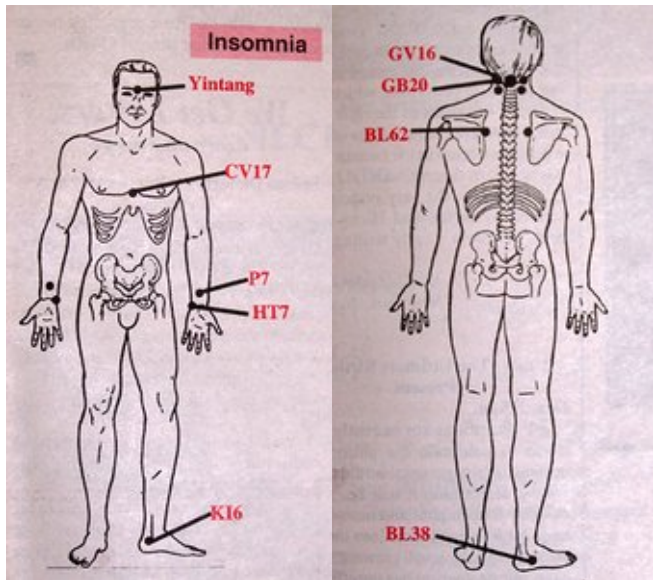


Joyful Sleep

By John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC



One of the most common and devastating problems a person can experience is, without question, insomnia. This problem has been the root cause of countless physical and emotional conditions.

All of us at one time or another have experienced the torture of not being able to sleep, or waking several times during the night. Often this is a short-lived experience, one or two nights of sleeplessness, then a return to normal sleep. However there are millions of people worldwide who suffer from this most exasperating problem most every night. The night becomes a sheer hell and the next day is no better.

Sleeping pills are dangerous, and often do not work when pain or anxiety is the cause of the problem.

Acupuncture (acupressure) is extremely beneficial for this condition, and should not only be considered, but recommended. The patient may apply firm pressure while moving the finger in a circular motion to the points illustrated in the figures.

This condition is helped considerably by acupressure. Should you the practitioner stimulate these same points on the patient while in the office, your success will be counted in the very high 90 percent range.

One of the most significant healing techniques used for insomnia is to simply have the patient breathe slowly and deeply, being sure to exhale completely, for five full minutes prior to lying down. This technique relaxes the entire nervous system and is a great help in relieving insomnia by itself, let alone should you use the acupuncture points mentioned in this article.

Those of you reading this with a background in acupuncture know the precise location of the points illustrated; those of you who don't, simply go to the general area shown and stimulate the entire area to insure you don't miss. One of the sure ways to not get the job done properly is to make too much of an issue as to the "exact" location of these points.

Good night.

Click [here](#) for more information about John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC.



Page printed from:

http://www.chiroweb.com/mpacms/dc/article.php?id=41034&no_paginate=true&p_friendly=true&no_b=true