

# JIN GU ABDOMINAL ORGANS (ZANG FU) TUINA MASSAGE 津沽脏腑推拿

Join us in the 2-day abdominal tuina  
massage techniques by Dr. Henry Tarazona!

## **Fees:**

Regular rate: \$700

**Early bird rate: \$600 (before Feb 28th)**

**TCM Association Members: \$550**

**CITCM Alumni: \$500**

**Saturday & Sunday  
March 11th & 12th, 2023**

08:00 AM – 5:00 PM

**DR. HENRY TARAZONA**

Ph.D in Acupuncture & TCM



**EMAIL US TODAY TO  
REGISTER  
INFO@CITCM.COM**

**Organizer:**  
**CITCM Acupuncture & TCM College**  
**300, 1824 Crowchild Tr NW**  
**Calgary, AB T2M 3Y7**  
**403.520.5258**

## Jin Gu Abdominal Organs (Zang Fu) Tuina Massage Workshop

### Introduction

Jing Gu Abdominal Organs (Zang Fu) Tuina Massage is one of the most important schools of abdominal Tuina Massage in China. It originates from the north of China, in Tianjin Tan Gu. It is one of the most traditional schools of abdominal Tuina massage that exist in China, and it is based in the Yellow Emperor Classic of Traditional Chinese medicine. It mainly includes four core techniques: pressing, kneading, transporting, and pushing.

This type of abdominal organ tuina massage is based on the theories of TCM, the brain and the intestines connections, it is widely use in the clinical practice to treat neurological diseases, digestive issues, gynecological conditions, depression, and internal medicine conditions.

Led by Professor Wang Jin Gui, who is the Director of the Tuina Department of the First Teaching Hospital of the Traditional Chinese Medicine University of Tianjin in China, the Jin Gu Abdominal Organ (Zang Fu) Tuina Massage has been further developed and researched for the past 30 years.

### Jin Gu Abdominal Organs (Zang Fu) Tuina massage

This practical and theoretical workshop will be delivered in 15-hour session of 2 days. Participants will learn the main content and techniques of Jing Gu Abdominal Organs (Zang Fu) Tuina Massage. Acupuncturists, TCM practitioners and massage therapists, osteopath, and any other manual therapist are welcome to join us. This workshop will have a limited capacity of max 20 participants.

This course will be taught by Dr. Henry Tarazona, MD, MB, PhD, who graduated from the Tianjin University of traditional Chinese medicine in China and had more than twelve years' experience working and studying TCM in China.

He was a direct student of Prof. Wang Jin Gui and fortunate to have the opportunity to do his research and studies in the Tuina Department of the TCM First Teaching Hospital of the Tianjin University for more than six years with Jin Gu Abdominal Organs (Zang Fu) Tuina Massage as one of the subjects.

He has also been taught many TCM courses in TCM universities and colleges around the world and is currently a TCM instructor for CITCM, the Ontario Collage of Traditional Chinese medicine, Athens College of East Asian Medicine, and the Taos Vital College of Acupuncture.



## Topics

1. History and introduction of the Jin Gu Zang Fu Abdominal Tuina Massage school
2. Introduction to the theory of the Jin Gu Zang Fu Abdominal Tuina Massage school
3. Main Characteristics of the Jin Gu Zang Fu Abdominal Tuina Massage school
4. Main treatment principles of the Jin Gu Zang Fu Abdominal Tuina Massage school
  - a. Harmonize the Qi and clear the meridians
  - b. Harmonize the San Jiao
  - c. Use of the Front Mu Points and the Back Shu points
  - d. Treatment of internal disorders
5. Main meridians that have relation with Jin Gu Zang Fu Abdominal Tuina Massage school
  - a. Chong Meridian
  - b. Ren Meridian
  - c. Dai Meridian
  - d. Du Meridian
6. Main acupuncture points located in the abdominal area and their clinical application 24 points
7. Jin Gu Zang Fu Abdominal Tuina Massage school main techniques
  - a. Pressing layer technique
  - b. Plus 10 abdominal massage techniques
8. Warm the Yang and harmonize the Chong meridian related disease
  - a. Stomach pain
  - b. Diarrhea
  - c. Edema
  - d. Erectile dysfunction
  - e. Diabetes
  - f. Depleting syndrome
  - g. Dysmenorrhea
9. Tonify the Qi and nourish the Zang organs
  - a. Common cold
  - b. Palpitations
  - c. Sleeping disorders
10. Promote Qi Circulation and regulate the Qi
  - a. Constipation
  - b. Menstrual disorders
  - c. Depression
  - d. Bi syndrome
  - e. Obesity
  - f. Leucorrhea
11. Special diseases that can be treated with Jin Gu Zang Fu Abdominal Tuina Massage school
  - a. Spasmodic torticollis
  - b. Parkinson
  - c. Autism
  - d. CFS







## Schedule

Day One		Day Two	
Time	Agenda	Time	Agenda
8:00 - 12:00	Topic 1-3 Theory & practical application	8:00 - 12:00	Topic 7-9 Theory & practical application
12:00 - 13:00	Lunch Break	12:00 - 13:00	Lunch Break
13:00 - 17:00	Topic 4-6 Theory & practical application	13:00 - 17:00	Topic 10-11 Theory & practical application