

BUSINESS

Acupressure therapist opens new office

By Paula Rasich
Of The Chronicle

"People should take care of themselves before things happen," said Ping Zhao, 49, owner of Authentic Eastern Health (AEH).

Recently Zhao, an acupressure therapist, moved into her new office on Brodhead Road.

Prevention and self-care to relieve simple health problems are integral to the system known as Traditional Chinese Medicine (TCM).

Zhao set up Authentic Eastern Health in 1998 because she wanted to do Traditional Chinese Medicine "to help people improve their life quality."

Acupressure is a Chinese healing tradition, thousands of years old that involves the use of finger pressure on certain points of the body to unblock the flow of energy.

"Chinese always do something to take care of themselves in a natural way before they have a problem," said Zhao.

Based upon the principle of balance, according to TCM the natural energy flow in the body can become clogged due to accumulated stress or certain injuries. When this flow is depleted, health weakens.

Achieving inner balance and replenishing our energy



Ping Zhao at her new location on Brodhead Road.

stores contributes to overall vitality and good health. Acupressure is one technique to help restore this balance and assist the body's natural healing ability.

Certain conditions may benefit from acupressure such as stiff joints, stress

and muscle tension, headaches, and low back pain.

"We get good results," said Zhao.

There are 360 acupressure points along energy pathways throughout the body. During a session, while lying on a comfortable padded

table, Zhao will press on specific energy trigger points and the muscles and joints surrounding the painful or tight area.

"We look at the whole. We work on the cause of the problem," said Zhao. "I believe that stress causes a lot of problems. I help people relax and remove a lot of the blockages in the energy channels. People feel relaxed after they leave."

No stranger to stress herself, Zhao is a single mom who immigrated to the United States from China. She typically works 16-hour



Photos by Paula Rasich of The Chronicle

Authentic Eastern Health is located in the Brodhead Road office building.

days and is happy to report that she never gets sick.

Zhao arrived here in 1995 as part of a scholar exchange program. She taught a unique computer system for restaurant and hotel management at Northampton Community College. At the same time she also taught acupressure and Tai Chi (an exercise that emphasizes breathing and slow movements) classes at colleges, churches and hospitals in the area.

"I felt I would rather work with this than the computer management courses," said Zhao, who also has an MBA.

Zhao travels back to China once a year to take classes, get fresh ideas, and visit her family. Her father is a retired surgeon, who specialized in lung problems and her mother a professor of nursing.

To get started, Zhao recommends a 30-minute ses-

sion, once a week for three weeks. Then you can decide how you feel and take it from there. Some clients continue every week just for relaxation.

She will also demonstrate some basic self-acupressure points during the session.

"I want them to be able to help themselves," said Zhao.

Her Tai Chi and wellness classes are held at Northampton Community College and other locations. "I have taught more than 20,000 students Tai Chi and Chinese culture classes," said Zhao.

Authentic Eastern Health, LLC, is located at 3005 Brodhead Road, Suite 100. Call for a schedule of upcoming classes, or to make an appointment, phone: 610-866-9087.

paula.rasich@mcall.com
610-559-5389