

The treatment for releasing the interior

Generally speaking, we're going to see Sha showing up really quickly in areas where there's excess and where there are pathogens.

1. **check for Sha.** You can check that just with a simple press of your hand. And this is going to tell you how deeply that you want to treat because if that is a slow return of the color and the quality of the tissues, then you know that there's Sha in that area.

And so you should anticipate that you're going to see that redness coming to the surface. If you don't see that slow change, then you may not see the redness come to the surface (sha/petechaie) and it's **not appropriate to do a deep treatment.**

2. Start at the neck and at the upper shoulder.

This is, as we do 14 is a very, it's called, you know, this area and then another area it's called the wind gate. So, this is the area that we want to start from the middle, right? Always starting from the middle, working outward. If you're working on the neck, you can do that as well, especially if there is, if you're, if the client is feeling like headache symptoms, heat in the head, brain fog going along with the symptoms of their illness, then you can also do Gua Sha on the neck, um, but you're going to start in this area and you're going to move out.

So, you're going to move out toward the shoulder. Treat the whole upper back, whole area of the lung, right? And you, again, don't go, don't go shopping, right? You want to stay, you want to stay in the same area until you're done, until you get your reaction. Then you move to the next area and you work on that.

Once the is no longer increasing. It's just staying stable and steady. Okay. So, so that's the first step. And for some people that may be enough and they may break. And so what you want to see is you want to see the redness coming up and you want them to break into a sweat. That is the goal. Okay. And so then we're going to move to the triple warmer meridian.

So you can go right from the base of the neck, down the arm, But the really the most relevant important area is the forearm here. So we're doing gua sha on the meridian on the forearm here, right? And again, you want to do it until they start to feel a symptom of like feverish or sweating. And that's when you're done.

And of course, you're always going to apply oil first, as you already know. So this is This is the treatment to induce sweating, or if someone has hyperhidrosis, excessive sweating, then you're going to go wash out the triple warmer meridian,

the opposite. So you're going to work on it until, like maybe when you do it, they start to sweat or they see redness, you're going to do it until it resolves. So it's the opposite. If you're doing it

for a client who doesn't necessarily have flu, cold, bacteria, virus, et cetera, but you're doing it on a client because they don't sweat, you don't necessarily need to do the upper back.

It's beneficial to do the upper back, but you're not going to necessarily wait for that real full sweating experience. They may have a little bit more of a reaction to it from you working on the client. the arm. And, and that's, it's, it's amazing. Like just working on that form. I don't know if anyone has ever done this before, but it is crazy.

I literally had not even two minutes of Gua Sha on my forearm, both arms in one session. Absolutely. You're going to do both arms. Yeah. Yeah, for sure. And in hyperhidrosis, you may see Um, where the client is only sweating on one side of the body. And so you would want to treat the unaffected side first and then the affected side.

For intense sweating (hyperhidrosis) start with the opposite side.

You do exactly the same treatment on the opposite arm first, and the treatment is the same, you stop when you see the change occur, and stabilize. It's always the same thing. It's an imbalance. Either it's too open or it's too closed. So, so for excessive sweating, um, same treatment. . Yeah. Yeah. But you're not going to have the same reaction, you don't want them to be sweating excessively.

If they are sweating excessively, just be a little bit careful because, um, the pores are quite open so they can mark a little bit more quickly. So it may need to be a little bit shorter.

Question: When performing Gua Sha during a massage session, is it still okay to continue a deep tissue treatment after Gua Sha over the same area?

So if you have created Sha, like that redness and petechia, you can do a very light work over the area, but you should either wear gloves or you should do it over like a thin sheet or towel, um, because this redness are blood cells coming to the surface of the body. And the research shows that blood cells do escape.

You're running a risk of infection, but also it's irritation. It could just be that skin is irritated. That's why it's got that redness about it. So it can be a little bit injurious. It also depends on how raw the tissues have gotten. So what I recommend generally is if there's Sha then I would often work that area with guasha.

Lightly at the beginning, perhaps just soften the fascia. And then if you want to do body work on it, and then if you want to go back afterwards and you want to see it, test it again, and if there's still Sha there, then go in and work more deeply. At the end so that you don't have to touch it again.

Post treatment. Gua Sha can make the pores very open, and the cold can impact that and create a chill if the area treated is left exposed. Make sure after the treatment. especially if for the sweating treatment that they've covered up the area that was treated.

It can make things worse instead of better. Anytime you're inducing Sha, you want to make sure that the area is really covered and protected, and you don't want any major temperature changes within a few hours.

It takes some time before the body re regulates. That triple warmer system has to come back into balance.

There are a couple of different reasons why you might want to induce sweating.

1. To pass a cold, virus, flu, any of that.

If a cold or illness has been lingering for a long time, it is taxing on the body. Sometimes there can be a low grade fever for weeks, or even months. Gua Sha can artificially induce a fever (nape of neck treatment) and stimulate the immune response.

The body gets a fever to fight pathogens. That's why we get a fever because pathogens, bacteria, mold, virus, fungus hate heat. So our body pumps the fever to kill the virus.

We need to have a fever to fight the colds. The more you suppress the fever, the more you weaken your immune system, actually, according to traditional Chinese medicine. And I see it. People getting sicker and sicker and sicker, but they got to go to work. "I got to do this. I got to do that..."

At this point, I interject to remind everyone of the contraindication which needs to be observed in this case. A person who has a fever, especially a **high fever is contraindicated**. If it is a chronic, low grade fever, gua sha is used to break the fever.

Gua Sha induces the immune response in the body. This is why it is amazing to treat Fibromyalgia using these methods as well

If you've been suppressing your fever for a long time, your body may not be able to get to that temperature again. And you may just feel like crap for a few days, but you never really get sick. A strong immune system is indicated by heat, fever, and sweating. It means the body is fighting. If we confirm that we have failed the fight and continue to get worse, then one should consider going to the doctor as it may have progressed or be a more serious condition. Particularly if symptoms are escalating quickly.

2. If a patient does not sweat

When someone does not sweat, the body temperature and even more dangerous the heart rate and temperature of the head can rise to dangerous levels.

A less serious side effect is that it is uncomfortable to do rigorous exercise, and so a sedentary lifestyle may follow in time.

It can be a sign of an imbalance in the Triple Warmer System