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## **Stroke, herniation and the resilience by roller Doctor100**

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Stroke and herniation are the century diseases of middle-aged, elderly and now also of the young people. These diseases leave a long-term sequelae, to recover it is requires a lot of time and effort not only of the patients but also the doctors and the specialists in spinal manipulation and massage. Doctor Nguyen Ngang, creator of roller Doctor100 and method Doctor100, has been self-experienced many diseases for a long time: degenerated 4 waist-vertebraes, degenerated 4 neck-vertebraes, 170/110 high blood pressure, myocardial infarction, prostate cancer, skin cancer surgery 2 times, memory decline, bulge belly... very difficult to move. Doctor Nguyen Ngang has approached Oriental medicine and invented the roller Doctor100 and the method Doctor100. Thanks to this method, his pain was significantly reduced, the health is improved unexpectedly. After 6 months the diseases almost disappeared, his mind is recovered, after a year, the health is recovered and now Dr. Nguyen Ngang becomes a healthy elderly strong and lucid.

Doctor100 method and Doctor100 roller not only improve the health of patients but also an active method to help patients actively rehabilitate, while preventing the risk of recurrence.

Doctor100 method has been successfully applied in hospitals: Central Military Hospital 108, Central Acupuncture Hospital, Bach Mai Hospital, Budapest acupuncture catgut embedding Institute – Hungary.

### **Biography**

Tang Anh Tuan is CEO of Doctor100 Center. The center is established in Viet Nam in 2007, in Vienna in 2008. In 2010, standardise Self-healing and prevention the health by Doctor100 Roller; joined "Treatment & Control Spinal Disease" workshop in Singapore, Exhibition in Seoul-South Korea and Paris-France; Also successfully applied Doctor100 method to hospitals: Central Military hospital 108, Central Acupuncture hospital, Bach Mai hospital. In 2012 introduce Doctor100 Acupuncture-Roller. 2014 upgrade to Doctor100 Acupuncture-Roller with heat, which help and effectively very much in treatment chronic diseases related to spine. In 2017 new born Doctor100 Quartz-Power-Roller.

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