

Abbotsford Acupuncture

Abbotsford Acupuncture - The main difference between Acupressure and Acupuncture is that the latter makes use of thin needles in dealing with health issues, while acupressure does not break your skin. Both of these methods of holistic medicine have a lot in common. They are each based on the touching meridians that carry energy or chi all through the body. Conventional Chinese Medicine or TCM believes that illnesses and ailments are caused by blockages of chi in several part of the body along the 14 meridians. Both Acupressure and Acupuncture encourage energy to flow freely over again. These healing methods are utilized to heal various problems like for example anxiety and depression, arthritis, migraine headaches, allergies, menstrual cramps as well as nausea amongst others.

Amongst the vital differences between Acupressure and Acupuncture is in the different application of the techniques. Acupuncture should be carried out by a practitioner who is experienced in Conventional Chinese Medicine. Specific combinations of pressure points are concurrently accessed at the same time. Since the Acupuncturist must insert the really thin, long needles into the skin, the patient usually disrobes before treatment.

Acupuncture literally means to puncture the skin with long needles just as the name suggests. The needle utilized are very thin and are not similar to the needles used so as to inject fluids. These needles do not inject anything. Acupuncture needles are hypoallergenic, variable lengths of disposable and sterile metal. A skilled professional carefully inserts the needle underneath the skin and into tissue and muscle. This does not hurt if it is carried out correctly. The goal of the needles is to be able to reach pressure points and break up the blockages.

Nevertheless, Acupressure could easily be learned from a book. The simple techniques help so as to manipulate certain pressure points around the body to be able to release energies that help to lessen common ailments and discomforts. These methods are similar to mini-massages and could be performed on yourself anywhere you are. For instance, massaging the muscle situated between your thumb and index finger is said to relieve headaches caused by dehydration. Another common point is pressing on a certain spot on the inner side of your forearm to be able to ease motion sickness. An Acupressurist generally touches one or two pressure points at a time. They commonly make use of their thumbs, fingers, elbows and palms. In view of the fact that these techniques are the same as a massage, they can be performed through loose clothing and undressing is not commonly needed.

Acupressure dates back to 2500 BCE in China and is much older than Acupuncture. Both practices have just been assessed by western standards of medicine. These therapies are becoming generally accepted and normally used in conjunction with various treatments. For example, patients of chemotherapy who are going through extreme nausea can utilize Acupressure applied through a bracelet to cure their nausea and get consistent results.

Acupuncture methods need a tremendous amount of precision to position very small needles. This technique could bring relief a lot faster. The tool for Acupressure is as wide as finger making this particular procedure much less accurate. Acupuncture, although it can provide potentially speedier relief, can come with more announced side effects from releasing toxins or realigning muscle groups. Acupressure causes fewer side effects and is like deep tissue massage.