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Scrape Therapy is an ancient Chinese natural therapy. Until today, we are still uncertain about its origin. According to some records, it originated in the Yuan Dynasty.

Scrape Therapy is a very good method to remove toxins on a specific part of the body and serves as a prevention of illnesses by eliminating them at the initial stage. Using a scrape plate to scrape the external part of the skin with a lotion may cause slight discomfort and bleeding under the skin which will let out toxins from the body. Bruises will then be formed. The body at this stage will summon the white blood cells to clear up the toxins. Hence, bruises will subside in a few days. If speedier results are desired, the "Method of dredging the channels and regulating the flow of energy" can be added which is now known as Lymphatic Scraping. It helps regulate the channels and meridians, relax muscles and eliminate fatigue.

Generally speaking, Scrape Therapy is a scraping method that stimulates the acupoints in a particular area of the body thereby promotes metabolism of the body, activates damaged cells, regulates all the internal organs and restores health. It is a simple and economical natural therapy. The Therapy which is also adopted in the cosmetics sector is the Channels Beauty Therapy of today. It is more effective than conventional therapies when Chinese herbs that can break up the black and yellow pigments of the skin are added. Replacement of the cells of whitening factors can take place thereby promoting metabolism. The body can thus be regulated from inside to outside, making the skin fair, supple, smooth and lustrous. Skin cells will be restored to their full shape. Active enzyme of the cells can be released, effectively preventing active qualitative changes thereby making the life motions of the cells more active and the skin and muscle systems of the body will always be in their normal operating conditions.

I would like to sum up my message with one sentence: "YN creates miracles of life".

By

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In the book titled "The Chinese Folk Scrape Art", it is written that modern medicine is of the view that by using the natural therapy of scraping, the specific acupoints and areas of the body are put under certain process of stimulation resulting in the nerve-ends or receptors in the body being affected. On one hand, they would send signals of stimulations to the central nervous system through nerve reflexes or neurohumor. After being analyzed and summed up by the central nervous system, there will be co-ordinations and new balances of the functions of various parts of the body. On the other hand, as the area of the scraping is broad, there will be local thermal effect, local dilation of small vessels and capillaries resulting in the increased local blood capacity and flow of blood, conducive to the activation of damaged cells, facilitating the exchange and removal of metabolism products. It is also helpful to the repair and renewal of damaged tissue and the restoration of functions, re-establishing the effects of treating and health protecting of the body that follows natural physiological cycle. In a layman's words, it is to stimulate the skin with scraping art to bring about subcutaneous congestion and dilation of capillaries, enabling filthy gas to come out from inside. When the pathogenic gas is let out, the root of diseases that blocks the channels and meridians will be exposed outside, enabling the affected organs and cells to receive nutrients and oxygen, and hence, the blood vessels all over the body are dredged thereby further promoting metabolism. When the blood circulation is not impeded, damaged cells in the body will be activated, all internal organs balanced and regulated and finally health restored.