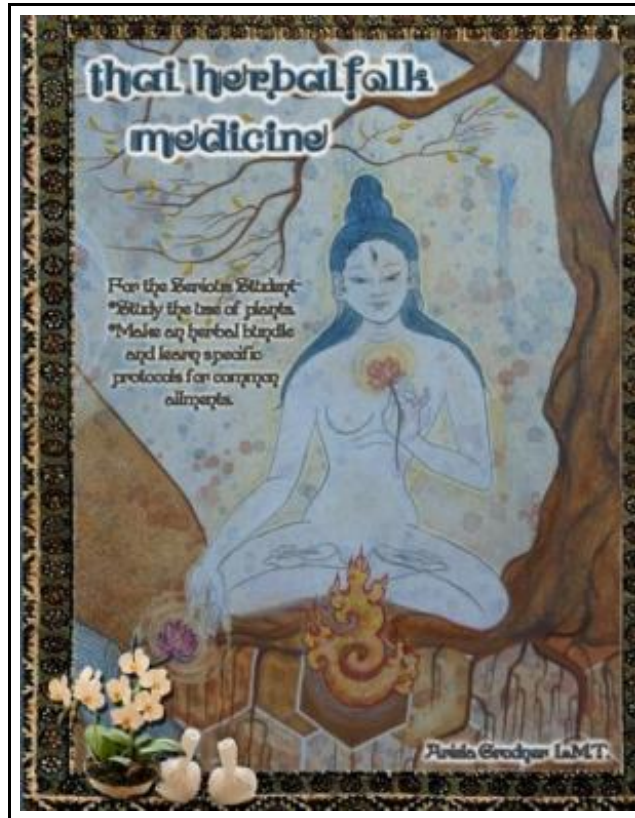


## Thai Herbal Folk Medicine: For the Serious Student



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## THAI HERBAL FOLK MEDICINE: FOR THE SERIOUS STUDENT



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Thai Herbal Folk Medicine is a multi-therapy massage treatment book, combining traditional Thai Massage, aromatherapy, and herbal healing. This content will demonstrate a massage therapy that dates back several thousand years, and incorporates knowledge gathered and passed on for generations concerning the medicinal effects of plants, whether through ingestion or application to the body. In Thailand, the herbal compress is called luk pra kob ( herbal pressing sphere ). In the U.S. it is referred to as an herbal stem or herbal ball. An herbal compress is made by combining a number of healing herbs, bundled together in a muslin ball with a short handle, according to ancient recipes. Originally, this herbal therapy was designed to reduce pain and inflammation, especially for soldiers after battles and for Postpartum women suffering the after effects of childbirth. Nowadays, the application and massage of these compresses to the body are used more generally to relieve all manner of aches and pains, be it from physical labor, exertion, or simply the stresses and strains of modern living The compresses contain a blend of aromatic and therapeutic traditional Thai herbs - up to 15-20 herbs - wrapped in cotton muslin and then steamed to release the potent qualities of the herbs, which impart both a relaxing and an invigorating effect on the mind and body after application. It is a beautiful addition to the traditional sequence and adds a deeper healing for acute and chronic imbalances of the body. In the book we will - \*Learn to make our own Bundles and discuss plants and their qualities \* Review the Lines and major Marma points from the basic Thai Massage Sequence. \* Apply...



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