

Gua Sha can be practiced in many ways. Traditionally, it was a deep scraping that was performed with the intention of creating petechia in the body.

What we have to understand from that is, number one, this is at a time early in human history when there wasn't such a thing as autoimmune conditions.

People didn't have multiple issues in their body. The diseases that people got were strong diseases and one had to treat it with a strong treatment. The problem is the more conditions you have in the body, the more gently you need to treat it, because you don't want to over fatigue the body.

Back then they had to hit it hard because you got two choices, either get better or you die. Whereas now we have medicine. People who may have passed on before, they may not have survived their illnesses are now being kept alive. Not necessarily as healthy. I mean, overall, we're a much less healthy society than we were, you know, hundreds or thousands of years ago.

Our life expectancy is longer, but a little bit more on the half stick side and a little bit less on the extremes of health. Now we have to also come a little bit more into the middle with our treatments. It's the same with cupping. You can absolutely do gua sha and achieve petechia and do strong treatment on strong bodies.

If you're working on athletes that have an injury, yes, go for it. It's a muscular injury. You want to move that collagen that's not being used out of the system. You want to improve the blood flow. You want to improve lymphatic circulation. You want to smooth out the fascia. You're going to apply your deep treatment.

For people who have a chronic illness, who've been sick a long time, who have aches and pains in several parts of their bodies. You may not practice in that way. You may practice in a little bit gentler way. You may approach with a lighter treatment.

Similarly if you're treating the face, you really need to use a very light stroke. You certainly don't want to create petechiae on the face. The lymph and the blood are very close to the surface. There's not a lot of strong muscle in the face. So if you're doing any kind of facial treatment, whether it's cosmetic or whether it's for conditions, headaches, sinusitis, brain fog and all these treatments, you're going to use a much lighter stroke.