

Training & licensing

Acupressure is a Traditional Chinese Medicine (TCM) practice and therefore is not licensed at a federal level, furthermore different states and provinces have a variety of regulations regarding the use of TCM.

There are a number of independent bodies that have been established in order to provide standards and minimum training requirements in order for people to be registered to administer acupressure.

Many of these organizations require the individual to be a registered massage therapist prior to training in acupressure techniques.

It is important that you are aware of the source of certification and the experience of your acupressure therapist.

For further information on acupressure and other alternative and complementary health-care therapies, please visit the section titled "Public Information" at www.4holistichealth.net.

Benefits

Acupressure has shown to be very effective in helping to alleviate and improve the following conditions:

- Migraines & headaches
- Sinus problems
- Nausea
- Insomnia
- Shoulder & neck pain
- Lower back pain
- Muscle stiffness
- General pain management
- Anxiety and tension



Relieve stress and
tension naturally
with
Acupressure



Jasmin Jameson
Mobile Therapist

Call for an appointment
Phone: 123-123-1234

Please note that acupressure should not be used as a replacement for proven conventional care or to postpone seeing a doctor about a medical condition.

What is Acupressure?

Acupressure is used in the west as a touch massage therapy for the relief of headache, back pain, anxiety and tension, nausea and other ailments.

Acupressure has been used for many centuries in Traditional Chinese Medicine for restoring a balanced flow of energy through the body to induce a process of natural healing.

Acupressure treatment uses the same reference points on the body as acupuncture, however it differs in that physical pressure is applied in order to stimulate these points rather than the use of needles.

Acupressure is applied either with the hands, elbow or with the help of various traditional and modern devices on different points of the body's surface. Acupressure points are held firmly but gently.

It is common to incorporate other bodywork with acupressure, so please check with your practitioner. Please note that “acupressure” is often used to describe reflexology and some (but not all) forms of Shiatsu.

A typical treatment

You will need to discuss your particular health concerns with your practitioner in order to plan a course of acupressure.

A massage table is normally used for acupressure treatments. Please wear thin loose-fitting clothing so that the pressure points can be easily located and the application of pressure is not impeded.

The duration and the number of acupressure sessions required for effective treatment will according to the needs of the individual.

Sessions will normally range from thirty to sixty minutes. Please also allow some free time for yourself afterward.

Spreading acupressure treatment across several sessions enables you to assess how you are progressing. Regular treatment will benefit both those with specific problems and those seeking general relaxation.

Acupressure & You

You should find that acupressure helps you to relax and reduce your stress levels and it may also provide relief for chronic ailments and to improve your overall health and well-being.

You should experience relief from pain and tension, and this relief can last from a few hours to several days. The benefits may be even longer lasting depending on the cause and the initial conditions of your ailment.

A controlled study has shown that acupressure can be more effective than standard physical therapies in reducing lower back pain (source: British Medical Journal - February 2006). Several other studies have been carried out that demonstrate the effectiveness of acupressure for certain ailments.

Acupressure therapy may also help you to understand your own body better, since many of the points on your body that are used in this therapy cannot be self-administered because of their locations.