

## Prince George Acupuncture

Prince George Acupuncture - The essential difference between the holistic arts of Acupressure and Acupuncture are that Acupressure deals with healing methods without breaking the skin, whereas acupuncture uses needles to puncture the skin to address particular health issues. They are each based on the touching meridians which carry chi or energy throughout the system. Conventional Chinese Medicine or TCM thinks that illnesses and ailments are caused by blockages of chi in some part of the body along the fourteen meridians. Both Acupressure and Acupuncture encourage energy to flow freely once more. These healing practices are used so as to heal different issues like nausea, anxiety and depression, arthritis, migraine headaches, allergies as well as menstrual cramps among others.

Basically the difference between Acupuncture and Acupressure is in the application of the techniques. Acupuncture methods must just be carried out by skilled practitioners of Conventional Chinese Medicine. Particular combinations of pressure points are simultaneously accessed at the same time. Because the Acupuncturist needs to insert the really thin, long needles into the skin, the patient normally disrobes previous to treatment.

Acupuncture literally means to puncture the skin utilizing long needles just as the name suggests. The needle utilized are extremely thin and are not like the needles used in order to inject fluids. These needles do not inject anything. Acupuncture needles are hypoallergenic, flexible lengths of sterile and disposable metal. A skilled professional delicately inserts the needle underneath the skin and into tissue and muscle. This does not hurt if it is carried out properly. The aim of the needles is to reach pressure points and break up the blockages.

Nevertheless, Acupressure could easily be learned from a book. The simple techniques help to manipulate certain pressure points around the body to release energies which help to lessen common discomforts and ailments. These methods are similar to mini-massages and could be carried out on yourself wherever you are. Like for instance, massaging the muscle situated between your index finger and thumb is said to relieve headaches caused by dehydration. One more common point is pressing on a specific spot on the inner side of your forearm in order to ease motion sickness. An Acupressurist usually touches one or two pressure points at a time. They normally utilize their thumbs, fingers, elbows and palms. In view of the fact that these methods are the same as a massage, they could be carried out through loose clothing and disrobing is not commonly required.

Dating back as far back as 2500 BCE China, Acupressure is a much older art compared to Acupuncture. Recently, the two treatment alternatives have been assessed by western standards of medicine. These therapies are becoming generally accepted and normally used in conjunction with other treatments. For example, chemotherapy patients who are experiencing extreme nausea could utilize Acupressure applied through a bracelet to be able to acquire consistent results and cure nausea.

The art of Acupuncture requires greater precision as the Acupuncture needles are very thin, yet it can bring quicker relief. Acupressure is less precise as the tool is as wide as a finger. Acupuncture, although it can offer potentially quicker relief, may come with more announced side effects from releasing toxins or realigning muscle groups. Acupressure produces less side effects and is like deep tissue massage.