

Bodywork

Bodywork includes therapies such as massage, acupressure, and deep tissue manipulation. These therapies improve the structure and functioning of the human body. In addition, bodywork promotes healing through pain reduction, increased blood and lymphatic circulation, and balancing energy within the body.



Virtually every community has professional bodywork services available. Seek referrals from friends or conduct an interview with a professional before making your appointment.

Acupuncture

- Utilizes the meridian system for identifying chi, or energy, pathways
- Insert needles into acupoints to correct flow of chi, to relieve pain, or to restore balance and health within the body
- Can be used as a substitute for surgical anesthesia

Acupressure

- Similar to acupuncture except NO NEEDLES are used
- Fingers/hands utilized to release pressure
- Goal is to unblock meridians to allow chi to flow uninhibited which prevents illness
- Boosts immune system through balancing body energy—this is achieved by tension release using the meridian system

Therapeutic Massage

- Benefits conditions like muscle pain, spinal curvatures
- Alleviates soreness due to stress, headaches, TMJ, whiplash
- Similar to acupuncture philosophy of restoring energy balance for reducing pain
- Releases muscular tension (which can impede the elimination of chemical wastes resulting in pain)
- Involves the manipulation of muscle tissue in stroking, compression, and percussion movements.

Lymphatic Massage

- Facilitates the elimination of toxins from the body
- Deep breathing stimulates the lymph system, which promotes cleansing of the blood
- Light Beam Generator (LBG) is a new therapy that opens calcified cells, via a high frequency electrostatic field, and enhances circulation to remove toxic wastes

Deep Tissue Manipulating (Rolfing)

- Developed by Ida P. Rolf, Ph.D. (also known as Structured Integration)
- Primary philosophy is that the human body function will improve when its segments are aligned (i.e. head, torso, pelvis, etc.)
- Applied pressure from fingers, knuckles, and elbows are used to release tension—this enables deep tissue to return to its proper place

