



Understanding Acupressure and How It Can Help Your Pain, Depression, and More

Acupressure is a healing art, with origins in ancient Chinese medicine. Finger pressure is used on points throughout the body to stimulate the body's natural self-curative abilities. It encourages the release of tension in the muscles, increases circulation, and increases the flow of the body's vital life force. Like acupuncture, acupressure accesses the energy of the body through the points and meridian pathways to influence health and well-being. Symptoms are considered an expression of the state of the whole body. For instance, a tension headache may originate in the shoulder and neck area. By applying pressure on the points in the shoulder and neck, you can not only relieve the headache, but bring the entire body into balance- before the stress can cause problems in other areas of the body.

Brief History of Acupressure

When there is pain, it is natural to hold the place where it hurts. Everyone at one time or another has used his or her hands spontaneously to hold tense or painful places on the body.

The Chinese discovered more than 5,000 years ago that pressing certain points on the body not only relieved pain where it occurred, but also other parts of the body were benefited. Eventually, they found that pressing certain points helped to relieve other specific health conditions. Physicians began to chart these points and developed ways to relieve pain, dysfunctions, and other problems in the body.

How Acupressure Works

Acupressure points are places on the skin that conduct bioelectrical impulses in the body. When the points are stimulated with pressure, pain-relieving endorphins are released, relieving pain in the affected area.

Tension tends to concentrate around acupressure points. When a muscle is chronically tense, the fibers contract due to the secretion of lactic acid caused by fatigue, trauma, stress, and other factors. As a point is pressed, the muscles relax, increasing circulation and removing toxins.

THE WELLNESS BUILDING
1528 Plumas Court
Yuba City, California 95991
530-751-5166
www.YubaCitySpa.net



Acupressure can also balance emotions by releasing tension caused by repressed feelings. When blood, oxygen, and energy circulate properly, we have an increased sense of health and well-being.

All acupressure techniques are intended to correct imbalances, working to regulate all systems of the body.

How Acupressure Can Benefit You

Many of the health problems in our society - from bad backs to arthritis - are the result of living unnaturally. Stress, tension, lack of exercise, poor eating habits, and poor posture contribute to the epidemic of disease in our culture.

Acupressure is a way to help your body fight back and balance itself in the face of the pressures of modern life.

Some conditions that are improved with acupressure:

Pain- including arthritis, back pain, headaches and migraines, and sciatica

Eye, Ear, Nose, Throat Disorders

Circulatory Disorders-including High Blood Pressure

Gastrointestinal Disorders- including Irritable Bowel Syndrome, Constipation, Diarrhea, and Food Allergies

Gynecological Disorders-including PMS, Menopause, Complications in Pregnancy, Morning Sickness, and Infertility

Immune Disorders- including, Chronic Fatigue and Allergies

Addictions

Emotional Problems-including Anxiety, Insomnia, Stress, and Depression

THE WELLNESS BUILDING
1528 Plumas Court
Yuba City, California 95991
530-751-5166
www.YubaCitySpa.net