

Acupressure: Points That Heal

by Amy Snow

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CHICO WENT FLYING OFF THE BACK PORCH and landed chin first on the stone below, knocking himself out. The five-month old yellow Lab had spotted ducks on the pond 50 feet away and in his exuberance forgot that there was an eight foot drop from the porch to the craggy rocks. Carol, Chico's guardian, saw him mid-air from the kitchen window and went rushing out to see where he had landed. When she reached Chico, she placed the tip of her thumb just below his nose, right in the middle of his upper lip and pressed gently, then again with a bit more pressure. Chico regained consciousness, wagged his tail, stood up, shook his whole body, and went back to being his happy self.



Luckily for Chico, Carol had attended a canine acupressure clinic a few months earlier, where she had learned basic acupressure concepts and had practiced various techniques. One technique included locating the first aid acupressure points for shock, resuscitation, and consciousness (Governing Vessel 26, known traditionally as "Middle of Person").

Acupressure promotes healing in the body by stimulating specific points to resolve blockages. Blockages cause imbalance along energy pathways known as meridians. According to traditional Chinese medicine, when Chi, the life force energy, flows smoothly through the meridian pathways of a four-legged or two-legged body, harmony is restored, and healing can occur.

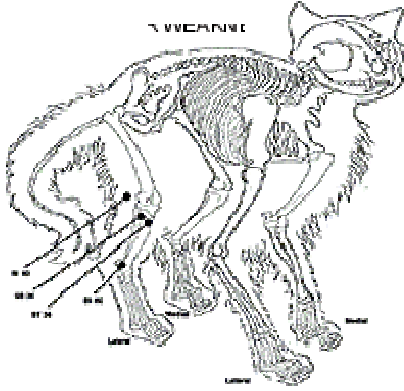
Acupressure is perfectly safe, non-invasive, always available, deceptively gentle, and extremely powerful. People have been using acupressure to care for animals for at least 4000 years. More than 230 generations have recognized the benefits of the ancient healing art and casework continues to demonstrate that acupressure can enhance overall health and emotional stability. Specifically, acupressure can:

- Relieve muscle spasms
- Strengthen the immune system
- Enhance mental clarity and calmness
- Release natural cortisone to reduce swelling
- Release endorphins that reduce pain
- Remove toxins and increase blood supply to hasten recovery from injuries

Acupressure is particularly beneficial for animals suffering from acute conditions

WHEN CLAY FOUND PHOENIX, an eight year old thoroughbred rescued from the racetrack, he was in obvious distress. He was lying down in his stall, sweating and kicking at his sides. Clay checked Phoenix's gums; they were pale white. His stomach was extremely distended. Colic! This word strikes terror in every horse-guardian's

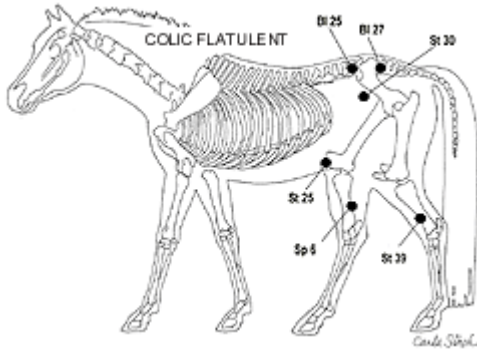




heart.

Clay called her vet and he came out immediately to see if he could relieve the horse's suffering. After administering a pain medication, the veterinarian left, hoping that this treatment would do the trick.

As evening came, Phoenix's condition worsened. He became still and quiet, seemingly resigned to dying. As a last resort, Clay called her neighbor Lisa, who has worked with us for years, and she in turn called us for help.



"Over the telephone we were able to suggest a course of treatment that was either going to have immediate results or not."

Lisa performed the treatment, and within five minutes Phoenix was up on his feet and was passing a lot of gas. His gums were pink again and his belly was no longer distended."

Acupressure can also play a part in the rehabilitative process AT 11 MONTHS OLD, Oak, a handsome golden retriever, was diagnosed with severe hip dysplasia, a malformation of the hip joint. Oak's humans elected to have surgery to correct the problem, since Oak would most likely experience extreme pain as he continued to grow to his full size. Before and after the procedure to reshape his hip socket, Oak's humans performed acupressure treatments. At his one week check-up, the surgeon thought he was there for his one month check-up. Everyone was amazed at how quickly Oak had healed from such extensive surgery.

Acupressure relieves pain and chronic conditions AS OUR COMPANION ANIMALS live increasingly longer, we are seeing more chronic problems such as arthritis and immune system weakness.

Amelia is an amazingly healthy, twenty year old, long haired black cat. When we met her six months ago, however, she showed signs of hindquarter weakness and sat hunched over in the sick-cat position. Her energy level had decreased to where she barely made an effort to move at all.

The brightness and love in her eyes told us she was not yet ready to die. Over the course of three days we gave her three treatments, and instructed her human companions to continue these treatments every third day. We used Gallbladder 34 (traditionally known as "Yang Hill Mound") to relieve joint stiffness and muscle spasms. Somach 36 ("Leg Three Miles") helped to improve the immune system, relieve fatigue, and restore strength. Bladder 40 ("Supporting Middle") focused on the lower back and hip area, while Bladder 60 ("Kunlun Mountain"), often referred to as the "aspirin" point, relieved pain throughout the body. As a result of the treatments, Amelia regained much of her energy.

USING ACUPRESSURE to maintain your animal's health, allows you to tap into the healing power available to all of us. A major part of helping your animal to heal is the intent you bring to each treatment session. We have seen many people with little knowledge of traditional Chinese medicine, perform an acupressure treatment which has contributed to their animal's recovery, and has given them additional years to enjoy each others love and companionship.