

## Vancouver Acupuncture

Vancouver Acupuncture - The main difference between Acupressure and Acupuncture is that the latter uses thin needles in addressing health issues, whereas 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 throughout the body. Conventional Chinese Medicine or likewise referred to as TCM believes that illnesses and ailments are produced by blockages of chi in several part of the body along the fourteen meridians. Both Acupuncture and Acupressure encourage energy to circulate freely over again. These healing practices are utilized to cure a wide variety of problems like nausea, anxiety and depression, arthritis, migraine headaches, allergies as well as menstrual cramps among others.

Amongst the essential differences between Acupressure and Acupuncture is in the different application of the techniques. Acupuncture must be carried out by a practitioner who is experienced in Traditional Chinese Medicine. Specific combinations of pressure points are simultaneously accessed at the same time. As the Acupuncturist should insert the really thin, long needles into the skin, the patient usually disrobes prior to treatment.

Acupuncture literally means to puncture the skin making use of long needles just as the name suggests. The needle utilized are very thin and are not similar to the needles utilized so as to inject fluids. These needles do not inject anything. Acupuncture needles are hypoallergenic, different lengths of sterile and disposable metal. A trained expert precisely inserts the needle beneath the skin and into muscle and tissue. This does not hurt if it is done correctly. The objective of the needles is to be able to reach pressure points and break up the blockages.

However, Acupressure could easily be learned from a book. The simple methods help to be able to direct specific pressure points around the body so as to release energies that help to alleviate common discomforts and ailments. These methods are like mini-massages and can be carried out on yourself wherever you are. Like for instance, massaging the muscle located between your thumb and index finger is said to relieve dehydration headaches. One more common point is pressing on a particular 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 often use their palms, thumbs, fingers and elbows. In view of the fact that these techniques are similar to massage, they could be administered 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 normally used in conjunction with various treatments. For instance, patients of chemotherapy who are experiencing 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 in view of the fact that the Acupuncture needles are really thin, yet it could bring quicker relief. Acupressure is less accurate because the tool is as wide as a finger. Acupuncture, even if it could offer potentially quicker relief, may come with more announced side effects from realigning muscle groups or releasing toxins. Acupressure causes fewer side effects and is similar to a deep tissue massage.