

## Sudbury Acupuncture

Sudbury Acupuncture - The essential difference between the holistic arts of Acupuncture and Acupressure are that Acupressure handles healing methods without breaking the skin, while acupuncture utilizes needles to puncture the skin to deal with certain health problems. They are each based on the touching meridians which carry chi or energy all over the body. Conventional Chinese Medicine or TCM thinks that illnesses and ailments are caused by blockages of chi in some part of the system along the fourteen meridians. Both Acupuncture and Acupressure encourage energy to circulate freely over again. These healing practices are utilized so as to treat a wide variety of concerns like for example migraine headaches, allergies, menstrual cramps, nausea, anxiety and depression as well as arthritis among others.

One of the important differences between Acupressure and Acupuncture is in the different application of the techniques. Acupuncture should be performed by a practitioner who is skilled in Conventional Chinese Medicine. Particular combinations of pressure points are concurrently accessed all together. Because the Acupuncturist needs to insert the really thin, long needles into the skin, the patient normally gets undressed prior to treatment.

Acupuncture literally means to puncture the skin with long needles just as the name suggests. The needle used 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, flexible lengths of sterile and disposable metal. A trained professional precisely inserts the needle under the skin and into tissue and muscle. This does not hurt if it is done correctly. The goal of the needles is to be able to get to pressure points and break up the blockages.

Acupressure however can easily be learned from a handbook. The methods so as to manipulate pressure points to be able to ease common discomforts can likewise be found on the internet. It is possible and often fairly comforting to do these mini massages on yourself anywhere. For instance, massaging the muscle situated between your thumb and index finger is said to ease headaches caused by dehydration. Another common point is pressing on a particular area on the inner side of your forearm to alleviate motion sickness. An Acupressurist normally touches one or two pressure points at a time. They normally make use of their elbows, palms, thumbs and fingers. Since these techniques are the same as a massage, they can be performed through loose clothing and disrobing is not commonly needed.

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 usually used in conjunction with various treatments. For instance, patients of chemotherapy who are suffering from extreme sickness could make use of Acupressure applied through a bracelet in order to cure their nausea and obtain consistent results.

The art of Acupuncture needs greater precision because the Acupuncture needles are really thin, yet it may bring quicker relief. Acupressure is less precise because the tool is as wide as a finger. Acupuncture, although it could provide potentially faster relief, can come with more announced side effects from realigning muscle groups or releasing toxins. Acupressure causes less side effects and is similar to a deep tissue massage.