



Midlife Acne

What You Need To Know

by Jennifer Nagy-Cordray, BS
California Certified Massage Therapist



I turned 50^{ish} this year (that's as much as you need to know) and much to my surprise was the unwelcome hormone imbalance in the form of increased androgens, which appeared on my face! Acne, which I escaped in adolescences and thought I was smooth-sailing the rest of my life, reared its ugly head. Experiencing acne clients in their teens-twenties-thirties left me unprepared for the fifties! I had to go back to the books to learn more about my condition. The first thing I learned is this is called *midlife acne*, not adult acne; if you go to read up on adult acne, you will be looking at age groups from 20-40, which should definitely not be treated the same as those over 50. Let's start at the beginning....

What you need to know

The skin is extremely sensitive to our emotions due to its close connections to the nervous system. As an embryo, the skin develops from the neuroectoderm, which also forms into the brain and nerve tissue. In other words, your skin is your external nervous system. You may notice that your skin turns very pale when you feel fear. When you experience embarrassment or excitement, you may blush as a direct result of your emotional state. Similarly, acne and other skin diseases can occur or worsen when we are making attempts to define who we are in our relationships to other people. In fact, many dermatologists recognize that patients may need treatment for their skin and their emotions simultaneously.

What Causes This

Acne occurs when the skin glands become plugged with oil and bacteria. In most cases, midlife acne is caused by hormonal imbalances in which the body produces too much androgen (male sex hormones), or an increased sensitivity to normal levels of androgen at the level of the skin. In addition, anything that compromises the immune system, whether it is emotional stress or nutritional deficiency, is likely to upset your cortisol and

insulin balance, which can affect your skin, as well. That is why some people get acne flares before a big date or major event. Even so, you can tame midlife acne.

In fact, emotional factors can be a key cause of acne. I often say that midlife is like adolescence in reverse because the same stormy emotions can often be present. Both adolescence and midlife are key developmental periods when you learn to individuate and define who you are in relationship to others. And, your skin is literally the boundary between you and other people—a sort of suit. Many researchers believe that skin disease may be thought of as a subliminal attempt to define who we are in relationship to other people and what the healthy boundaries should be. I definitely agree.

Healing Alternatives

It is well known that androgens, such as testosterone, can influence the immune response in the skin. Androgens affect the secretions of sebaceous glands, which consist of fatty substances produced by the breakdown of oil-producing cells. Androgens can play an important role in the development of acne in women, particularly at midlife. Numerous studies have shown that sebaceous gland activity is heightened by androgens such as DHEA and testosterone, and reduced by estrogen or removal of

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the ovaries, which reduces androgen levels.

Women with the most severe forms of acne usually have a genetic predisposition toward androgen sensitivity in their skin, even with hormone levels that are within normal range. Excessive production of male sex hormones resulting from adrenal or ovarian disease in women not only causes acne, but can also cause hirsutism (excessive hair growth), menstrual disorders, and fertility problems. That is why acne in women may be a sign of an underlying endocrine problem.

Treating the underlying problem of excess male hormone usually corrects the acne, and can also improve the effects of excess hair growth, menstrual irregularities, PMS, polycystic ovaries, and other reproductive problems, as well.

Most studies show that estrogen can help acne. That is why some doctors prescribe birth control pills for acne. However, some women will suffer from acne problems when they are taking estrogen replacement therapy, including birth control pills, or when they are experiencing estrogen dominance during their perimenopausal years. The reason for this is that hair follicles and the attached sebaceous glands contain a specific enzyme known as 5-alpha-reductase, which can convert estrogen to testosterone. A thorough evaluation by a physician specializing in endocrine balance can help determine what medication or treatment plan is best.

Most conventional treatments for acne address the factors that lead to breakouts. For example, some treatments work on the hormonal level, others treat the bacterial component, and some target rate of skin cell turnover or immune system function. To put these treatments in perspective, it can be helpful to remember that two women who are on identical hormone replacement regimens, eat the same diet and have the same stressors in their lives may have skin reactions that are completely different. This is why all treatments have their place and can be useful.

