

神道

What is Shen Tao Acupressure?

The Chinese system of medicine known traditionally as Zhen Jiu (needles and moxa), and in modern times as acupuncture, has become well known in the western world in the last several decades. There are however, many people who cannot tolerate even the thought of needles. Luckily there is an alternative that enables a person to benefit from the approach of traditional Chinese medicine without needles. This is called Shen Tao Acupressure

Acupuncture without needles!

It is a little silly to say 'acupuncture without needles', because 'acu' means needle; but this is understood to mean the use of pressure, usually applied by a finger or hand, to the same points as are customarily used in acupuncture treatment. However, Shen Tao is also not strictly speaking based upon 'pressure'. It is considered to be energetic in action. The practitioner does no more than hold a series of points, usually in pairs, until they are felt to be synchronized. This treatment is not the substitution of 'pressure' for needles, it is not massage. It contrasts with the well known Japanese system of acupressure called Shiatsu. Perhaps more similar to Reiki in some ways, but the practitioner makes direct contact with the points, the contact is definite but

gentle.

Shen Tao Acupressure is based upon treatments that were used in Buddhist monasteries. It includes treatments that can be done for self-balancing. It uses the same tracts on the body as acupuncture, known as channels or meridians, and their significant points, but with particular emphasis on what are known as 'extraordinary meridians' or 'curious vessels'. Just as with Classical Acupuncture the intent to balance the Qi (energy). This is the equivalent of what the Indians call prajna and the ancient Greeks called pneuma and is also known as life force.

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Shen Tao Acupressure is good for general relaxation and relief of stress, and can assist in healing also. It is believed by some that needles were created as a physical substitute for energetic healing. However, many in modern society may find it easier to 'believe' in the effect of a physical needle. But for many this form of acupressure proves equally effective.

How Shen Tao Acupressure Can Help You

An individual session is relaxing, but ongoing sessions may be recommended if the focus is on a specific problem. The patient can wear normal light clothing

during the session.

What does Shen Tao mean?

Shen Tao (alternatively transcribed as Shen Dao) means Spirit Way. It is the name of a point on the meridian system. In Classical Chinese thought all disease ultimately stemmed from the individual not following their own spiritual destiny to its fullest expression. This does not mean that we all have unlimited choices, but to the extent to which we do not follow our destiny we are not following our hearts; and/or do not fully accept the choices we might make, we are prone to imbalance and blockage in our Qi which can lead to sickness and disease.

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Individual treatment is available. An initial session of 90 minutes including initial examination and first treatment followed by treatments of 45 minutes to an hour. Six sessions are recommended as a course but there is no upper or lower limit.

Workshops for small groups to learn the basics of Shen Tao Acupressure can also be arranged.



Biographical Information

Andrew Prescott has been practicing Acupuncture since 1977. He initially qualified as a Registered Psychiatric Nurse in 1975 at Glenside and Barrow Hospital, England. He worked at the Bristol Children's Hospital, Bristol, England. He then completed his initial training in Acupuncture (Lic. Ac.) at the College of Traditional Chinese Acupuncture (CTA, UK), Leamington Spa, England in 1977. He holds an advanced degree in Acupuncture (B. Ac.) from the College of Traditional Acupuncture, representing additional clinical training.

The CTA was founded by J.R.Worsley. Worsley studied with a variety of practitioners in the Far East and so was mainly exposed to Classical principles and a variety of treatment techniques that are not taught in modern China. His unique contribution has been to emphasize the principles of the Western Wholistic/Naturopathic tradition in his practice and teaching.

Prior to moving to the USA Andrew Prescott obtained his Diploma from the National Commission for Certification of Acupuncture and Oriental Medicine (Dipl.Ac., NCCAOM) and North Carolina license in 1995. It should be noted that these examinations are primarily based upon the TCM approach.

In addition to clinical private practice since 1977, he has been a guest lecturer of Shen Tao Acupressure at the College of Traditional Chinese Acupuncture, Leamington Spa, England, and he has also founded, and taught at, Middle Piccadilly Natural Healing Center, Sherborne, Dorset, England. And Clinical Director at Jung Tao School of Classical Chinese Medicine, Sugar Grove, NC from 2003-10.

He is currently in private practice in Durham, NC.



If you have any further question please call the number below. The goal is to help you participate in your own healing process.

Clinic Policy

Fees:	
<i>Initial consultation and treatment</i>	\$130
<i>follow up Treatments</i>	\$80

Payment is due at time of treatment.

Cancelled Appointments: 24 hours notice of changed or canceled appointments. Any appointments missed without 24 hours notice will be billed for the full amount of the session. Thank you.



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