



A native of rural Iowa, I've always enjoyed a love for the natural world. In college, I was drawn to the field of Botany and received a BA from the University of Iowa in 1973. I worked in agriculture and horticulture for 15 years before following a dream to shift into health care and therapeutic bodywork. I received massage therapy training through Heartwood Institute in CA in 1993, became certified in Zero Balancing through the Zero Balancing Health Association in 1997 and in 2010 completed a 3 ½ year Masters of Classical Five Element Acupuncture program from the Institute of Taoist Education and Acupuncture in Louisville, CO.

My current practice, integrates 5 Element Acupuncture, Zero Balancing and Craniosacral Therapy to support my clients' health and well-being ~ body mind and spirit. When I'm not working at that, you might find me teaching Heart Rhythm Meditation classes, leading Dances of Universal Peace, sponsoring continuing education classes, out on the bike trails, gardening, or hiking in Big Nature.

Morgan Rivers
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Mission Statement

Two Rivers Acupuncture
and Bodyworks
is dedicated to offering
Classical Five Element
Acupuncture
& Zero Balancing
as health care options.

Using Nature-based,
Holistic and Individualized
treatment methods,
I am committed
to supporting
each person's potential
for greater health,
harmony & happiness
on all levels:
body, mind, and spirit.

I value partnership,
possibility,
change from within,
personal empowerment,
and holding each person
in the highest positive regard.



Two Rivers... Acupuncture & Bodyworks



Enhancing
health & well-being
through
the healing arts
since 1991

Classical Five-Element Acupuncture

In the lineage of JR Worsley

Why would anyone want to receive acupuncture? The simple answer is, it helps us feel better. In the West we know a lot about the structure of the body. One of the great gifts of East is knowledge about the life force that animates that structure -- Chi or Qi energy. Acupuncture works with this system.

You might think of it as a system of rivers, streams and lakes. When there is plenty of clean water, the lakes are full and the rivers and streams are flowing and life goes well. If the water is in short supply, polluted, damned up or flooding, life doesn't go so well.

Since acupuncture works to restore balance and harmony to our internal energy system, it can help alleviate all types of symptoms, and encourage:

- Pain relief
- More energy and productivity
- Better sleep
- Improved digestion
- Increased sense of well-being
- Feeling more calm, centered and in the driver's seat of life
- An increased sense of aliveness and connectedness
- Better moods and mental health

After an initial consult it is recommended to come weekly until improvement begins, then sessions are tapered out. Typically people then make lifelong use of acupuncture for "tune-ups" to support balance and harmony and as preventative medicine.

"I love how I feel. I recommend acupuncture to all my friends." Jane, Retired Teacher



"I have been enjoying the benefits of Zero Balancing Bodywork and Acupuncture for years. The benefits have been too numerous to list, but include better focus, relaxation, blood pressure and general wellness. I would recommend Two Rivers and Morgan to anyone seeking these benefits!" Greg Osby, Financial Services



"Within several months of beginning acupuncture and zero-balancing, my migraines became one day only headaches manageable with OTC medications. Two years later, the rare headache is mild and I don't lose days. As a bonus, several joints that had remained chronically inflamed and painful even with medication are no longer an issue." Michelle Voelker, RD



"I started acupuncture hoping to eliminate perimenopause symptoms. The treatments have done that and more! Morgan is a true partner in health, helping me relax deeply and experience less illness." -- Deb Downey, Teacher



"Courses of Zero Balancing, along with other therapies, not only have alleviated the pain, but have calmed the stress. Importantly, especially because I don't like the effects of conventional medication, I've been able to be 'drug-free' because of these sessions." -- Barbara H



"I no longer get monthly headaches and I have more energy. I feel more aligned top to bottom, side to side, front to back. Also more flexible. And when I do overdo, I restore faster....a day or two." -- Barb H



"I have done a lot of bodywork and Zero Balancing is the best!" -- Dottie Jackson, Somatic Yoga



Practitioners of Zero Balancing (ZB) like to say, "Zero Balancing makes normal better and better normal". ZB is a gentle yet powerful form of bodywork developed by Dr. Fritz Smith, DO and Acupuncturist.

For a ZB session, the client lies clothed on a massage table on their back and their job is to "relax and enjoy themselves". The work happens beyond the mental activity of the mind. ZB touch is distinctive and is meant to feel good - it feels a bit like acupressure.

ZB offers opportunities for healing and change that come from the inside out. This type of change tends to be more profound and lasting. In my practice, it has proven to be helpful with pain relief and stress relief as well as improving one's overall health and sense of well-being.

Zero Balancing
Therapeutic Bodywork
1 hour
Initial Acupuncture Consult
2 hours

Acupuncture
1 hour 15 minutes

For more information
& fees, see the website and
disclosure form
www.healingpartners.biz