

## Charlottetown Acupuncture

Charlottetown Acupuncture - The main difference between Acupressure and Acupuncture is that the latter uses thin needles in addressing health problems, while acupressure does not break your skin. Both of these methods of holistic medicine have much in common. They are each based on the touching meridians that carry chi or energy all through the system. Traditional Chinese Medicine or TCM believes that illnesses and ailments are caused by blockages of chi in several part of the system along the fourteen meridians. Both Acupressure and Acupuncture encourage energy to flow freely over again. These healing methods are utilized to cure a wide variety of concerns like for instance anxiety and depression, arthritis, migraine headaches, allergies, menstrual cramps as well as nausea amongst others.

One of the essential differences between Acupressure and Acupuncture is in the distinct application of the techniques. Acupuncture should be done by a practitioner who is skilled in Conventional Chinese Medicine. Specific combinations of pressure points are simultaneously accessed at the same time. In view of the fact that the Acupuncturist should insert the very thin, long needles into the skin, the patient normally undresses before treatment.

Acupuncture literally means to puncture the skin with long needles just as the term suggests. The needle used are extremely thin and are not similar to the needles used in order to inject fluids. These needles do not inject anything. Acupuncture needles are hypoallergenic, different lengths of disposable and sterile metal. A trained expert carefully inserts the needle underneath the skin and into muscle and tissue. This does not hurt when it is done correctly. The objective of the needles is to get to pressure points and break up the blockages.

Nevertheless, Acupressure could simply be learned from a book. The easy methods help in order to manipulate certain pressure points around the body to release energies that help to alleviate common ailments and discomforts. These methods are similar to mini-massages and can be done on yourself wherever you are. Like for instance, massaging the muscle located between your thumb and index finger is said to relieve headaches caused by dehydration. Another common point is pressing on a specific area on the inner side of your forearm to ease motion sickness. An Acupressurist generally touches one or two pressure points at a time. They normally utilize their palms, thumbs, fingers and elbows. Since these techniques are the same as a massage, they can be carried out through loose clothing and disrobing is not normally required.

Dating back as far back as 2500 BCE China, Acupressure is a a lot older art as opposed to Acupuncture. Recently, the two treatment alternatives have been assessed by western standards of medicine. These therapies are becoming generally accepted and usually utilized in conjunction with other treatments. For instance, chemotherapy patients who are suffering from extreme vomiting can utilize Acupressure applied through a bracelet to cure their nausea and get consistent results.

Acupuncture techniques need a tremendous amount of precision to place extremely small needles. This method could bring relief far faster. The tool for Acupressure is as wide as finger making this practice much less precise. Acupuncture, though it could offer potentially faster relief, may come with more announced side effects from releasing toxins or realigning muscle groups. Acupressure causes less side effects and is like deep tissue massage.