

TCM Therapeutic Massage for Infants and Children

Pediatric or child therapeutic massage is another aspect of TCM that can be one option in a complete and holistic approach to children's health care. It has a long history of more than 2,000 years old. Pediatric massage, like most aspects of Chinese medicine, evolved slowly but steadily into its present form.

Today, this therapy has evolved and is based on massaging specific meridians and acu-points of a child's body to treat specific illnesses of an internal nature. No herbal medication is required during the treatment.

This form of therapeutic massage is capable of influencing a child's energetic flow in the same way that acupuncture works for adults. As there are no needles, you child will find less resistance to it. In fact, they will enjoy more than refusing to accept this kind of pleasant sensation.

This therapy is suitable for children from birth to approximately twelve years of age, although it is mainly used for children under six. In general, the younger the child, the more effective these techniques will be.

Today, this natural and effective form of massaging technique has gain increasing popularity and has been used to treat different conditions of children. A large variety of pediatric conditions that respond well to this massage include common cold, sinus, constipation, cough, diarrhea, digestive difficulties, fever, headache, sore throat, abdominal pain, asthma and general health care.

Other benefits of Child Massage include:

- Promoting healthy growth
- Strengthening the immunity system
- Enhancing better sleep
- Aiding digestion and stimulating appetite
- Improving cognitive, sensory and muscular development
- Increasing bonding between parent and child

