



Great News For Needle-phobes!

Those few who simply *refuse* to even consider the idea of having acupuncture needles inserted into their skin can still benefit from needle-free acupuncture!

Using an electronic acupressure device, the acupuncturist can artificially stimulate the acupuncture point, without puncturing the skin.

This method is not as effective as traditional acupuncture with needles, however, it can still offer relief from aches, pains, swelling, inflammation, tension and stress-related symptoms.

It can also be used as a transitional method to *ease* into traditional needle acupuncture for those who are “not quite ready” to go all the way right from the start.

Traditional needle acupuncture is virtually pain free as well...but, I know...some folks just can't stand needles of any kind, for any reason. So take heart—you can still obtain similar results for pain related ailments.

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 stand-still. 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.
