

Idaho Strongwoman Using Acupuncture in Preparation for World Championships

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Local Resident Working With Eagle Acupuncturist to Manage Rigorous Training for Upcoming Arnold Classic

EAGLE, ID March 2, 2015

Eagle resident Rachel Pyron will be vying for the title of "world's strongest woman" when she competes in the strongwoman competition at the upcoming Arnold Classic, March 5-8, 2015 in Columbus, Ohio. Her rigorous training includes weekly acupuncture treatments to manage the various ailments a world-class powerlifter encounters.



Initially, it was a frustrating neck injury that hampered her training and, led her to try acupuncture for relief.

"I was somewhat apprehensive about trying acupuncture, but had come to the point that I would try anything. After months of receiving very little progress with other therapies, I messaged Tony Burris at Eagle Acupuncture. After my first visit with Tony, I left with more pain relief than I had felt in months, prior to my injury. I could extend my neck! I was so relieved. With weekly treatments leading up to Strongwoman Nationals, I was able to continue training and won first place in my division."

Now she moves on the Arnold Classic, a spring competition generally considered the world championship for strongwomen. Contestants from more than 30 countries will be represented.

After forays into long-distance running and bodybuilding, Rachel found her niche in strongwoman competitions. At 4' 11" and 120 lbs., she may not conjure up the mental image of a stereotypical powerlifter but her training includes pressing a 95lb. dumbbell overhead, an incredible feat considering her size.

"I can't thank Tony enough for his support and understanding in helping me to be a healthy individual and athlete. Acupuncture is nothing to fear and I am very thankful for Eagle Acupuncture and will continue to receive care leading up to my next competition, the world championship at the Arnold Classic 2015."



Editors Note:

Rachel did go on to compete successfully in the 2015 Arnold Classic!

For more information about how acupuncture can help you or a loved one contact Tony Burris, L.Ac. at Eagle Acupuncture @ (208) 938-1277 or visit his website @ EagleAcupuncture.com.