Treatments for midlife acne include:

- Retinoic acid and other topical vitamin A derivatives: These products increase skin turnover and allow sebum to be released more easily, without getting trapped. Retin-A Microgel can be prescribed by a dermatologist and can be very helpful for some women. It can also be very irritating, and should not be used by women who are pregnant or trying to get pregnant because it can cause birth defects.
- Accutane: This is oral vitamin A. It is most

often used to treat cystic acne. It is not recommended for women of childbearing age because it is proven to cause birth defects.

- Benzoyl peroxide, salicylic acid, sulfur and resorcinol: Lotions, creams, and gels containing these antibacterial agents penetrate the hair follicles, produce oxygen, and generally suppress the bacteria that play a role in acne, *Propionibacterium acnes* (*P. acnes*). These products are very effective and work by preventing new acne, so it may be a month or two before you notice improvements. These agents can also be irritating.
- Tetracycline and erythromycin: These are antibiotics that can be administered orally or topically. They work by preventing the *P. acnes* from breaking down sebum into free fatty acids, leaving less "food" available to the bacteria. I do not recommend long-term use of antibiotics because it destroys the body's beneficial bacterial flora and can lead to numerous associated problems, including diarrhea, sub-optimal absorption of nutrients, and yeast infections. If you do have to use antibiotic therapy of any kind, be sure to replenish your native beneficial bacteria with a daily probiotic supplement.
- Birth control pills (BCPs): Many doctors prescribe oral contraceptives because they reduce sebum production by decreasing the brain's cue to manufacture hormones from the ovaries. Some women are helped by birth control pills, some see no change, and others actually experience worse acne. Ortho Tri-Cyclen now has received an FDA indication and is being heavily marketed for treatment of acne; however, I prefer treatments that do not involve a daily dose of synthetic hormones. Nevertheless, if you require birth control and cannot or will not use other methods, then this approach can be ideal.
- Glucophage (metformin): This drug is used in the treatment of diabetes and insulin

resistance. Certain people with insulin resistance can have polycystic ovaries, which can result in the overproduction of male sex hormones.

Spiritual and Holistic Options

When dealing with acne, it is also important to wash your face gently; do not scrub your skin or use harsh abrasives. Be sure to wash in the morning and in the evening, and after exercise. Use. Make sure that you do not pick, squeeze, or pinch blemishes; this can cause scarring or ongoing infection.

Some other factors that may make acne worse include:

- Tight exercise clothes that do not "breathe" or irritate the skin.
- M'lis supplement line carries a daily multivitamin that has all that in a fully digestible capsule. In addition, you need a dedicated hormonal balance supplement. Our M'lis has a complete herbal androgen-balance hormonal supplement called Balance.
- Lose excess body fat: Excess body fat is associated with insulin resistance and the production of higher than normal androgen levels. Losing even five to ten pounds can make a big difference.
- Follow the regimen for the general care of midlife skin: Fruit acids remove dead skin cells that can clog pores. A good anti-oxidant skin care program usually helps reduce or completely eliminate acne scars. Our new Hydro-microdermabrasion treatments can work wonders for old scars.
- Try professional skin care products for acne: When you notice a pimple forming, you will need to spot control. I cannot stress enough the importance of getting your products hand-picked by a professional skin care therapist after a consultation or facial. If you have dry skin or oily skin, your products will be different. If you don't exfoliate weekly, that's a new problem that will complicate your acne.
- Remove blackheads: I suggest getting a professional facial to remove blackheads once

per month, if possible, until your skin has cleared. After that, I suggest a homecare product by BiON called 'Blackhead-whitehead controller.

Remember to give any treatment for skin problems six weeks to two months to work.

To determine if you need to deal with emotional factors that might be influencing your acne, ask yourself these questions:

1. Does your skin condition worsen when you experience turmoil?
2. Is your skin condition more stubborn, severe, or recurrent than your skin care professional expects?
3. Do your treatments fail to work, or work only for a short time?
4. Do your symptoms change according to your social environment (vacations, business trips, or arrival of family members)?

