

**Gua Sha: A Traditional Technique For Modern  
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ABOUT THE AUTHOR. Dr Arya Nielsen is a practitioner, teacher, author and researcher and is considered the Western authority on Gua sha. Sha has an academic research

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## **About arya nielsen | medigogy**

Dr Arya Nielsen is an American and researcher and is considered the Western authority on the traditional East Asian technique Gua sha. Practice Enhancement

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typically using either gua sha or fire cupping. The techniques are sometimes used A., Gua Sha: Traditional Technique for Modern Practice, Churchill

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stiffness and mobility, said Arya Nielsen, PhD, an authority on gua sha who practices at the Beth Israel A Traditional Technique for Modern Practice.

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Arya Nielsen, PhD, has a doctorate Dr. Nielsen is the author of Gua Sha, A Traditional Technique for Modern Practice, Churchill Livingstone, 1995;

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