

*Acupressure* is one of the non-needling techniques of stimulating acupuncture points.

While many people love receiving acupuncture there are many people that are so concerned about needles that they do not want to try. The same treatment strategies for acupuncture for pain can be used without needles, thus acupressure and other massage style treatments to help too! If you are interested in trying acupuncture without the needles then give me a call and ask for an acupressure or oriental massage treatment. The appointment for the initial treatment, which includes an evaluation, is one hour and is \$65 and the follow-up appointments are usually 30 minute appointment and are \$35.

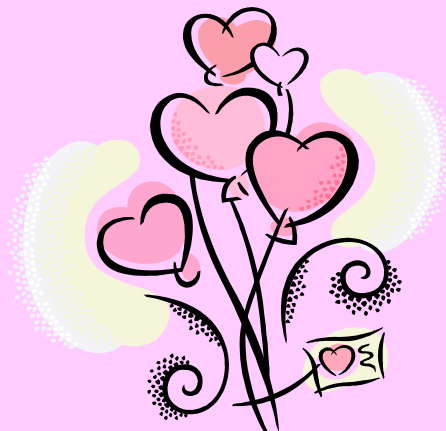
Like acupuncture some of the same things that acupressure can help with are headaches, neck pain, back pain, shoulder pain, knee pain and other areas of pain.

Pain as a whole in Oriental Medicine is considered a stagnation of energy or blood. Most people will experience pain, swelling and limited use and motion in the area of pain. Acupressure can help move the blood and energy of the body that isn't moving to reduce pain and swelling and improve the range of motion in the area of pain. You will find many acupuncture points located around the areas of movement in the body.

**An interesting note:** most healthcare in the United States is done in the everyday events in our own daily lives at home, work or play. There are approximately 5,840 waking hours in the year and even those with chronic illnesses do not spend a majority of their hours under direct supervision of healthcare providers. *♥♥ Healthcare or caring about your health is what you do for yourself! ♥♥* Adding acupressure or Oriental massage for the treatment of chronic or acute conditions takes a small portion of your day but may improve the quality of your life by reducing pain, improving movement, improved sleep, improved energy and great for wellness.

To your Health and Happiness,

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*Happy Valentine's Day!*