The more questions to which you answer "yes," the more likely it is that emotions are playing a significant role in your skin's condition. The good news is that if you can see the connection, there are steps you can take to lessen the impact of emotions on your skin.

1. Take a full, deep breath. Breathe all the way down to your belly. Exhale and continue to breathe fully. When we feel a strong emotion, we often stop breathing as a way to stop feeling.
2. Close your eyes. Meditate. Relax.
3. Identify the place in your body where you are feeling the stress. Massage can help you locate this area and we have the specialties that can help your body heal.



4. Try Reiki Therapy. Here at Spa Therapy you can get some emotional peace and total body wellness with this wonderful treatment.
5. Try Hypnotherapy. Here at Spa Therapy you can meet with Esther and learn how to channel your emotion in a healthy way that won't show up on your face!

Here is what you will most likely notice: If you give yourself the chance to feel your emotion fully, it goes away. You can use this technique anytime you feel any difficult emotion.

Keep a journal of your efforts and feelings, while you continue to care for yourself daily with affirmations and the best choices you can possibly make. The benefits of this approach are bound to show up on the outside, and are certain to make a difference in your wellbeing on all levels.

END

NEW CLOUD-BASED SOFTWARE



With our new cloud-based software, we are offering you more choices than ever! Scheduling, buying, and monitoring your our profile is just a click away!

Here are some benefits to having our scheduling software in the clouds;

Easy to get the latest and greatest updates

Cloud-based software works across websites to utilize the best from the brightest to ensure that your experience remains modern and up-to-date with business demands. As your needs change and grow, so does the cloud, without you noticing a thing, except a new better, quicker roadmap is in place.

Improved information security

One of the top concerns of cloud skeptics is the fear of sacrificing data security when allowing company data to exist outside the internal firewall. Security is actually increased when using cloud solutions due to strict ISO security standards that cloud providers must adhere to, in addition to the regular security audits. This means no more worrying about confidential data loss and treacherous hacking threats.

Supports Our Green Mission

We can green up our data center and cut consumption by moving our company to share pooled resources. This is helping to contain what could be relentless, viral growth of duplicate data centers across every enterprise.

Somatic Movement

By Gretchen Eggen
Restorative Yoga



How Does Somatic Movement Therapy work?

Movement is something that we learn in the womb. Nobody teaches us how to move our limbs, or stand on our two feet, or how to walk, run or play. These are all things that are wired hard into our system naturally. Unfortunately, more often than not the natural pattern of movement gets distorted due to congenital problems, hectic lifestyles and the artificial environment that we inhabit. When the movement is not natural, it leads to unnecessary stress on our limbs. This leads to aches, pains and injuries.

Similarly, even though nobody teaches us to breathe, over the years we lose the ability to breathe properly. When our minds are distracted by a thousand problems, it is easy to lose focus on how we are inhaling and exhaling. This leads to fatigue and respiratory ailments.

Somatic Movement Therapy aims to correct these imbalances and teaches us how to move naturally and breathe correctly. It teaches individuals to become aware of their bodies and to move and function in a manner that ensures that all the various parts of the body function in a harmonious manner. Somatic Movement Therapy comprises of postural training, gentle stretching and breathing exercises that restore the body to its natural form of movement.

What Are The Benefits of Somatic Movement Therapy?

This form of exercise therapy helps to balance the neuromuscular system. Somatic Movement Therapy also helps to decrease muscular tension, improves the posture, restores full movement to all the body parts, and increases sensory awareness. It helps the mind to become in tune with the body. In this manner it helps to heal the body of movement related injuries and leads to a healthier life.

Somatic Movement Therapy also promotes flexibility and is helpful in alleviating pain in the limbs and joints. It is extremely beneficial for the elderly and for people suffering from strains and sprains. This form of therapy can be carried out safely in the confines of your home or office and does not require the use of any expensive equipment. It is a proactive form of therapy that empowers the patient by teaching him or her how to use the body in an optimum manner that will ensure good health.

