

Acupressure

Acupressure originated in Traditional Chinese Medicine and is an ancient healing art. TCM sees the mind, body, and spirit as a single entity in harmony with nature and the environment. The body is viewed as an intricate and interdependent system. All aspects of the external environment and internal life are entwined. When the body, mind, and spirit are balanced, and in harmony with the external influences and internal forces, optimum health is the result. Acupressure is a noninvasive, gentle treatment that involves applying manual pressure to specific points on the body to relieve pain and promote healing, much the same way that acupuncture is practiced, except with out needles. It can alleviate the need for extreme treatments and can enhance your pet's emotional stability, comfort, and overall health. When practicing acupressure, all aspects of the pet's life and physical characteristics are considered when being evaluated. There is a growing awareness regarding different forms of healing arts and while acupressure does not substitute for veterinary care, it is an important avenue of treatment that compliments western medicine.

How to: I would encourage you to read *Acu-Cat* to learn Acupressure Meridans, Points and treatments for specific conditions and *Four Paws Five Directions, The Guide for Chinese Medicine for Dogs and Cats*.

Disclaimer: these practices don't take the place of veterinary care.