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Around 75% of pain is caused by trigger points; yet in spite of decades of research, it is one of the most under-diagnosed conditions in medicine.

(Anchorage, AK) October 14, 2011: Trigger points are hyperirritable spots in skeletal muscles that feel like “knots” or tight bands. About 74% of the time, trigger points “refer” pain to a different area -- they are not located within the area in which you are actually feeling symptoms, so treating the area of pain does not afford relief.

For example, if someone has pain in their temple area, there is a high probability that it may be coming from trigger points in muscles in the back or front of the neck, or on top of the shoulder. Only one muscle actually in the temple area might contain trigger points that are causing pain. Pain and other symptoms can be relieved if the trigger point is treated with pressure or other techniques.

Pain Relief with Trigger Point Self-Help uses color photos and illustrations to instruct readers in self-help techniques for eliminating pain. The book also includes hundreds of color photos with overlays of common pain referral patterns so that the reader can match their pain patterns with the photos, and figure out which muscles are involved.

Alaskan author Valerie DeLaune says “People live with a lot more pain than they need to. There really is a lot they can do to help themselves, and become informed about their options for treatments.” DeLaune says that the earlier the intervention in a painful condition, the more likely the degree and duration of pain can be reduced or eliminated. The book is useful for treating recent aches and pains, in addition to treating chronic conditions and teaching people how to maintain their health.

DeLaune explains, “During my years as a practitioner I have treated hundreds of fairly simple cases where people had been told their only option was to learn to live with their pain, but this needn’t be the case. In my experience people who do self-treatments at home in addition to receiving professional treatments improve at least five times faster than those who only receive professional treatments.”

Pain Relief with Trigger Point Self-Help retails for \$29.95 (336 pages, paperback, ISBN #978-1-58394-400-4). Orders can be placed through Random House at <http://www.randomhouse.com/book/216175/>. You can find out more information about the book on DeLaune’s website at <http://www.triggerpointrelief.com>. DeLaune is available for speaking engagements, and TV and radio interviews.

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