END.

Myofascial Trigger Point Therapy For Your Health

By: *Nicole Brown*

California Certified Massage Therapist



What Is The Definition Of Health?

The condition of being sound in body, mind, spirit; especially: freedom from physical disease or pain.

What Is Myofascial Trigger Point Therapy?

Myofascial Trigger Point Therapy is used to relieve muscular pain and dysfunction through direct and sustained pressure on the Trigger Points, infamously known as knots. The great news is that you do not need a lot of pressure on the knots to remove them, in fact, too much pressure can irritate and inflame the Trigger Points. As we work on the knots, your body will undergo soft tissue release, allowing for increased blood flow, a reduction in muscle spasm, the break-up of scar tissue and removal of toxic metabolic waste as well as a neurological release, reducing the pain signals to the brain.

What Happens During A Trigger Point Therapy Session?

We will take you through a simple postural analysis and have you perform a few active exercises to determine your Range Of Motion and flexibility so we may better know where your constrictions are and where to start working. Direct pressure is used on the knots and the initial session is 1 hour 15 minutes. You need to hydrate always, but at least 2 days before your Trigger Point Session. You do not want to de-activate Trigger Points while they are active and causing pain or headaches/migraines because it will make it worse. The day after your Trigger Point session, you may or may not feel a little bit of pain or discomfort at Trigger spots. It may take one or a few sessions to ease the knots, but drinking water aids the muscles during your therapy.

What Are Trigger Points?

Trigger Points are hyperirritable nodules found in tight bands of muscle fibers, are a natural part of the muscles and we all have them. Knots cause muscle shortening, which causes postural dysfunction, muscle fatigue and weakness, immobility, pinched nerves, reduced blood flow, spasms, and local or referred PAIN. Trigger Points hold in toxins and waste and do not let in any nutrients, blood, oxygen, water, and other necessary fluids for normal muscle function.

Myofascial Trigger Points are the source of over 90% of all pain we experience and can be brought on by the simplest tasks and cause negative physiological and psychological effects. They occur from trauma/micro-

trauma (falls, slips, car accidents, sports/work/play related repetitiveness or injuries, etc.), standing or sitting for long periods of time, stress, lack of water, all which effect the muscles which may lead to depression and more pain.

Positive Effects of Myofascial Trigger Point Therapy:

- Restores mental clarity, balance, mobility and function throughout the body.
- Reduces stress on the mind, body, nerves and musculoskeletal system.
- Reduces or rids signs of depression which helps break the chronic pain cycle.
- Reduces or rids pain and breaks the pain-spasm-pain cycle in as little as one session.

What is Hypnosis?

by *Dr. Esther Wright-Dankman*



Hypnosis has been called the “New Way to Successful Living”. It can bring great benefits to your life – more energy, better health, lasting peace of mind, success and happiness. It is using the vast potential of your mind to reshape your reality. There is almost no limit to what you can do when you use hypnosis to help you accomplish your heart’s desire – it can release that hidden potential within you! You will learn how to bypass your conscious thoughts and tap into your subconscious mind – to re-program yourself for the life you have always wanted to live! It’s fun, easy and life-changing.

Myths and Misconceptions

1. A hypnotist has the power to make you do anything they want you to do.
FALSE: Under hypnosis, you will not do anything contrary to your own principles. You are never under someone else’s power!
2. When hypnotized, a person cannot be awakened and may remain in a hypnotic state for a long time.
FALSE: The hypnotic state is similar to becoming completely absorbed in a movie or a book. It represents a concentration of attention!
3. Hypnosis is sleep. You are not aware of your surroundings.

FALSE: Actually, under hypnosis awareness in increased. You are more aware of everything that is going on around you!

4. People who are easily hypnotized are weak-willed.
FALSE: The more intelligent and imaginative a person is, the easier it is for that person to experience hypnosis. All hypnosis is **self hypnosis**.

