

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

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.

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.

Why we created 'Acu-Reflex' Therapy

We found that the most effective healing techniques stimulate a series of special acupressure points along the spine on both sides. These spinal points are therapeutic to all your internal organs. The proper use of these back acupressure points benefit your overall wellness and hundreds of health problems.

Yu Points (also known as Shu points) are the most effective treatment points on the body. This is a powerful statement, however, my 20 years of education and experience has shown this to be true – so we are sharing it with you. These back points, on both sides of the spine, benefit all the internal organs.

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.