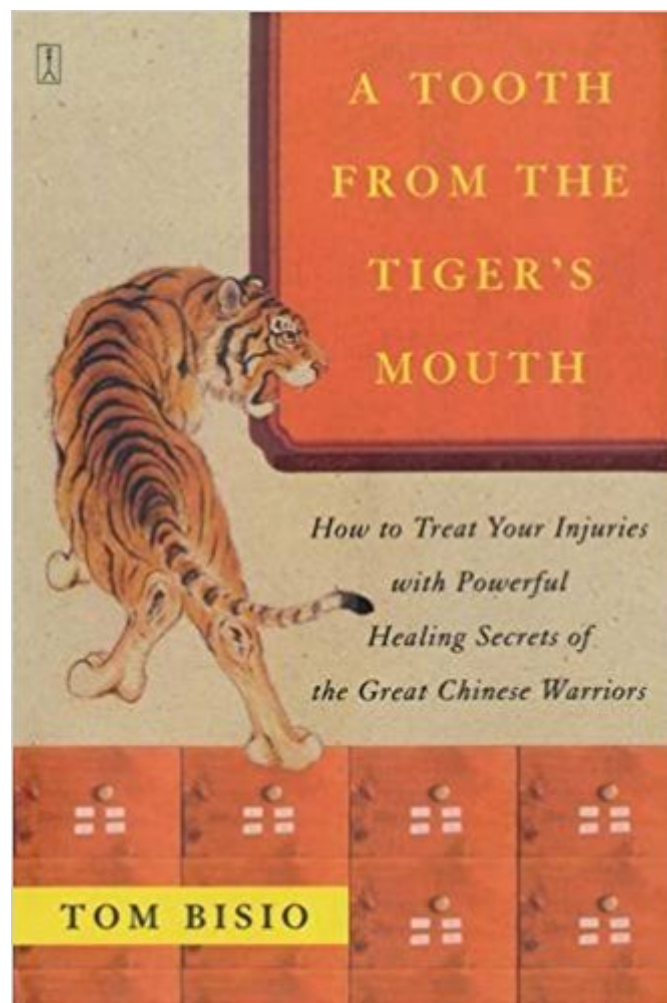


The book was found

A Tooth From The Tiger's Mouth: How To Treat Your Injuries With Powerful Healing Secrets Of The Great Chinese Warrior (Fireside Books (Fireside))



Synopsis

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.

Book Information

Series: Fireside Books (Fireside)

Paperback: 384 pages

Publisher: Touchstone (October 12, 2004)

Language: English

ISBN-10: 0743245512

ISBN-13: 978-0743245517

Product Dimensions: 5.5 x 1 x 8.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (105 customer reviews)

Best Sellers Rank: #64,384 in Books (See Top 100 in Books) #21 in [Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine](#) #150 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #160 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

Customer Reviews

First a disclaimer: I've been a student of Tom's for over 10 years, both as martial artist and a

practitioner of Chinese medicine. (In fact, I became an acupuncturist partly as a result of having had my martial arts injuries successfully treated with Chinese medicine.) So, I am most definitely a biased reviewer! I'll focus on a small portion of the book, one which is of primary interest to martial artists: the use of herbal training formulas (Die Da formulas) to heal and prevent injuries: A Tooth From the Tiger's Mouth includes in-depth discussion of the following external formulas: A basic Die Da Jiu (trauma liniment) for acute injuries A formula for Tendon Lotion for chronic injuries bothered by damp and cold U-I Oil - a patent remedy Chinese Massage Oil - a patent remedy Black Ghost Oil - a patent remedy San Huang San - a herbal poultice for acute injuries Sinew-Bone Poultice - a herbal poultice for healing middle or late stage injuries Wu Yang Pain Relieving Plaster - a patent remedy Yunnan Paiyao Plaster - a patent remedy 701 Plaster - a patent remedy Hua Tuo Anticontusion Rheumatism Plaster - a patent remedy Gou Pi Plaster - a patent remedy Tendon Relaxing Soak - an herbal soak Warming Soak - an herbal soak The following internal formulas are also discussed in detail: Trauma pills - an herbal pill made with ground herbs and honey Resinall K - a patent remedy made from an alcohol extract; similar to Qi Li San Rib Fracture Formula Bone Knitting Formula Tonic formulas such as Ge Jie Da Bu Wan, etc.

[Download to continue reading...](#)

A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) Germany's Tiger Tanks D.W. to Tiger I: Design, Production & Modifications Germany's Tiger Tanks: VK45.02 to TIGER II Design, Production & Modifications (Schiffer Military History) Tiger Math: Learning to Graph from a Baby Tiger Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Battle Plan for Prayer Book 1) Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Spiritual Battle Plan for Prayer) (Volume 1) Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Home Remedies for Ulcers (ulcer, stomach ulcer, peptic ulcer, ulcer symptoms, stomach ulcer symptoms, ulcer treatment, mouth ulcer, mouth ulcers, cold sore, cold sore remedies, cold sores) The Chinese Cookbook: 50 Great Recipes from the Chinese Kitchen (Chinese Cooking) HAPPY CHINESE NEW YEAR. Kids Coloring Book.: Children Activity Books with 30 Coloring Pages of Chinese Dragons, Red Lanterns, Fireworks, Firecrackers, ... 3-8 to Celebrate Their Fun Chinese New Year! Treat Your Dog Right: Best Ever Homemade Dog Treat Recipes Chinese Hot Pot Cookbook - Your Favorite

Chinese Hot Pot Recipe Book: No Other Chinese Cookbook Can Compare 49 Awesome Chinese Recipes (The Ultimate Chinese Cookbook That Brings an Entire American Chinese Buffet to Your Dinner Table) Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Getting Love Right: Learning the Choices of Healthy Intimacy (Fireside Parkside Books) Chinese Recipes. Delicious Chinese Recipes For All The Family: Easy & Tasty Chinese Cookbook

[Dmca](#)