



Balancing Body's Energy Flow Without Needles

This form of energy balancing treatment is known as either *acupressure* or *pressure point* therapy. Its purpose is to balance the energetic system—through the meridians—by pressing on specific acupuncture/acupressure points on the body. Common positive side effects include clarity of mind and lowered stress.

Gentle yet firm pressure is applied using thumb, hand or elbow techniques.

Not as effective for all disorders as traditional needle acupuncture, pressure point therapy can still be used successfully for these most common ailments:

- Musculoskeletal problems such as back pain, sprains, strains, neck and shoulder problems, repetitive stress syndrome
- Headaches, including migraine headaches
- Respiratory problems such as asthma, allergies, colds, coughs and weak immune conditions
- Gynecological problems: especially menstrual irregularity, pain and cramps
- Digestive problems: reflux, constipation and abdominal bloating
- Stress
- Anxiety and Depression

BASIC PRINCIPLES of ACUPUNCTURE

- Fourteen major energy channels called meridians flow through the human body.
- An energy called Chi circulates along the meridians to all parts of the body, including the internal organs and every cell. This Chi is the vital force that literally keeps us alive. Vibrant health is a result of balanced, unimpeded flow of energy through the body.

Illness and pain is the byproduct of energy blockages anywhere along any of the meridians. Much like a toll booth, each acupuncture point along the meridian acts like a pass-through. When the traffic gets clogged, as happens during rush-hour, it slows down the flow. Sometimes to the point of standstill. This is the precursor to pain and illness.

By inserting a thin needle into the “clogged” area, it opens the gate and allows the energy to flow again. With the life-energy flowing smoothly, the body can now re-regulate the “flow of traffic”, repair itself and maintain its own optimal level of health.

Note: Western medicine today talks about bio-energy, which is the energy produced by the cells within the body. Basically, same thing, different words.