Acupressure and Sexual Health

Acupressure is a scientifically valid treatment for a variety of issues, including those related to sexual health and viability. The treatment has been used over five thousand years with and without herbs, and has been believed by some, and proven to some, effective for various maladies and concerns. Acupressure can improve not only sexual performance, but also enhance a waning libido or keep a healthy libido raring to go. Further, acupressure may help to address certain issues that may underlie sexual issues, such as psychological concerns, hormonal imbalances, stress, anxiety, and more.

Acupressure itself is a very efficacious tool in treating the entire individual in a holistic manner, including contributing to the person’s mental, emotional and physical well-being. The treatment is generally low-risk and has little to no side effects. The results are seen in generally a short time period, though, of course, are dependent on the individual and their concerns.

Acupressure is a relatively non-invasive procedure that utilizes the same body points as acupuncture, without the need for needles. Massage provides the pressure needed, rather than the needles utilized in acupuncture. The massage pressure is provided by the use of fingers, knuckles, elbows and vibrators, at key points along the body. This helps to stimulate blood flow and can relieve anxiety, stress, and tense muscles.

**QI or “CHI”**

Acupuncture serves to provide balance to the body by allowing a better energy flow throughout the body systems. This energy is known as Qi (chi). The organs typically treated in addressing sexual concerns and issues are the kidney and heart.

An acupuncturist utilizes tools and discusses symptoms with a patient, helping the specialist to determine where imbalances of the body are centered. Twenty seven pulse states are examined through nine positions. These pulses provide information regarding how well
organs and organ systems are functioning, and provide a good way to check the general health of an individual.

**Treatments**

When targeting sexual concerns, acupressure focuses on relieving the mind of anxiety, worry and stress, restoring hormonal harmony, and increasing a healthy blood flow to the sexual organs. This helps men in proper ejaculation, and aids women in having healthy lubrication, an increased sex drive, and better orgasms.

At your next appointment, ask about our couples seminars where the secrets of ancient Chinese acupressure are taught so that you and your partner can experience a new level of appreciation for one another. You will see how amazing your life can become. Call our office to schedule an acupuncture session, call now.

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**References**


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“We will listen to you, spend time with you, and help you recover.”

– Dr. Hamilton