

## Back Pain relief with Acupressure Mat

There is a natural source of healing power in everyone. When this healing power is activated, it triggers a series of complicated internal processes producing a Healing Response. Pain from Acupressure act to alert the body that damage control is needed, at which point the Healing Response begins and endorphins are generated to repair the affected area. This increases the heart rate and alters the blood pressure to speed up the elimination of toxins from the damaged area.

Acupressure therapy is considered to be the 'mother of acupuncture', in that it was used as a means to stimulate the body's energy flow long before needles were used for that purpose.

Acupressure is also known to aid your health in a number of other positive ways – including reducing stress and tension; increasing blood circulation; aiding in the removal of toxic wastes; providing relief from head, neck and shoulder aches; promoting healing; increasing energy levels; and increasing feelings of well-being.

This natural pain relief technique requires a special simple but extremely effective device **Acupressure Mat (Kuznetsov Applicator)** and can be learned by anyone through the easiest steps of instructed Applications. It has provided effective relief in thousands of clinical cases and the success rate is 80%. Further, it doesn't seem to matter how severe the pain is or how long you have had it.

Unlike most drugs, relief is usually immediate.

Over 70 million of people have successfully regained their healthy and pain free lives with the Acupressure Mat!

The Acupressure Mat is an effective and easy to use acupressure pain relief device. It is made from non-allergenic materials and consists of high density plastic spines which are precisely arranged to best stimulate the body's internal abilities to heal itself.

The Acupressure Mat provides particularly effective treatment for: arthritic pain, lower and upper back pain, sciatica, knee pain, muscle and joint pain, insomnia, headache, fat and cellulite.

The Acupressure Mat works by applying NON penetrative acupressure on numerous points over an area of the body.

The pressure spines stimulate blood flow and lymph circulation locally. Endorphins ("hormones of happiness" or "natural pain killers") are released. These are effective in blocking pain and producing analgesia and a sense of well-being.

The Applicator has been successfully used by millions of people for many years all over the world. It eliminates muscle pain, increases the flexibility of joints and increases resistance to muscle fatigue. The Tibetan applicator produces exceptional results in the treatment of sciatica pain, lower back pain, numbness or tingling in legs, pinched nerves, upper back pain, chronic pain in cervical spine, joint pains and spasms.

Scientific research has also shown phenomenal results for sufferers of low or high blood pressure, insomnia and chronic fatigue.

The Applicator has an immediate effect on pain caused by hard physical work, over exertion in sport or other physical stress related activities.

Use of the Acupressure Mat results in complete relaxation free from pain or stiffness.

## About the Author

At Best Pain Relief our work is dedicated to the pursuit of health using the incredible power of the human body to heal itself. More info you will find at [Best Pain Relief](#)

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