

Okay, so, today's training, we're, this is, um, this is some new material that we're, um, we're going over today. Um, and, so today we're going to talk a little bit about how, um, Gua Sha specifically, incorporates two meridians in East Asian medicine in the Chinese and Japanese meridian system, the gallbladder and triple warmer channels.

So what I'm going to do today is I'm going to talk a little bit about these two channels and describe how Uh, it relates to Gua Sha, so I'm not going to go in extreme depth about these two channels outside of their relationship to Gua Sha. Um, so it's going to be specifically to this treatment, and I'm also going to talk about how these two channels, the triple warmer and the gallbladder channel, um, how they look from an anatomical and physiological perspective so that you can start to understand, um, a little bit better.

If, if you sort of grown up as a body work in the Western medicine system, then this may just give you a little bit different perspective on, well, the fascia and the function of the fascia and broaden your scope a little bit. But I'm also going to introduce a couple of treatments beyond what is in the online course.

Uh, when we talk about how Gua Sha can be used to, um, improve circulation of lymph, but more so how to induce sweating. In, for example, someone who has what we would say is in a half sick condition. So potentially, um, if you understand like that, kind of when you sort of get a cold, but you don't quite break a fever, but you feel like, you know, if you could just break through that.

Probably or maybe you would, you would just feel a whole lot better. So like a lingering, uh, lingering illness, a lingering cold, um, kind of, uh, you know, a weak sickness, uh, when you just want to push it through your system. And, and the other place where you may want to induce sweating is for people like me.

I was like this for years. This is, this is, um, very personal experience. I never sweat. When I, before, before I had this treatment performed, uh, I would just, when I did sports, I would feel like my head is going to explode. I would get red hot. overheated, my heart would be beating like a drum and all of that.

So if there's anyone here who has that experience or if they have clients who simply they don't, and when I say they don't sweat, they don't sweat when they should. And so there's a whole, um, connection, you know, with water metabolism in the body that happens with that. And with some really simple treatment with Gua Sha, we can release the interior.

and induce sweating, um, in our clients. And it's not as simple as that. It really can have a systemic impact on their overall health, because there's usually other, um, other things kind of connected with that, that maybe, um, they didn't. realize we're, we're connected. So, uh, let's just get started here. So I'm curious, um, how many of you in this, uh, training today are familiar with or have some understanding of East Asian medicine principles or, um, like the meridians, the meridians of, of Shiatsu, the meridians of acupuncture?

This training will be an opportunity for you to explore East Asian Medicine concepts and the meridians, and or build on some of the knowledge that you already have. I'm going to do a brief review of two meridians, talk about the systems, functions of the systems, and the pathway of the meridians.

And the application of that to Gua Sha as well as a little bit of a comparison or expansion on how they relate to the fascial system and a brand new system, the Primovascular. It's not brand new, but it's fairly new. There's a lot of research ongoing right now that we're going to introduce.