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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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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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Gua sha: hands-on therapy for muscle and joint

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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