

Windsor Acupuncture

Windsor Acupuncture - The essential difference between Acupuncture and Acupressure is that the former utilizes thin needles in addressing health issues, while acupressure does not break your skin. Both of these practices of holistic medicine have much in common. They are each based on the touching meridians which carry energy or chi all over the body. Traditional Chinese Medicine or also referred to as TCM believes that illnesses and ailments are produced by blockages of chi in some part of the body along the 14 meridians. Both Acupressure and Acupuncture encourage energy to flow freely over again. These healing methods are used so as to treat different concerns like for instance arthritis, migraine headaches, allergies, menstrual cramps, nausea, anxiety and depression among others.

One of the important differences between Acupressure and Acupuncture is in the distinct application of the techniques. Acupuncture should be carried out by a practitioner who is skilled in Conventional Chinese Medicine. Certain combinations of pressure points are simultaneously accessed all together. As the Acupuncturist should insert the very thin, long needles into the skin, the patient usually disrobes previous to treatment.

Acupuncture, just as the term suggests, means puncturing the skin making use of long needles. These needles are very thin and do not inject anything; hence, they are not the same as the needles you know at a Western doctor's office. Acupuncture needles are hypoallergenic, different lengths of sterile and disposable metal. A skilled professional carefully inserts the needle under the skin and into muscle and tissue. This does not hurt if it is carried out right. The goal of the needles is to reach pressure points and break up the blockages.

Nonetheless, Acupressure can easily be learned from a book. The easy methods help to direct specific pressure points around the body to release energies which help to lessen common ailments and discomforts. These techniques are similar to mini-massages and could be performed on yourself wherever you are. Like for instance, massaging the muscle located between your index finger and thumb is said to alleviate headaches caused by dehydration. Another common point is pressing on a particular 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 make use of their palms, thumbs, fingers and elbows. In view of the fact that these techniques are the same as a massage, they can be administered through loose clothing and disrobing is not usually required.

Acupressure dates back to 2500 BCE in China and is a lot older compared to Acupuncture. Both practices have recently been evaluated by western standards of medicine. These therapies are becoming generally accepted and often utilized in conjunction with various treatments. Like for instance, patients of chemotherapy who are going through extreme sickness can make use of Acupressure applied through a bracelet to cure their nausea and obtain consistent results.

The art of Acupuncture requires greater precision for the reason that the Acupuncture needles are extremely thin, yet it may bring quicker relief. Acupressure is less accurate as the tool is as wide as a finger. Acupuncture, although it can offer potentially speedier relief, can come with more announced side effects from releasing toxins or realigning muscle groups. Acupressure causes fewer side effects and is similar to a deep tissue massage.