

Halifax Acupuncture

Halifax Acupuncture - The essential difference between Acupressure and Acupuncture is that the latter utilizes thin needles in dealing with health issues, while acupressure does not break your skin. Both of these practices of holistic medicine have a lot in common. They are each based on the touching meridians that carry chi or energy all over the body. Conventional Chinese Medicine or likewise known as TCM believes that illnesses and ailments are produced by blockages of chi in some part of the system along the 14 meridians. Both Acupressure and Acupuncture encourage energy to circulate freely once more. These healing practices are utilized to be able to cure different problems like for example arthritis, migraine headaches, allergies, menstrual cramps, nausea, anxiety and depression among others.

Among the important differences between Acupuncture and Acupressure is in the different application of the methods. Acupuncture must be carried out by a practitioner who is experienced in Traditional Chinese Medicine. Particular combinations of pressure points are concurrently accessed all together. For the reason that the Acupuncturist should insert the really thin, long needles into the skin, the patient normally undresses before treatment.

Acupuncture literally means to puncture the skin using long needles just as the term suggests. The needle utilized are really thin and are not like the needles utilized in order to inject fluids. These needles do not inject anything. Acupuncture needles are hypoallergenic, variable lengths of disposable and sterile metal. A skilled expert carefully inserts the needle underneath the skin and into muscle and tissue. This does not hurt if it is done properly. The objective of the needles is to get to pressure points and break up the blockages.

Acupressure however can simply be learned from a book. The methods to control pressure points to ease common discomforts can likewise be found on-line. It is possible and usually rather comforting to do these mini massages on yourself anywhere. Like for instance, massaging the muscle located between your thumb and index finger is said to ease dehydration headaches. Another common point is pressing on a specific spot on the inner side of your forearm to ease motion sickness. An Acupressurist normally touches one or two pressure points at a time. They often use their thumbs, fingers, elbows and palms. Since these methods are the same as a massage, they could be carried out through loose clothing and undressing is not usually needed.

Acupressure dates back to 2500 BCE in China and is a lot older than Acupuncture. Both practices have just been assessed 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 could utilize Acupressure applied through a bracelet in order to cure their nausea and acquire consistent results.

Acupuncture methods need a tremendous amount of accuracy to position extremely small needles. This particular method may bring relief a lot quicker. The tool for Acupressure is as wide as finger making this particular procedure much less precise. Acupuncture, although it can offer potentially quicker relief, could come with more announced side effects from realigning muscle groups or releasing toxins. Acupressure produces less side effects and is similar to a deep tissue massage.