



## Masaje oriental (Spanish Edition)

*Fabio Budris*

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El masaje oriental, al igual que la acupuntura, es una de las formas de tratamiento de la Medicina China Tradicional, que se basa principalmente en el diagnóstico y el restablecimiento energético del cuerpo. La energía circula a nivel de la piel a través de distintos meridianos o canales: en ellos existen puntos de acupuntura y cavidades corporales, cuya estimulación por medio del masaje produce efectos importantes y permite conseguir la armonía y el equilibrio energético. Fundamentos y beneficios del masaje oriental.

Categorías: Tui Na An Mo (masaje de empujar y agarrar); Yan Xue Mo (masaje de presión de cavidades); Qi An Mo (masaje de Qi). Tipos de masajes( masoterapia , masaje ayurvédico,reflexología , shiatzu,drenaje linfático, masajes californiano, sueco tailandés)y técnicas(roce, presión y empuje, fricción, amasamiento, rodillo, percusión, vibración, ondulación, digitopresión ,agarre, emisión de energía ,estiramientos.)

Tratamientos de masajes para casos específicos. Quince cuestiones clave a la hora de realizar masajes. Cv Fabio Budris es Doctor en Medicinas Tradicionales y Complementarias, y especialista en Medicina China Tradicional, fundador del Grupo de Investigaciones en Terapias Biológicas(GRITEB), vicepresidente de la Fundación Internacional de Medicinas Integrativas y Tradicionales(FIMIT) y director docente del Instituto Latinoamericano de Medicinas Integrativas y Complementarias(ILMIC). Además realiza proyectos de asesoría en el país y en el exterior. Es autor de los libros Medicina China Tradicional, Auriculoterapia, y coautor de Qi Gong de esta editorial.

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