



A TOOTH FROM THE TIGER'S MOUTH



*How to Treat Your Injuries
with Powerful
Healing Secrets of
the Great Chinese Warriors*

TOM BISIO



A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior, Tom Bisio, Simon and Schuster, 2009, 1439188777, 9781439188774, 384 pages. A renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more. For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such precious and powerful knowledge "a tooth from the tiger's mouth." Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person. While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more. He teaches readers how to: Examine and diagnose injuries Prepare and apply herbal formulas Assemble a portable kit for emergencies Fully recuperate with strengthening exercises and healing dietary advice Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors..

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The Art of Acupuncture Techniques , Robert Johns, Dec 17, 1996, , 232 pages. Acupuncture patients who want the nitty-gritty of such needling techniques as depth, placement, and needle type should read The Art of Acupuncture Techniques. It's unique

Acupuncture Desk Reference Your Guide to Complete Knowledge, David J. Kuoch, Aug 30, 2007, , 416 pages. .

The Tao of Healthy Eating Dietary Wisdom According to Traditional Chinese Medicine, Bob Flaws, 1998, Health & Fitness, 128 pages. This book presents both the traditional Chinese teaching on preventive & remedial dietary therapy as well as addresses such modern Western concerns as high cholesterol

Effortless Combat Throws , Tim Cartmell, Aug 1, 1998, , 194 pages. In this detailed book, Tim Cartmell expertly explains the principles of combat throwing techniques which, when performed correctly, do not require the use of great power, force

Zheng Gu Tui Na A Chinese Medical Massage Textbook, Tom Bisio, Frank Butler, 2007, , 269 pages. "Tui na (pronounced tweena), which literally means push/grasp, is a series of pressing, tapping and kneading movements that allows the qi (chi), or energy, to flow to and from

The Best Alternative Medicine What Works? What Does Not?, Kenneth R. Pelletier, 2000, Health & Fitness, 449 pages. A comprehensive reference source on alternative medical treatments explores twelve therapies that have been shown effective, including Ayurvedic medicine, Europe and herbs, and

The healing arts exploring the medical ways of the world, Ted J. Kaptchuk, Michael Croucher, 1987, Health & Fitness, 176 pages. .

Strategy and Change An Examination of Military Strategy, the I-Ching and Ba Gua Zhang, Tom Bisio, Jan 15, 2010, , 330 pages. Life is Strategy! STRATEGY & CHANGE, by Tom Bisio, is an engaging meditation on the application of strategy to all facets of human interaction. Of equal interest to the

The Book of Shiatsu Vitality & Health Through the Art of Touch, Paul Lundberg, Nov 24, 2009, Health & Fitness, 192 pages. With shiatsu (a Japanese word meaning "finger pressure") you can release and stimulate the energy flowing through your body -- using just your hands and fingers -- to awaken

The complete illustrated guide to shiatsu the Japanese healing art of touch for health and fitness, Elaine Liechti, Apr 2, 1998, Health & Fitness, 192 pages. .

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