

## Timmins Acupuncture

Timmins Acupuncture - The main difference between the holistic arts of Acupressure and Acupuncture are that Acupressure deals with healing methods without breaking the skin, whereas acupuncture uses needles to pierce the skin to address particular health issues. They are each based on the touching meridians that carry energy or chi throughout the system. Traditional Chinese Medicine or TCM thinks that ailments and illnesses are caused by blockages of chi in some part of the system along the 14 meridians. Both Acupuncture and Acupressure encourage energy to flow freely once more. These healing practices are used in order to cure various problems like allergies, menstrual cramps, nausea, anxiety and depression, arthritis as well as migraine headaches amongst others.

Amongst the important differences between Acupressure and Acupuncture is in the different application of the techniques. Acupuncture must be done by a practitioner who is experienced in Conventional Chinese Medicine. Specific combinations of pressure points are concurrently accessed all together. For the reason that the Acupuncturist needs to insert the very thin, long needles into the skin, the patient normally disrobes prior to treatment.

Acupuncture, just as the term suggests, means puncturing the skin making use of long needles. These needles are extremely thin and do not inject anything; thus, they do not resemble the needles you are familiar with at a Western doctor's office. Acupuncture needles are hypoallergenic, variable lengths of sterile and disposable metal. A qualified professional precisely inserts the needle beneath the skin and into muscle and tissue. This does not hurt when it is performed properly. The purpose of the needles is to reach pressure points and break up the blockages.

However, Acupressure can easily be learned from a book. The easy techniques help so as to direct particular pressure points around the body so as to release energies which help to alleviate common discomforts and ailments. These methods are similar to mini-massages and could be performed on yourself anywhere you are. For example, massaging the muscle situated between your thumb and index finger is said to alleviate dehydration headaches. Another common point is pressing on a particular spot on the inner side of your forearm to be able to relieve motion sickness. An Acupressurist usually touches one or two pressure points at a time. They often use their fingers, elbows, palms and thumbs. As these methods are similar to massage, they can be carried out through loose clothing and undressing is not usually 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 assessed by western standards of medicine. These therapies are becoming generally accepted and normally utilized in conjunction with various treatments. Like for instance, patients of chemotherapy who are going through extreme nausea can utilize Acupressure applied through a bracelet to cure their nausea and get consistent results.

Acupuncture techniques need a great amount of precision to position really small needles. This method could bring relief far quicker. The tool used for Acupressure is as wide as finger making this practice much less precise. Acupuncture, even if it can provide potentially speedier 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.