

## Brandon Acupuncture

Brandon Acupuncture - The essential difference between Acupuncture and Acupressure is that the former uses thin needles in addressing 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. Traditional Chinese Medicine or likewise referred to as TCM thinks that illnesses and ailments are produced by blockages of chi in several part of the body along the fourteen meridians. Both Acupressure and Acupuncture encourage energy to circulate freely once more. These healing methods are utilized to treat a wide variety of concerns like allergies, menstrual cramps, nausea, anxiety and depression, arthritis as well as migraine headaches amongst others.

Basically the difference between Acupuncture and Acupressure is in the application of the techniques. Acupuncture methods should only be done by trained practitioners of Traditional Chinese Medicine. Specific combinations of pressure points are concurrently accessed all together. For the reason that the Acupuncturist needs to insert the really thin, long needles into the skin, the patient usually disrobes prior to treatment.

Acupuncture, just as the word suggests, means puncturing the skin using long needles. These needles are extremely thin and do not inject anything; hence, they do not resemble the needles you are familiar with at a Western doctor's office. Acupuncture needles are hypoallergenic, different lengths of disposable and sterile metal. A qualified expert delicately inserts the needle beneath the skin and into tissue and muscle. This does not hurt if it is performed properly. The purpose of the needles is to get to pressure points and break up the blockages.

However, Acupressure can simply be learned from a book. The easy techniques help to be able to manipulate specific pressure points around the body to release energies which help to alleviate common discomforts and ailments. These methods are like mini-massages and can be done on yourself anywhere you are. For example, massaging the muscle situated between your index finger and thumb is said to relieve dehydration headaches. Another common point is pressing on a certain area on the inner side of your forearm so as to ease motion sickness. An Acupressurist normally touches one or two pressure points at a time. They commonly utilize their thumbs, fingers, elbows and palms. In view of the fact that these methods are similar to massage, they could be administered through loose clothes and disrobing is not normally required.

Acupressure dates back to 2500 BCE in China and is a lot older than Acupuncture. Both practices have recently been assessed by western standards of medicine. These therapies are becoming widely accepted and usually utilized in conjunction with various treatments. For example, patients of chemotherapy who are going through extreme vomiting can utilize Acupressure applied through a bracelet to get consistent results and cure nausea.

Acupuncture techniques require a great amount of accuracy to place really small needles. This particular technique may bring relief a lot quicker. The tool for Acupressure is as wide as finger making this procedure far less precise. Acupuncture, though it can provide potentially quicker relief, can come with more announced side effects from releasing toxins or realigning muscle groups. Acupressure causes fewer side effects and is like deep tissue massage.