

## Sand to Sky: Conversations with Teachers of Asian Medicine

Pamela Ellen Ferguson and Debra Duncan Persinger, PhD, offer creative ways to teach Asian medicine through the unique experiences teachers relay in this 230-page book. Education strategies range from adopting theatrical measures like donning costumes and making music to taking students on outdoor adventures that demonstrate the principles behind the techniques. Acupuncture, Asian bodywork, biomedicine, and Chinese herbs are among the topics covered. Available as a paperback for \$18.95 at 800-288-4677 or [www.iuniverse.com](http://www.iuniverse.com).

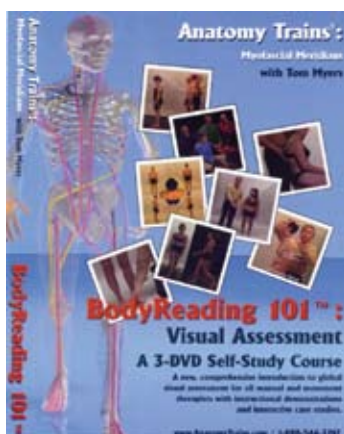
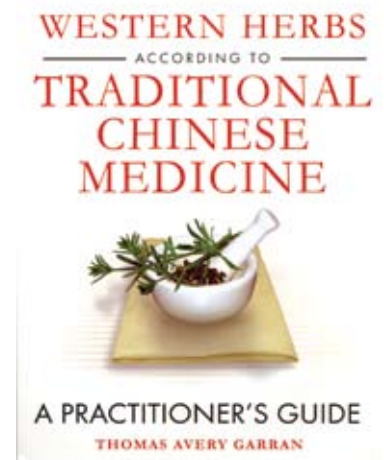


## HandsFree Thai

The third title in Thai Bodywork's DVD series, *HandsFree Thai: The Commoner Style* teaches practitioners to use other parts of their bodies as they develop strategies to work with clients of all sizes. Thai massage expert Chuck Duff demonstrates ways to use the shins, knees, and feet as method of applying bodyweight to clients while conserving the therapist's own muscle strength and power. This 130-minute DVD is available for \$49.95 at 888-576-8424 or [www.thaimassage.com](http://www.thaimassage.com).

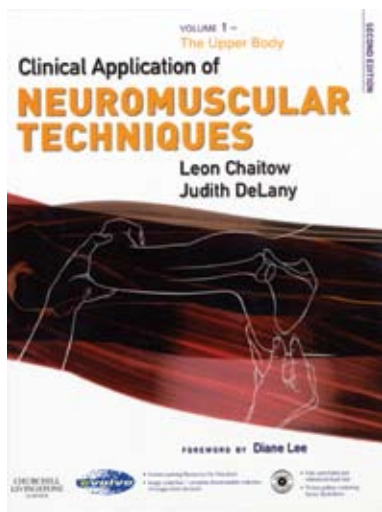
## Western Herbs According to Traditional Chinese Medicine

Thomas Avery Garran's 272-page book responds to the increasing use of traditional Chinese medicine in the Western hemisphere and the needs of practitioners who wish to apply its paradigms to Western herbs. Garran provides monographs for 58 Western herbs, detailing their medical use, dosage and preparation, and major combinations. Ways to administer herbal medications, from poultices to suppositories, are also discussed. This book sells for \$50 at 800-246-8648 or [www.innertraditions.com](http://www.innertraditions.com).



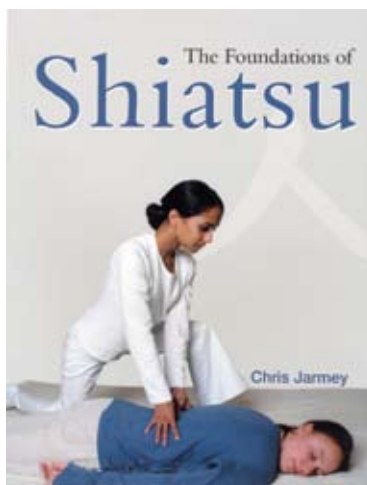
## BodyReading 101 DVD

Anatomy Trains producer Thomas Myers shares his secrets visually for the benefit of manual and movement therapists and anyone else who wants to gain a deeper understanding of postural issues and develop strategies for unwinding those challenges. This self-study course is available on a three-part DVD series for \$150 at [www.anatomytrains.com/at/store](http://www.anatomytrains.com/at/store) or 888-546-3747.



## Clinical Application of Neuromuscular Techniques: The Upper Body

This new edition of Leon Chaitow's and Judith DeLany's standard textbook provides the most current evidence-based data for practitioners who treat neuromuscular dysfunction. This 624-page book covers all muscles to help therapists assess and treat myofascial pain with a variety of techniques, including both neuromuscular (NMT) and muscle energy therapies (MET), and describes all approaches in step-by-step detail. This hardback text is available for \$99.95 at 800-545-2522 or [www.us.elsevierhealth.com](http://www.us.elsevierhealth.com).



