

### Experience the Ancient Oriental Art of Acupressure

Acupressure is an ancient healing art using the fingers to gradually press key healing points, which stimulate the body's natural self-curative abilities. The Chinese discovered more than 5,000 years ago that pressing certain points on the body relieved pain where it occurred and also benefited other parts of the body more remote from the pain and the pressure point. Gradually, they found other locations that not only alleviated pain but also influenced the functioning of certain internal organs. Using the power and sensitivity of the hand, Acupressure is effective in the relief of stress-related ailments, and is ideal for preventive health care for boosting the immune system. Acupressure releases tension, increases circulation, reduces pain, and develops spirituality and vibrant health.

Back Care Acupressure is highly effective for relieving muscular tension in all areas of the back. Important points are located along either side of the spine and on the upper back. Many people especially appreciate the release of tightness associated with lower back pain and sciatica. By relaxing and toning the back muscles, Acupressure makes the spinal adjustments easier and more effective, and the chiropractic results last longer. In fact, Acupressure and chiropractic treatments were originally practiced together in ancient China.

Emotional imbalances and the physical symptoms that accompany them are often the body's response to unresolved issues and events, such as stress and trauma. Acupressure relaxes the tight muscles that result from emotional issues and events, which cause the body to contract its muscles and harden, like protective armor, to shield your inner self. Acupressure has an advantage in that it works directly with the body to relieve physical ailments, muscular tension, and the emotional imbalances associated with them.

A skilled Acupressurist can integrate many complementary body care methods and therapies into a complete treatment. Examples include therapeutic touch, somatic work, healing imagery, acupressure meridian therapy, five element assessments, pulse reading, Asian bodywork therapy, energy psychology (which involves tapping acupressure points), and acupressure

massage therapy techniques.

Acupressure is a complement to standard medical care. It should not be construed as medical advice. It should not be a replacement to medical help. Please use it wisely. We care about your safety.