



## **I'm Dying to Tell, by Karleen Andresen:**

### **How an Eagle Acupuncturist Takes You Off Pins and Needles**

By Karleen Andresen | Idaho Statesman | Business Insider | March 18, 2013

Sitting on pins and needles leads the mind to uncomfortable places. The idea of pins and needles seems like code for "run away as fast as you can." Yet my visit with Tony Burriss of Eagle-based Eagle Acupuncture dispels that perception.

I met Burriss, a licensed acupuncturist, a few months back through his email invitation. He invited me to meet in his office to become better acquainted.

I walked into a lovely kind of feng shui environment. It almost gave me a sense of being in church. It was that still. It was quiet yet productive.

Burriss, a tall and strapping George Clooney-styled man with a peaceful demeanor, met me. He invited me to have our meeting in a treatment room toward the back of his office building.

On the way, there was a hallway lined with autographed photos of professional football players, baseball players, Olympians and professional motocross riders. I begin to inquire before I made it to the back room.

Burriss left California and the high-rent office spaces to bring his family to the serenity of Idaho. Rearing a family in Idaho was a perfect tradeoff for Burriss.

He wanted to help people more than he wanted to live in tinseltown.

During our meeting, I went from skeptical to educated. That's what happens when we learn about things we didn't know about. Acupuncture and pins and needles are stratospheres away from each other.

Acupuncture is an ancient oriental modality that actually aligns the soul with the physical through its healing process. It doesn't begin with pins or needles at all. It begins with a conversation, and I put Burris to the test.

Burris can gently touch pulse points on your wrist to gather an understanding of your health. He looked at my tongue and could tell me a couple of health issues I had and the overall condition of my organs. That was impressive. What I realized is that if we think of pins as painful, we are misled. The pins are so small that they aren't even uncomfortable.

His practice helps chronic pain sufferers gain improved or permanent relief. There are options to throwing in the towel, and Burris provides the alternatives.

There are cases where athletes suffering from chronic pain gained literal relief. I heard stories where surgeries were avoided through his treatments. He told me of a woman who had chronic headaches for 30 years. After about four weeks under his care, her headaches were eliminated.

Those photos that lined his walls showed people who were in such desperate pain that they opened their minds to unconventional ideas. Their flourishing physical lives are the evidence of success.

So before getting squeamish about pins and needles, consider the potential.

Burris deals with chronic suffering. His wife, Kristen, who is also a licensed acupuncturist, has achieved staggering success among people who suffer from infertility.

Before conceding that pain as part of the equation of life, I would consider a conversation with Burris.

Being a licensed acupuncturist requires several years of additional schooling beyond college. Burris has been to as much schooling as traditional physicians have.

For more information about Tony Burris, L.Ac. and Eagle Acupuncture please call (208) 938-1277

Or visit him at: [www.EagleAcupuncture.com](http://www.EagleAcupuncture.com) and <https://www.facebook.com/EagleAcupuncture>

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