## The Foundations of Shiatsu

This 192-page instruction book provides an in-depth guide to shiatsu, the Japanese bodywork modality derived from the same principles as acupuncture. Author Chris Jarmey, course director and principal of the European Shiatsu School, details how shiatsu works and demonstrates its application through step-by-step instructions and color photos. This book sells for \$24.95 at 800-733-3000 or [www.northatlanticbooks.com](http://www.northatlanticbooks.com).



## Frozen Shoulder Syndrome DVD

Elaine Calenda's new DVD teaches practitioners how to assess and treat Adhesive Capsulitis, or Frozen Shoulder Syndrome, beginning at the client interview, and followed by developing a treatment plan and evaluating the client's progress. Calenda, the academic dean at the Boulder College of Massage Therapy, guides viewers through techniques such as shoulder mobilization, traction for the shoulder joint, fascial release for the shoulder girdle, and breaking down holding patterns. This 65-minute video seminar is available for \$74.50 at 800-575-7715 or [www.atpeacemedia.com](http://www.atpeacemedia.com).

## Moor Spa Massage Balms



Moor Spa offers three varieties of massage balms, all produced from combinations of 100 percent natural ingredients like avocado oil, beeswax, macadamia nut oil, moor peat, and shea butter. Each balm is solid at room temperature and dissolves on contact into a non-greasy oil. These balms sell at \$12 for a 115-ml container or \$38.50 for is a 500-ml container. Call 800-666-7987 or visit [www.moorspa.com](http://www.moorspa.com) for more information.

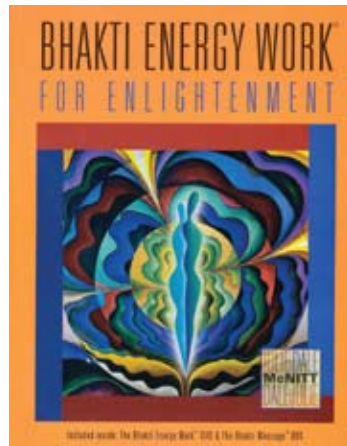
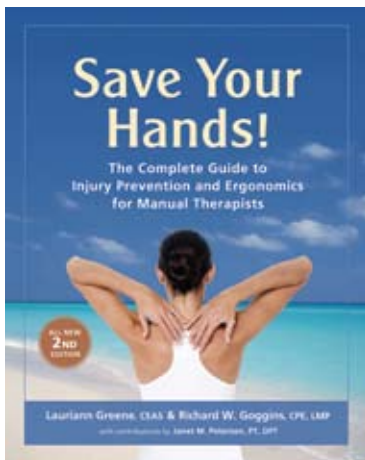




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## Save Your Hands!

The second edition of massage therapist and ergonomic expert Lauriann Greene's book has been expanded with coauthor Richard W. Goggins, to help all healthcare practitioners who engage in manual bodywork. Massage practitioners and others will find extensive coverage of how the common movements necessitated by therapy treatments can cause specific injuries to their own bodies. Numerous illustrations show how to bring ergonomics into practice while teaching proper body mechanics and modifying techniques where needed. *Save Your Hands!* is available for \$39.95 at 877-424-0994 or [www.saveyourhands.com](http://www.saveyourhands.com).



## Bhakti Energy Work For Enlightenment

This book and DVD combination is an instructional manual for those interested in exploring energy work and its connections with the conscious mind. Authors Julie and Dale McNitt divide their 305-page book into four parts, beginning with an explanation of consciousness before exploring the human relationship to energy. The third part details the nature of Bhakti energy work and Bhakti massage, with numerous black and white images showing how to cradle and connect the body's chakras. A final part contrasts the intuitive with the scientific way of living. Available for \$49.95 at 727-724-9727 or [www.bhaktiacademe.com](http://www.bhaktiacademe.com).



## The Sound Prescription

Sound Prescription is a form of vibro acoustic therapy and this CD from practitioner and concert artist Melody Long Anglin can be used as part of that therapy or as a relaxation experience on its own. Listeners are encouraged to relax and trust the healing strength of their own bodies as they enjoy this 41-minute production. This CD is available for \$18 at 386-767-7862 or [www.harmoniouslifeandhealth.com](http://www.harmoniouslifeandhealth.com).

## ShaVal Therapeutic Massage Products



ShaVal is a line of massage lotions, oils, and gels developed in consultation with massage therapists and using 100 percent ingredients such as golden jojoba, linseed, avocado, and wheat germ oils. Additional infusions of hemp and grapefruit oils increase vitamin E to heal damaged skin. Most products are available in 8-, 64-, and 128-ounce sizes. More information on individual products and pricing is available at 888-284-6688 or [www.shaval.org](http://www.shaval.org).