5. Hypnosis is only for people who are not in control of their life.

FALSE: Hypnosis actually allows you to take better control of your mind and your life by making it easier to bypass old beliefs and re-program yourself for success – in whatever way you choose!

Specialty Areas for Transformation

- Weight Reduction and Management
- Smoking Cessation
- Improve Self-Esteem and Self-Confidence
- Eliminate Apprehensions and Fears
- Overcome Grief
- Performance Enhancement
- Past Life Exploration
- Self Hypnosis

7 WAYS TO TAME HOLIDAY STRESS

by Patti Smith

California Certified Massage Practitioner



Have you ever been caught in the hustle and bustle of the holidays wondering where all the joy and merriment went? Me too! I have since discovered a few helpful guidelines that keep me on track, minimize holiday stress, and give me the opportunity to relax and enjoy the season. Let me share them with you.

1. Evaluate early

Decide for yourself which holiday traditions you truly enjoy. Are you doing something just because that is the way it has always been done? Are there some traditions that you would rather not do? Then do not do them. Give yourself the gift of freedom in this area. You may find yourself with a lot more time and a lot more money. Only invest yourself in the activities that you sincerely feel are important.

2. Just say no.

Do not accept every invitation that comes your way. Surely not all invitations carry the same weight. Only choose to attend the events that resonate with you. It is o.k. to pass on the invite to your third cousin's party.

3. Budget

Settle on an acceptable spending plan early. Overspending

is almost synonymous with the holidays. Look at your finances and decide on an appropriate budget. Remember not all gifts have to be purchased. You can give the gift of service. You can help a busy friend by watching her children for an afternoon or you can volunteer your time to a charity instead of making a monetary donation. Get creative in this area. You can upcycle a holiday frock from your own closet by just adding an accessory or two. There are endless ways to counter holiday spending and sometimes it is a lot more fun than hitting the nearest department store.

4. Delegate

Some tasks that you do not enjoy can easily be outsourced. You can trade tasks with a spouse or barter with a friend. One year, my brother did all of my Christmas shopping and I wrapped all his gifts. Hire a little help here or there if you need it. Let the kids decorate the tree this year if they are old enough. Have you ever seen a tree decorated by two five year olds? Perfection rarely exists, so why not loosen the reindeer reigns and let others help out? You can sit back and enjoy the fun.

5. Start early

If you are exchanging gifts, start your gift buying and gift making early. This in itself will save you loads of time, stress, and money too. As time goes by, the busyness of every venue increases. Meet your own set deadlines early. There is great satisfaction in seeing your presents wrapped and under the tree two weeks ahead of time.

6. Be Decisive.

Indecision is a great source of anxiety and stress. Do not let indecision rob you of your peace of mind. Generally, going with your gut instinct is a good idea. Do not second and third guess your idea on a proper gift or outfit to wear. Just decide quickly and move on.

7. Get a massage

This little gem is a no-brainer. Massage is one of the fastest ways to distress your holidays. Did you know that one single massage can loosen tight muscles, engage the parasympathetic nervous system, increase blood flow to all tissues and organs, improve muscle function, increase endorphins and give a healthy boost to the immune system? One single massage can leave you feeling more connected to your own body and more grounded in mind and spirit.

I think that you will find these guidelines helpful. Try something new this year. Shake up some old traditions and reinvent those that have become too burdensome. Experiment. Call and book your massage appointment. You will be glad that you did. I have never ever heard someone leave the massage room and say, "I am really sorry I took the time to do that".

May the magic of the season be yours to enjoy.

The Journey Within: Dare to Explore

By Justin Spyres, Certified Massage Therapist



In a growing profession that offers communities a myriad of therapeutic and holistic treatments, one continuously discovers individuals that love to play a role in the restoration and healing of discomfort and stress. Since my journey as a massage therapist began, I've had the opportunity to meet and interact with many of these individuals from across the nation and around the globe. Undoubtedly there's a prevailing commonality amongst them that seems to appear quite pronounced; they willingly bring energy of the heart into their work as though their fulfilling a "life's calling." But how do they do this? How are they able to simply be present and listen to their client's needs while providing an atmosphere that is calm and nurturing? For surely they are not exempt from the continuous flow of challenges we are all faced with; and the truth is they are not exempt.

