

## Local masseuse puts training in Chinese techniques to work

BY KATHIE DICKERSON • Staff Writer • September 8, 2010

COSHOCTON -- Ancient Chinese techniques are now being practiced at a Main Street business.

Kristy Turner now is applying 7,000-year-old therapies at her business, Alternative Therapies & Massage.

She opened her business in 2008, but recently returned from a continuing education course in Beijing, China. She spent two weeks with a group of 12 students from the American Institute of Alternative Medicine.

"It's not totally understood how it works, but it does," said Turner of the techniques she learned.

A licensed massotherapist, her focus is on relieving and preventing pain and stress through massage therapy. While she learned much in China, she also learned there's still much to learn.

"I plan to continue learning," she said.

While in Beijing she observed a doctor working in a pain clinic, seeing people with pain in all areas of the body receive treatment and go away relieved.

Traditional Chinese medicine teaches there are meridians, or pathways that travel the body, connecting organs with certain extremities, she said.

There are hundreds of points along these pathways that can be massaged, treated with acupuncture, or cupped, to relieve pressure and clear the pathway so that energy can flow properly and cure the disease and pain, Turner said.

Cupping creates a suction that loosens impacted nerve endings.

"It's really quite a different sensation than the traditional massage, or pressure," Turner said.

Turner's Chinese teacher used the Tui na methods, which includes acupressure, cupping, chiropractic, herbs and some pain medication to treat patients.

The Tui na massage is done with the patient fully clothed, Turner said. First muscles are relaxed and then pressure is applied with the thumb to different acupoints along the meridian. Then the muscles and joints are moved or stretched. The techniques use the hands, fingers, arms, forearms and elbows, she said.

She already used some of the techniques in her therapeutic massage, but found through the studies additional points that can be used to open the meridian channels.

She learned a different cupping technique, called the fire cup. A glass sphere is heated to create a vacuum and suction. It creates a reverse pressure application, and along with oil can be moved along various points.

"It's an incredible sensation and the tissue responds quickly, decreasing pain and tightness," Turner said.

Prior to the two weeks of study, she and her fiancé, Cliff Miller, spent 10 days touring China.

"We saw the Great Wall, which was absolutely awesome," Turner said.

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They also visited many temples and the site of the Terra Cotta Warriors, figures that date from 210 B.C. that were built to help guard China's first emperor in the afterlife.

While they traveled the country by subway, train, car or bus, they ate a variety of dishes along the way, including goat, pigeon, duck, lamb, beef kidney and many interesting vegetables, Turner said.

There are 15 million people in Beijing, so there were people everywhere, she said. But it was a very safe, welcoming community.

Turner said she'll return whenever possible to continue her education, but meanwhile will stay in touch by reading and communicating online.

She wants to help anyone who comes to her for treatment.

"I really like being able to help someone who's in pain, and when they leave the pain is gone or lessened," she said.

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Kristy Turner, of Coshocton, appears with fellow students at the Beijing Hospital of Traditional Chinese Medicine where Turner studied for two weeks this summer. (Submitted photo)

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