

## Preface to the English Edition

Up to now, I have spent half of my life in my homeland in China and the other half here in Germany. In both my life and my work, I find myself constantly shuttling back and forth between East and West and between their two mentalities. As a physician, I always let myself be guided by two concepts. On the one hand, by a linear concept that is rooted in a logical conclusion based on the application of anatomy-physiology and classic physics in accordance with strictly defined terms and conditions. On the other hand, by a nonlinear concept in which conclusions are drawn on the basis of perception and conviction, supported by quantum physics. When I practice *tuina*, this means that I concern myself not only with solid structures but with processes, movements, and vibrations. All of this together is, after all, “energy.” Engaging with this energy, which was already called “*qi*” in ancient China, will be unavoidable for the natural sciences in the future.

The theory of Traditional Chinese Medicine shows that humans must be in harmony with their environment and with themselves if they want to be and remain healthy. This pursuit of harmony is found not only in the linear concept of anatomy but also in the nonlinear concept of energy, of the energy (*qi*) that keeps the whole system together and makes it complete. Energy is the potential

of any action. This refers to the potential as the result of which something can happen or change.

The human body possesses a self-healing and self-regulating energy that allows the person to feel healthy. However, if there is a blockage—a disturbance in the movement of the energy—disharmony results. When the blockage is not resolved and the disturbance lasts too long, the patient feels unwell, which can lead to disease. Disturbances can come from the person's environment and from him- or herself, for example political unrest or stressful social influences, but also one's personal lifestyle. *Tuina* practitioners detect these disturbances and attempt to eliminate them by means of their consciousness and concentration through their hands and the application of their own body. To preserve their own inner balance and strengthen their physical energy, *tuina* practitioners in China practice *qigong* on a daily basis.

Both concepts are necessary if we are to embrace the universe and the world around us holistically and hence also understand how to view the patient holistically, for the sake of prevention as well as therapy. This is also where the future lies.

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## Preface to the Second German Edition

Our intention with this book is to provide easily comprehensible instructions for *tuina* for practitioners of Western medicine. The book is meant to open up accompanying and alternative strategies for practitioners knowledgeable in manual therapy, with a focus on disturbances of the locomotor system. We wish to show complementary treatment options for diseases in the areas of general medicine, internal medicine, gynecology, and pediatrics. In addition, we wish to address physicians, naturopaths, physical therapists and ergotherapists, massage therapists, midwives, and parents.

In this respect, our book takes the familiar Western diagnostic terminology into account and uses generally understood terms in the instructions for self-treatment.

Understanding the theory of Chinese medicine is not an indispensable requirement for learning *tuina* therapy.

This book is the official textbook of the German Tuina Academy. The academy is a center for continuing education and advanced training in medicine with a focus on Traditional Chinese Medicine (TCM). The German Tuina Academy cooperates with the University of TCM in Shandong in an arrangement that is unprecedented in Europe. Training includes both therapeutic and preventative treatments. It presents the entire range of *tuina* therapy rather than, as is often the case in other training centers, only a small part, for example, *tuina* massage.

Additional information can be found at [www.tuina-akademie.de](http://www.tuina-akademie.de).

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