Practitioners of the healing arts have a duty to actively engage in the art of "self-care." That is to say, that we as therapists are required to work on our own inner-healing and wellbeing so that our presence is compatible with the services we are offering. As is true with just about every therapist, from the moment we meet our classmates at the healing arts school to the week of graduation, "self-care" is an ever-evolving discussion. In my own experience instructors from various disciplines and backgrounds would begin classes with exercises to ground the mind and body, often offering various techniques they had picked up along the way and incorporated into their lives. For example it was commonplace to practice simple breathing techniques to quiet the mind or short meditations to open the heart space, welcoming more joy and appreciation to the day. The use of foam rollers and bouncy balls to massage and loosen muscles or rolling feet on golf and tennis balls to experience the equivalent of a reflexology session often came with great results.

Some of my personal favorite activities to rejuvenate and replenish energy are swimming in the cleansing salt waters of the Ocean, soaking in mineral-rich springs and growing a small edible garden. Another grounding practice that remains highly effective in my life and easily fits into my schedule is to walk in nature, often going barefoot the way children love to do. It's important to note that we are all individual beings who process things in our own unique ways so what assists one person in letting go of harmful emotions or simply enjoying contentment may not assist the other.

Since learning to better respect, love and nurture ourselves can often feel like stepping into unfamiliar territory, why not choose to see it as an adventure into the magical mysteries of The Self. So my call to the community this fall is to explore, play and discover your own practice of "Self-Care". Dare to be open, to love the being that you are and to express your own unique gifts to the world. We are all deserving of the best! Also, I'd love to hear what inspires and uplifts you, please feel free to contact me at Spa Therapy Wellness Center to share ideas, laughter, to discuss sadness or joy or techniques that bring us closer to our natural selves. Many blessings and be well!

HYDATE..HYDRATE.. HYDRATE

By Jenny Jensen, Esthetician
& 2012 Excellence Award Winner



Winter is here and your skin is feeling dry. You know the routine all too well. What you don't know is when the skin is depleted of hydration, it loses elasticity, plumpness and luster, and will often become more susceptible to lines and wrinkles. And I know we are all doing our best to prolong this aging process as long as possible;

Dryness can simply be an absence of moisture or, in some cases, it could mean an adequate amount of sebum is not being produced. Dryness can be caused internally and externally. Internal factors may include genetics, medications, illness and aging. External factors may include sun exposure, harmful cosmetics and daily skin treatments.

So how do you restore that moisture that is lost? In the winter months, antioxidants are the name of the game. Begin your skin care routine with a milky cleanser like the eminence Lemon cleanser which brightens while gently cleansing the skin. Use a gentle exfoliation like the Yam and pumpkin peel which gently rids away dead skin allowing better absorption of your serums and moisturizers. Masque at least twice a week with an antioxidant rich masque like the firm skin mask. Don't go without a toner such as the Mimosa champagne toner which leaves the skin with a youthful appearance and a serum like the Strawberry

rhubarb serum which smooths the skin to reduce the appearance of wrinkles. Last but not least you should get the right moisturizer for your skins needs and your wants. A great day cream is the Tropical vanilla sun cream that hydrates and protects and the Monoi face and neck cream revitalizes while infusing the skin with moisture and antioxidants. A complete skin care routine and drinking lots of water should have your skin back to great in no time!

END

Understanding Acupressure

by Audrey McCready

California Certified Massage Practitioner



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.

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
- **Respiratory Disorders-** including Asthma and Colds and Flus

Chances are a couple of these affect all of us. Please come in and try acupressure for your next bodywork session. I look forward to showing you how acupressure can make a difference in your life.