



# ***Healing Naturally***

*A Guide to  
Acupressure at Home*

**Danielle Sousa MAOM, Lic.Ac., Dipl. OM**

# What is Acupuncture?

Acupuncture is an ancient form of medicine that involves inserting needles at various acupuncture points on the body. Each point has different actions and effects on the body. The needles are solid and do not have any type of medicine on them. They work by helping to regulate and unblock energy pathways in the body. Each needle also has a direct influence on the cells around it, therefore can increase circulation and stimulate nerve endings.



# What Conditions Can Acupuncture Treat?

Acupuncture can treat almost **ANY** disharmony in the body. An official western medical diagnosis is **NOT** necessary.

**Some of the most common conditions treated are:**

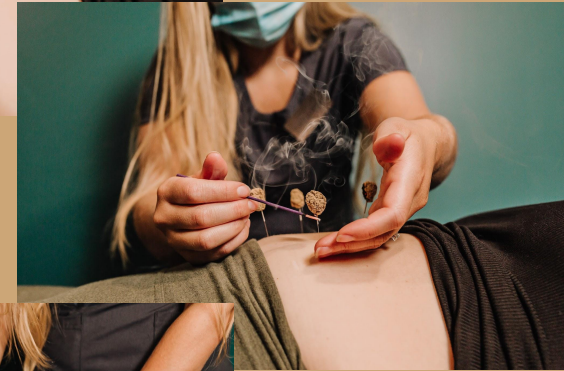
- Pain/Arthritis/Injuries
- Anxiety/Depression/ Stress
- Allergies/ Colds
- Digestive disorders
- Infertility
- Insomnia
- Headaches/Migraines

# Other Healing Modalities Offered at Essence Include:

- Chinese Herbal Medicine
- Cupping
- Gua Sha
- Moxibustion
- Electrostim
- Trigger point release
- LED Light Therapy

# Moxibustion

Moxa, also known as mugwort is used in this gentle warming technique to increase circulation and promote healing. It can be done on it's own or in conjunction with needles.



# Fire Cupping/ Gua Sha

Cupping and gua sha are ancient techniques used to relieve stagnation.

Both can produce reddish/purple bruise-like marks. The purpose is to bring new blood flow to the area and release tension. Both can also be used to help open the chest for asthma and allergies.



# LED Light Therapy

Our newest treatment modality is LED light therapy. Our panel contains Red, Blue and Near Infrared light waves to help with skin conditions, pain and inflammation. We have seen great results treating, acne, wrinkles, rosacea, eczema, psoriasis, arthritis, and with wound healing.



# Treatments at Essence

- Comprehensive health history and individual diagnosis
- Affordable and accessible appointments
- Herbs and topical treatments readily available
- Board certified Licensed Acupuncturists and Herbalists

Initial Evaluation + Treatment :\$80

Follow Up Treatments: \$50



Essence

# Acupressure at Home

**There are simple acupressure points you can do at home to help with everyday problems! While not as strong as the needles, they can help supplement between acupuncture treatments.**

**Hold each acupressure point for 1 minute. You may massage points in a gentle clockwise circular motion.**

**Try taking deep cleansing breaths while performing self acupressure.**

# LI 4

Use this point to treat:

- Frontal Headaches
- Jaw/Tooth Pain
- Sinus Pressure

## Large Intestine 4



# Yao Tong Xue

This is one of the most popular points for **low back pain**, found between the 2nd and 3rd, and 4th and 5th metacarpal bones. It is typically most sensitive on the opposite side of the back pain. Hold these points while moving around to help relieve back pain!

## Yao Tong Xue

(two points!)



# PC 6

Use this point for:

- Nausea
- Motion Sickness
- Chest Tightness
- Heart Palpitations
- Anxiety



# LV3

Use this point for:

- Temporal Headaches
- High Pitched Tinnitus
- PMS/Mood Swings
- Stress

## Liver 3



# ST 36

This point located 4 finger widths down from the outer corner of the kneecap, is the most important point in the body! ST 36 can **improve digestion** and **increase energy**.



# BL 60

## “The Asprin Point”

This point, located on the outer side of the heel between the lateral ankle bone and the achilles tendon, can be used for pain anywhere in the body!



# Questions?

Feel free to reach out to Essence's  
Clinical Director, Danielle Sousa LAc.  
with any questions!

[Danielle@EssenceAcuHerbs.com](mailto:Danielle@EssenceAcuHerbs.com)

508-947-6408

Ready to start your acupuncture  
journey?

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