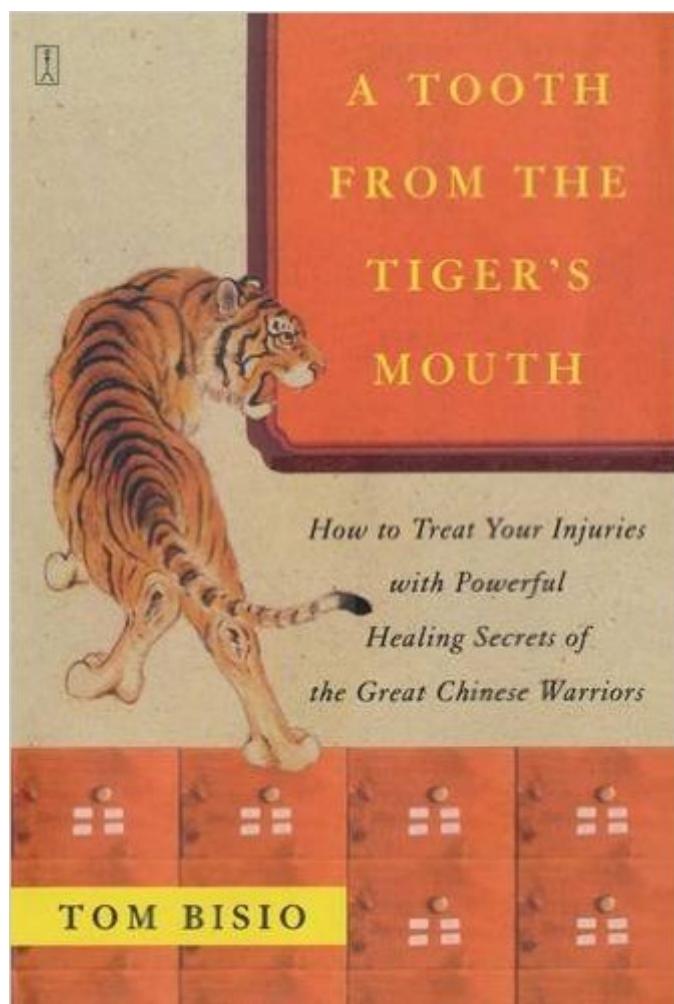


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A Tooth From The Tiger's Mouth: How To Treat Your Injuries With Powerful Healing Secrets Of The Great Chinese Warrior (Fireside Books (Fireside))



Synopsis

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.

Book Information

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Customer Reviews

First a disclaimer: I've been a student of Tom's for over 10 years, both as martial artist and a

practitioner of Chinese medicine. (In fact, I became an acupuncturist partly as a result of having had my martial arts injuries successfully treated with Chinese medicine.) So, I am most definitely a biased reviewer! I'll focus on a small portion of the book, one which is of primary interest to martial artists: the use of herbal training formulas (Die Da formulas) to heal and prevent injuries: A Tooth From the Tiger's Mouth includes in-depth discussion of the following external formulas: A basic Die Da Jiu (trauma liniment) for acute injuries A formula for Tendon Lotion for chronic injuries bothered by damp and cold U-I Oil - a patent remedy Chinese Massage Oil - a patent remedy Black Ghost Oil - a patent remedy San Huang San - a herbal poultice for acute injuries Sinew-Bone Poultice - a herbal poultice for healing middle or late stage injuries Wu Yang Pain Relieving Plaster - a patent remedy Yunnan Paiyao Plaster - a patent remedy 701 Plaster - a patent remedy Hua Tuo Anticontusion Rheumatism Plaster - a patent remedy Gou Pi Plaster - a patent remedy Tendon Relaxing Soak - an herbal soak Warming Soak - an herbal soak The following internal formulas are also discussed in detail: Trauma pills - an herbal pill made with ground herbs and honey Resinall K - a patent remedy made from an alcohol extract; similar to Qi Li San Rib Fracture Formula Bone Knitting Formula Tonic formulas such as Ge Jie Da Bu Wan, etc.

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