



 Get Print Book

## A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside))

*By Tom Bisio*

 Download

 Read Online

**A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside))** By Tom Bisio

A renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more.

For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such precious and powerful knowledge “a tooth from the tiger's mouth.” Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person.

While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more.

He teaches readers how to:

- Examine and diagnose injuries
- Prepare and apply herbal formulas
- Assemble a portable kit for emergencies
- Fully recuperate with strengthening exercises and healing dietary advice

Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors.

 [Download A Tooth from the Tiger's Mouth: How to Treat ...pdf](#)

 [Read Online A Tooth from the Tiger's Mouth: How to Trea ...pdf](#)

# **A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside))**

*By Tom Bisio*

**A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio**

A renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more.

For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such precious and powerful knowledge “a tooth from the tiger's mouth.” Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person.

While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more.

He teaches readers how to:

- Examine and diagnose injuries
- Prepare and apply herbal formulas
- Assemble a portable kit for emergencies
- Fully recuperate with strengthening exercises and healing dietary advice

Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors.

**A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio Bibliography**

- Sales Rank: #79628 in Books
- Brand: Bisio, Tom/ Zhu, Xue (ILT)
- Published on: 2004-10-12
- Released on: 2004-10-12
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 1.00" w x 5.50" l, .72 pounds
- Binding: Paperback
- 384 pages

 [Download A Tooth from the Tiger's Mouth: How to Treat ...pdf](#)

 [Read Online A Tooth from the Tiger's Mouth: How to Trea ...pdf](#)

## **Download and Read Free Online A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio**

---

### **Editorial Review**

#### **Review**

Gregory Petaro, M.D. A must for any athlete, whether a weekend warrior or serious competitor. I have used these strategies successfully in my practice.

Kevin V. Ergil, M.A., M.S., L.ac., Director, Graduate Program in Oriental Medicine, Touro College This book should have enormous value to anyone engaged in an active lifestyle or involved in the management of minor trauma, especially as it relates to sports medicine.

#### **About the Author**

**Tom Bisio** is a world-renowned martial artist and a licensed practitioner of Chinese medicine. He heads a clinic in New York City where his unique background in Western and Eastern approaches to healing has helped him create and implement effective rehabilitation programs.

### **Users Review**

#### **From reader reviews:**

##### **Donovan Pena:**

Here thing why this particular A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) are different and trusted to be yours. First of all studying a book is good nevertheless it depends in the content of computer which is the content is as yummy as food or not. A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) giving you information deeper including different ways, you can find any reserve out there but there is no book that similar with A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)). It gives you thrill studying journey, its open up your personal eyes about the thing that will happened in the world which is maybe can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your approach home by train. In case you are having difficulties in bringing the imprinted book maybe the form of A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) in e-book can be your option.

##### **Edward Brown:**

Reading a guide tends to be new life style in this particular era globalization. With examining you can get a lot of information that may give you benefit in your life. Using book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire their very own reader with their story as well as their experience. Not only the storyline that share in the textbooks. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors in this world always try to improve their expertise in writing, they also doing some study before they write with their book. One of them is this A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the

Great Chinese Warrior (Fireside Books (Fireside)).

**Brandon Francis:**

Don't be worry should you be afraid that this book may filled the space in your house, you will get it in e-book approach, more simple and reachable. This kind of A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) can give you a lot of buddies because by you looking at this one book you have point that they don't and make you more like an interesting person. This specific book can be one of one step for you to get success. This e-book offer you information that possibly your friend doesn't recognize, by knowing more than some other make you to be great people. So , why hesitate? Let us have A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)).

**Lyndsey Lafferty:**

What is your hobby? Have you heard in which question when you got students? We believe that that concern was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. And you also know that little person including reading or as studying become their hobby. You need to know that reading is very important and book as to be the issue. Book is important thing to increase you knowledge, except your teacher or lecturer. You will find good news or update regarding something by book. Numerous books that can you decide to try be your object. One of them is this A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)).

**Download and Read Online A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio  
#SXNLYBMFD5V**

## **Read A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio for online ebook**

A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio books to read online.

### **Online A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio ebook PDF download**

**A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio Doc**

**A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio Mobipocket**

**A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior (Fireside Books (Fireside)) By Tom Bisio EPub**