

# Origin Point Therapy

*An incredibly popular Chinese Remedial Massage technique*



## **What is Chinese Origin Point Therapy?**

Chinese Origin Point Therapy (OPT) is a special massage technique developed by a famous Traditional Chinese Medicine doctor from Taiwan, Dr. Chang Chao Han. OPT is a combination of diagnosis, treatment and health maintenance. It has been clinically tested and trialed with great success for many illnesses and conditions, including assisting cancer patients in their recovery.

## **How does Chinese Origin Point Therapy work?**

Chinese Origin Point Therapy has many similarities to and is broadly based on Traditional Chinese Medicine (TCM), Acupuncture and Meridians. OPT considers the cause of pain or illness to be injury or built-up tension at origin points (set points on the body), which may be different to the actual sites of pain. These origin points exist all over the body and have been mapped out by OPT therapists. The therapy is focused on treating the original source of pain which is why it is so effective.

Chinese Origin Point Therapy's principles & techniques are focused on boosting our body's self-healing capabilities. Fundamentally, it is our body's ability to self-heal that ultimately 'cures' all injuries, illnesses, diseases and disorders. OPT insists on avoiding treatments and drugs that deplete our body's vitality and which weaken the body's self-healing mechanism. Applying the correct OPT theory and practice will boost our self-healing mechanism and assist in the management of all incurable diseases such as cancers, diabetes, dementia, Parkinson's disease, arthritis, incontinence, and numerous others.

### **Chinese Origin Point Therapy consists of:**

- 1) Deep massage at the origin points on the body.
- 2) Warming pads (external heat sources), and regularly drinking hot ginger water (internal heat sources).
- 3) Adequate exercise and rest, a positive mentality, to stay healthy by boosting up immunity and self-healing ability.

It is a type of natural medicine that is safe and effective, simple and environmentally friendly, non-pharmaceutical and non-invasive.

### **What condition can be treated by Chinese Origin Point Therapy?**

Chinese Origin Point Therapy is extremely effective in treating disorders and illnesses which include symptoms such as muscular pain, soreness, tingling, numbness, itching, distention, difficult breathing, stinging, swelling, dizziness, spasms, jerking of the muscles, burning, fever, chills, runny nose, coughing, panting, diarrhoea, vomiting and so on.

For more information about Acupuncture, visit my Acupuncture page, or you can make an appointment by calling 0425 745 166.