

## Can Acupressure Help My Pet?

Acupressure is an ancient healing art closely related to acupuncture and has been used for thousands of years. Without using needles, it has shown to be accepted very well by animals.

This non-invasive, deceptively gentle treatment can profoundly impact both humans and animals. Dogs are extremely receptive to acupressure as they understand the language of touch.

Traditional Chinese Medicine recognizes the physical body as having a system of pathways of energy called meridians. Whenever the flow of life energy (Qi) is obstructed or is low, the body is more prone to illness. Those energy imbalances can be corrected by pressing certain places on the skin called acupressure points, there are 361 acupressure points located along these meridians.

The main goal of acupressure is to bring the body back into its natural balance and let nature continue its course.

The primary function of acupressure is healing, relaxation, and the continuous flow of energy throughout the body.

For the sceptics – acupressure WORKS! Scientific studies have shown that the stimulation of these specific points causes the release of brain chemicals, endorphins which relieve pain.

Benefits of acupressure:

- \* relieves pain
- \* relieves stress and tension
- \* reduces blood pressure
- \* increases energy
- \* increases circulation
- \* releases natural cortisone to reduce swelling
- \* enables the body to relax deeply
- \* can help reduce labour pains
- \* treats many specific disorders and illnesses (e.g. digestive disorders including diarrhoea and constipation, nausea, neck pain, shoulder and back pain, arthritis, hip dysplasia, joint pain, muscles aches and spasms)
- \* builds the dog's immune system
- \* relieves anxiety
- \* balances the body
- \* enhances mental clarity required for focus in training and performance
- \* resolves injuries more readily by removing toxins and increasing blood supply
- \* prevents disease

Acupressure does not substitute for veterinary medicine, but is an important avenue of treatment that complements Western Medicine. Fortunately, Western Medicine has begun to acknowledge the value of Eastern healing modalities.