

## Owen Sound Acupuncture

Owen Sound Acupuncture - The essential difference between Acupressure and Acupuncture is that the latter uses thin needles in dealing with health concerns, 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 which carry chi or energy throughout the system. Conventional Chinese Medicine or also called TCM believes that illnesses and ailments are produced by blockages of chi in some part of the body along the 14 meridians. Both Acupressure and Acupuncture encourage energy to flow freely once again. These healing practices are utilized in order to treat various issues like for instance allergies, menstrual cramps, nausea, anxiety and depression, arthritis as well as migraine headaches among others.

Among the vital differences between Acupressure and Acupuncture is in the different application of the methods. Acupuncture should be done by a practitioner who is skilled in Conventional Chinese Medicine. Specific combinations of pressure points are concurrently accessed all together. Since the Acupuncturist must insert the really thin, long needles into the skin, the patient usually undresses before treatment.

Acupuncture literally means to puncture the skin utilizing long needles just as the name suggests. The needle used are very thin and are not the same as the needles used to inject fluids. These needles do not inject anything. Acupuncture needles are hypoallergenic, flexible lengths of disposable and sterile metal. A trained expert carefully 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 get to pressure points and break up the blockages.

Acupressure however could simply be learned from a book. The techniques so as to control pressure points to ease common discomforts could even be found on the internet. It is probable and usually rather comforting to do these mini massages on yourself anywhere. For example, massaging the muscle located between your index finger and thumb is said to alleviate dehydration headaches. One more common point is pressing on a certain spot on the inner side of your forearm in order to ease motion sickness. An Acupressurist usually touches one or two pressure points at a time. They commonly make use of their palms, thumbs, fingers and elbows. In view of the fact that these techniques are similar to massage, they could be performed through loose clothes and undressing is not usually required.

Acupressure dates back to 2500 BCE in China and is a lot older than Acupuncture. Both methods have recently been assessed by western standards of medicine. These therapies are becoming widely accepted and often used in conjunction with other treatments. For example, patients of chemotherapy who are suffering from intense vomiting can utilize Acupressure applied through a bracelet to cure their nausea and acquire consistent results.

Acupuncture methods need a great amount of accuracy to place extremely small needles. This particular technique can bring relief far faster. The tool utilized for Acupressure is as wide as finger making this particular method a lot less precise. Acupuncture, although it can provide potentially speedier relief, can come with more announced side effects from realigning muscle groups or releasing toxins. Acupressure produces less side effects and is like deep tissue massage.