



Karen Craven Acupuncture
specializing in allergy and pain elimination

Gua Sha

Gua Sha is an ancient technique used by Traditional Medicine practitioners all over the world. It creates small red spots, therapeutic petechiae, called sha. The sha are raised by rubbing the oiled skin with a rounded edge. The sha, red spots, usually fade in 2-4 days but the benefits can last much longer.

Gua Sha stimulates immune system and anti-inflammatory responses in the body. It is beneficial in treating problems of limited mobility and pain. It is also effective for many acute and chronic disorders, infectious illness, digestive and respiratory problems. The common cold responds favorably to Gua Sha.

Gua Sha promotes circulation and stimulates the body to move accumulated waste and fluids in the tissues. It is common to feel a change immediately. For someone who has had long standing pain, this can be a shocking circumstance requiring time to process. After Gua Sha it is best to take it easy for the rest of the day avoiding all excesses of food, drink or activity.