

Regina Acupuncture

Regina Acupuncture - The essential difference between Acupuncture and Acupressure is that the former makes use of thin needles in addressing health problems, whereas acupressure does not break your skin. Both of these methods of holistic medicine have a lot in common. 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 to heal various concerns like arthritis, migraine headaches, allergies, menstrual cramps, nausea, anxiety and depression among others.

Amongst the vital differences between Acupressure and Acupuncture is in the different application of the techniques. Acupuncture must be performed by a practitioner who is experienced in Conventional Chinese Medicine. Specific combinations of pressure points are concurrently accessed at the same time. Because the Acupuncturist must insert the very thin, long needles into the skin, the patient typically disrobes previous to treatment.

Acupuncture literally means to puncture the skin utilizing long needles just as the name suggests. The needle utilized are very thin and are not like the needles used so as to inject fluids. These needles do not inject anything. Acupuncture needles are hypoallergenic, different lengths of sterile and disposable metal. A skilled professional carefully inserts the needle beneath the skin and into muscle and tissue. This does not hurt when it is performed properly. The goal of the needles is to get to pressure points and break up the blockages.

On the other hand, Acupressure can easily be learned from a book. The simple methods help in order to control certain pressure points around the body to be able to release energies that help to ease common discomforts and ailments. These techniques are like mini-massages and can be performed on yourself wherever you are. 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 area on the inner side of your forearm to relieve motion sickness. An Acupressurist generally touches one or two pressure points at a time. They normally utilize their elbows, palms, thumbs and fingers. In view of the fact that these methods are similar to massage, they could be performed through loose clothing and disrobing is not commonly needed.

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 evaluated by western standards of medicine. These therapies are becoming widely accepted and usually used in conjunction with other treatments. For instance, patients of chemotherapy who are experiencing intense vomiting could make use of Acupressure applied through a bracelet to be able to cure their nausea and acquire consistent results.

The art of Acupuncture requires greater accuracy for the reason that the Acupuncture needles are extremely thin, yet it may bring faster relief. Acupressure is less accurate because the tool is as wide as a finger. Acupuncture, while 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 like deep tissue massage.