

Acupressure Halifax

Acupressure Halifax - Acupressure is a type of Conventional Chinese Medicine or otherwise called TCM. It relies on using pressure on specific points of the body so as to alleviate the symptoms of various health concerns. Acupressure is also a type of bodywork and several massage therapists incorporate this method into their massage routines in order to better serve their clients. Normally, an Acupressure session leaves the client feeling more energized and less stress. Acupressure can relieve many signs when it is done by a professional practitioner.

Traditional Chinese Medicine uses different basic principles which have been refined through thousands of years of medical practice. Amongst the major principles is that health is governed by the flow of qi or life force through the body. Medical complaints are said to be triggered by disruptions to this particular flow, as the body's energy balance becomes interrupted. Practitioners of Traditional Chinese Medicine believe that disruptions in the flow of qi have an effect on specific organs and hence; all symptoms can be linked and traced back to a certain organ.

Qi energy follows the meridians of the body, which are major pathways, as it flows through the body. Each of the meridians carries qi energy to all of the organs. When an Acupressure practitioner identifies a problem, they know particularly which meridian is affected. The meridians of the body are broken up into a detailed series of pressure points. These points are physically manipulated in order to cure different indications. These pressure points are found by finding the meridian and utilizing certain parts of the body as landmarks.

Typically, in an Acupressure session, the client lies on a table draped with a sheet or blankets. Some Acupressure technicians ask the client to remove their clothes, while others work with dressed clients. When the session is blended with Western massage methods, undressing is more adopted, although, no massage therapist will ask the customer to go past their comfort level. All through the session, the practitioner normally takes a few quick passes over the client to be able to familiarize themselves with the client, while asking about specific conditions she or he is going through.

The Acupressure therapist could make use of different levels of pressure on the bodies pressure points based upon the needs of the customer. Furthermore, the preferences of the practitioner and their tools: hands, elbows, and several other mechanical tools could be applied to be able to give varying degrees of pressure. The flow of the client's qi is meant to even out over the course of the treatment, and hopefully, relief is brought to the signs that the customer has mentioned. These sessions could be very energizing and likewise cathartic, usually the client experiences a flood of emotion.