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# Discover the Surprising Effects of Her Gua Sha Treatment

## Description

### “That looks so painful.”



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When most people think of massages, they imagine relaxation and relief from stress. However, one TikTok user reported a vastly different experience, claiming her day at the spa left her feeling as if she had been “skinned alive.”

In a viral video, TikToker Kim’s Chronicles (@kimschronicles) warned viewers about Gua sha, a traditional Chinese massage technique that involves scraping the skin with a tool. Kim described the process as excruciating, leaving her with painful marks that took days to heal. She advised others to “run for your life” if a therapist recommends this treatment.

## What is Gua sha?

The technique is believed to enhance circulation by breaking up stagnant energy, known as chi, thought to contribute to inflammation. Some studies suggest Gua sha can improve blood flow and reduce muscle pain, yet reactions vary widely.

## Is Gua sha safe?

After her treatment, Kim felt intense burning sensations and noticed her back was inflamed. She emphasized, “I’m not exaggerating. It was so painful.” Despite some praise for Gua sha in the comments, others empathized with her discomfort and questioned its safety for those with conditions like fibromyalgia.

[@kimschronicles](#) I was skinned alive! Never do Gua Sha? One of the stupidest things I have ever done. [#stupidity](#) [#guasha](#) [#painful](#) [#mass](#) [#run](#) ? original sound - Kim’s Chronicles

The Daily Dot reached out to Kim’s Chronicles via TikTok for further comments.



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## Vocabulary List:

1. **Excruciating** /ɪk'skruː.ʃi.eɪ.tɪŋ/ (adjective): Intensely painful.
2. **Inflamed** /ɪn'fleɪmd/ (adjective): Reddened swollen or inflamed due to injury or infection.
3. **Technique** /tɛk'ni:k/ (noun): A method or way of doing something especially in a skillful manner.
4. **Circulation** /,sɜːr.kjʊ'leɪ.ʃən/ (noun): The movement of blood through the body.
5. **Chi** /tʃi:/ (noun): In Chinese philosophy the vital life force that flows through the body.
6. **Empathized** /'ɛm.pə.θaɪzd/ (verb): To understand and share the feelings of another.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which term refers to an inequality or difference?  
Option: Mortality  
Option: Facilitating  
Option: Disparity  
Option: Inflamed
2. Which condition causes inflammation in the cartilage that connects a rib to the breastbone?  
Option: Cervical  
Option: Costochondritis  
Option: Vigilant  
Option: Radiating
3. Which term describes severe pain that is agonizing?  
Option: Inflamed  
Option: Technique  
Option: Excruciating  
Option: Circulation
4. Which term means to understand and share the feelings of another?  
Option: Chi  
Option: Symptoms



Option: Empathized

Option: Balance

5. What are products taken orally to enhance one's diet?

Option: Consumption

Option: Supplements

Option: Reliance

Option: Hydration

6. Which term refers to statistical data relating to the population and groups within it?

Option: Prevalence

Option: Consequences

Option: Demographics

Option: Regulatory

7. Which term relates to the rules or laws governing an industry or activity?

Option: Significant

Option: Regulatory

Option: Disorders

Option: Exposure

8. What are the indications or signs of a disease or condition?

Option: Inflamed

Option: Symptoms

Option: Prevalence

Option: Consequences

9. Which term refers to the process of causing something to absorb water?

Option: Reliance

Option: Balance

Option: Hydration

Option: Nutrition

10. Which term denotes the proportion of a particular population found to have a condition?

Option: Debilitating

Option: Prevalence

Option: Consequences

Option: Significant

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The pain was so intense that it felt like it was \_\_\_\_\_ from the lower back down the



- leg.
12. The new software was aimed at \_\_\_\_\_ better communication among team members.
13. Excessive sugar \_\_\_\_\_ can lead to various health issues like obesity and diabetes.
14. The success of the dish lies in the chef's \_\_\_\_\_ of perfectly blending the flavors.
15. Every action we take has some form of \_\_\_\_\_ whether positive or negative.
16. The discovery of penicillin was a \_\_\_\_\_ breakthrough in the field of medicine.
17. She had a deep \_\_\_\_\_ on her best friend for emotional support during tough times.
18. Practicing yoga helps in balancing your body's \_\_\_\_\_ and promoting overall well-being.
19. A healthy lifestyle involves maintaining a \_\_\_\_\_ between physical activity and proper nutrition.
20. Eating a well-rounded diet ensures that your body receives essential \_\_\_\_\_ for optimal function.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Security guards must be at all times to prevent unauthorized access.
22. The joint appeared red and swollen indicating that it was .
23. The chronic illness left him in a state unable to perform daily tasks.
24. Finding a between work and leisure is essential for overall well-being.
25. The doctor recommended a scan to check for any abnormalities in the region of the spine.
26. Traditional Chinese medicine focuses on balancing one's to promote health.
27. Proper is crucial especially during intense physical activity to avoid dehydration.



28. Government agencies enforce standards to ensure the safety of consumer products.
29. The study aimed to determine the of mental health disorders in the adolescent population.
30. The psychiatrist specializes in treating various mental health .

## Answer

**Multiple Choice:** 1. Disparity 2. Costochondritis 3. Excruciating 4. Empathized 5. Supplements 6. Demographics 7. Regulatory 8. Symptoms 9. Hydration 10. Prevalence

**Gap-Fill:** 11. Radiating 12. Facilitating 13. Consumption 14. Technique 15. Consequences 16. Significant 17. Reliance 18. Chi 19. Balance 20. Nutrition

**Matching sentence:** 1. Vigilant 2. Inflamed 3. Debilitating 4. Balance 5. Cervical 6. Chi 7. Hydration 8. Regulatory 9. Prevalence 10. Disorders

## CATEGORY

1. Health - LEVEL4

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