



## Why do we need massage therapy and why *Ampuku*<sup>®</sup>?

### Why do we need massage therapy?

Consider the pure genius behind the everyday functioning of your mind and body. We usually take this miracle for granted until something goes wrong. Nature has provided its own defense mechanisms to protect this miracle - one is the Lymphatic System. Its own way to cleanse our bodies - naturally without drugs. And the immune system to defend against invading disease. And another is Shock. Shock? Yes, when the body sustains trauma; let's say a car injury, the mind immediately sends its white knights to the location of the trauma to protect the site. So why do we get sick? Why do we feel so weak or achy? Why do our energy levels fluctuate so?

We must go back to the moment of conception for the answer in some cases. If our parents' bodies were not pure, ours will be not be either. If our parents continue to absorb toxins in their bodies during the pregnancy, we may bear the consequences ourselves. The majority of cases, however, are based on postnatal experiences. **The moment of birth.** With our first breath of life comes our first breath of pollution. From that instant and forever more, our lymphatic and immune systems are under attack. Continuous bombardment of pollutants take their toll, blocking and disrupting the natural healing processes. And there is a bombardment of mental pollutants as well. We "learn" that the only cure for pain and discomfort is medicine (drugs). So to end a pain here and there, we pop our pills (and at a very dear cost). Yet nothing is done to restore our natural healing processes and the root of the problem is never addressed. Massage therapy can provide the cardiovascular and energy pathways the stimulus needed to regenerate the healthy flow of energy and life-force.

### Why *Ampuku*?

*Ampuku* addresses the root cause of your discomforts. Unblocking your lymphatic system allows this natural cleansing fluid to flow freely through your body cleansing itself and restoring both energy and health throughout. With the increased energy flow, your immune system once again can rebuild the antibodies the pollution has taken from it. The body can function as a whole again; where before certain areas had to compensate for the those not performing their required tasks, slowing down the energy and cleansing levels of our body. The touch of *Ampuku* seeks out the heat generated by blockages in your lymphatic and energy systems. The heat tells us where the problem lies.

That is why the first session may take quite a bit longer than you would expect. We are communicating with your body to determine the areas which need work. This is why you are not charged by the hour. We will never leave you incomplete. Each and every session is a complete body massage. We never leave trauma in you simply because we ran out of time. We no longer do chiropractic referrals since we were required to do just that: massage only a small area surrounding the injury. This only accomplished one thing: moving your trauma from one area of your body to another. If we worked on an injured shoulder, you would leave the session feeling great; only to find discomfort in another part of your body starting to grow. This is not what *Ampuku* is about.