

breathe...

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therapeutic massage & skin care

A Healthier, More Balanced You for 2023

By Jill Ferguson



Long-term Long Beach resident [Elen Lauper](#) wants you to be healthy. She's the latest addition to the team at [Breathe](#) at 3321 E. Broadway, where you will find her on Mondays from 9:30 a.m. until 5 p.m. helping clients heal and maintain their health and balance through acupuncture. Lauper says that our bodies are consistently communicating what we need, such as eating foods that are grown each season, getting enough sleep, walking, dancing, swimming, stretching, hydrating, etc., all of which helps us maintain good blood flow.

"Our relationship with ourselves is our most important relationship," she says. "How we use or abuse our energy and our bodies can determine what physical adaptations will follow." These adaptations may mean pain or some other dysfunction.

According to the National Institutes of Health, the practice of acupuncture started more than 3,000 years ago in China to relieve pain, cure disease, and improve general health. In Lauper's late teens and early 20s, she read books on Eastern philosophy and East Asian medicine. Acupuncture makes "perfect sense" to her, she says. "At the time I had no insurance so I read more about acupressure, homeopathy, reflexology, herbs, and stretching and used the information to keep myself healthy. And it worked."

That's why she sought more formal education and got into this line of work to help others. "The system of acupuncture relies on the ability of our bodies, minds, emotions, and awareness to seek balance," Lauper explains. "Balance exists in nature and follows the example of nature and biospheres, and that is how life and people achieve balance. Finding balance within ourselves is the goal of most alternative healing modalities, and it's how we get better."



When you go for treatment with Lauper at Breathe, you'll fill out and go over a comprehensive health questionnaire. Lauper then physically examines you by palpating your abdomen, back, and general areas of tension that include the neck, diaphragm, hips, arms, and legs. Your body communicates to her what is out of whack. Then your treatment begins.

Some types of insurance cover acupuncture, and you can see if yours does on the [Services](#) tab on her website. Payments are made at the time of service through Zelle, Venmo, check, credit card, cash, or health savings flex accounts. The first visit will be 1.5 to 2 hours in length and costs between \$150-158 for an extended consultation and treatment. Subsequent sessions are 1 hour in length and cost between \$75-79. To schedule an appointment, text Lauper at 562-715-1405. Start 2023 off right by making your health and wellness your top priority of the new year.

Jill Ferguson is an artist, best-selling author, coach, consultant, entrepreneur, and founder of Women's Wellness Weekends. She lives in Bluff Heights with her husband, Rick Heckt, and their very smart dog Coconut and very energetic dog Casper.