

# What is Amma?

Amma is the oldest Chinese word to describe massage, a classical Asian Bodywork style that dates back over 5000 years. Amma Bodywork Therapy is an extremely specialized form of skilled bodywork that integrates deep tissue manipulation, pressure application, friction, and touch to specific acupoints, energy channels, muscles, ligaments, and joints. Amma Bodywork Therapists are trained in the principles of Wholistic Nutrition, eastern dietary principles, and the use of Chinese herbs.

Amma, like acupuncture, focuses on the balance and movement of energy within the body. Whereas the acupuncturist inserts needles into the energy pathways to stimulate and move the energy, the Amma Therapist relies primarily on the sensitivity and strength of the hands to manipulate the life energy (qi).

Amma addresses problems from a multi-system, multi-directional point of view. A diagnosis is based on the assessment of every facet of the mind/body complex, including observation of the tongue, taking of various pulses, the patient's complaints, palpation of the body and evaluation of signs and symptoms that reflect the state of the internal organs and the qi. The therapist gathers this information to assess and identify patterns of disharmony based on traditional Chinese medical principles and then applies the appropriate treatment protocol to correct structural, emotional and energetic imbalances.



“Health is the  
greatest  
possession” -Lao Tzu

Acute & Chronic Pain  
Fatigue, Stress & Tension  
Headaches  
High Blood Pressure  
Mental & Emotional Conditions  
Autoimmune Disorders  
Gastrointestinal Disorders  
Genitourinary Problems  
Diabetes  
Respiratory Disorders  
Viruses & Infections  
Women's Health

How can  
Chinese  
Medicine  
help?

As a practitioner of Traditional Chinese Medicine and Wholistic Healthcare, my goal is to educate and assist my clients in the maintenance of optimum health. I hold the belief that optimum health is achieved through a conscious unity of the mind, body and spirit. I strive to provide the environment and education that will empower my clients in their choices along the path to wellness.

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