

## Norfolk Acupuncture

Norfolk Acupuncture - The main difference between the holistic arts of Acupressure and Acupuncture are that Acupressure handles healing methods without breaking the skin, whereas acupuncture utilizes needles to pierce the skin to address particular health issues. They are each based on the touching meridians which carry energy or chi all over the system. Traditional Chinese Medicine or also referred to as TCM thinks that ailments and illnesses are caused by blockages of chi in several part of the body along the 14 meridians. Both Acupressure and Acupuncture encourage energy to circulate freely all over again. These healing practices are utilized so as to treat various concerns such as migraine headaches, allergies, menstrual cramps, nausea, anxiety and depression as well as arthritis amongst others.

Basically the difference between Acupuncture and Acupressure is in the application of the methods. Acupuncture techniques should only be performed by competent practitioners of Traditional Chinese Medicine. Certain combinations of pressure points are simultaneously accessed at the same time. Because the Acupuncturist needs to insert the really thin, long needles into the skin, the patient normally disrobes previous to treatment.

Acupuncture, just as the term suggests, means puncturing the skin utilizing long needles. These needles are really thin and do not inject anything; hence, they are not the same as the needles you know at a Western doctor's office. Acupuncture needles are hypoallergenic, different lengths of disposable and sterile metal. A qualified expert precisely inserts the needle beneath the skin and into tissue and muscle. This does not hurt if it is done correctly. The aim of the needles is to reach pressure points and break up the blockages.

However, Acupressure could simply be learned from a book. The simple methods help to direct specific pressure points around the body in order to release energies that help to lessen common ailments and discomforts. These techniques are like mini-massages and can be done on yourself wherever you are. For instance, massaging the muscle located between your index finger and thumb is said to ease dehydration headaches. Another common point is pressing on a specific spot on the inner side of your forearm to be able to ease motion sickness. An Acupressurist usually touches one or two pressure points at a time. They commonly make use of their thumbs, fingers, elbows and palms. In view of the fact that these techniques are the same as a massage, they could be administered through loose clothing and undressing is not usually required.

Acupressure dates back to 2500 BCE in China and is much older than Acupuncture. Both practices have recently been evaluated by western standards of medicine. These therapies are becoming generally accepted and often used in conjunction with various treatments. For example, chemotherapy patients who are going through extreme queasiness could make use of Acupressure applied through a bracelet to obtain consistent results and cure nausea.

The art of Acupuncture needs greater precision in view of the fact that the Acupuncture needles are extremely thin, yet it could bring quicker relief. Acupressure is less accurate because the tool is as wide as a finger. Acupuncture, while it could offer potentially quicker relief, can come with more announced side effects from releasing toxins or realigning muscle groups. Acupressure produces less side effects and is similar to a deep tissue massage.