICAL PRINCIPLES, BODYWORK, NUTRITION AND EXERCISE

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Inner Traditions Bear and Company, United States, 1999. Paperback. Book Condition: New. 2nd Revised edition. 276 x 216 mm. Language: English . Brand New Book. The word Amma, which means push-pull in Chinese, was applied to a form of Oriental massage dating back five thousand years to the period of the Yellow Emperor. Founded and developed by Korean-born Tina Sohn, Amma Therapy is a highly refined and complex system of bodywork whose techniques and treatment strategies combine the use of traditional Oriental medical principles and a Western approach to organ dysfunction. It utilizes a variety of techniques, sometimes paralleling those found in major forms of therapeutic massage, as well as powerful new points discovered by Tina Sohn. - This revised and enlarged edition now serves as a textbook for bodyworkers. - Accompanied by extensive illustrations and twenty detailed treatments for a variety of common medical conditions, this teaching guide explains and demonstrates the proper execution of Amma Therapy techniques applied directly to the physical body. - Includes nutritional and exercise recommendations providing a remarkably holistic guide for practitioners and students in all fields of bodywork.



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