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“punctured” with needles, while in acupressure you merely use finger “pressure” to stimulate them, thus the respective names of the two healing arts. Since it doesn’t use potentially dangerous needles, acupressure can be practiced casually at home with no risk.

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Acupressure is
essentially a method

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of sending a signal to the body (by needle or other means) to “turn on” its own self-healing or regulatory mechanisms.

Normally, Qi (vital energy) circulates through natural pathways in the body called meridians.

Blockage of this flow or an imbalance in Yin and Yang can cause

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A Complete Guide to Acupressure fills the need for something in between simplistic acupressure books and complicated acupuncture texts. Now even more complete, this new edition has been updated to include: o

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Acupressure massage therapy Acupressure has been an important form of traditional Chinese medicine employed for treating patients suffering from various ailments for thousands of years. The key to the success of the therapy lies in precise identification of

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the patient's body
and attending them.

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Introduction

Acupressure,
acupuncture, and
related practices Do-
in, G-Jo, Shiatsu, and
Myotherapy, practiced
in Asia for thousands

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of years, have only gained wider acceptance in the West in recent times. Traditional Asian medicine emphasizes personal responsibility for one's health.

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Acupressure is the non-invasive form of acupuncture and also

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Acupressure
targets the same
acupoints.

Acupressure can be practiced by using the fingers to apply pressure and stimulate the various acupoints.

Alternatively, spiked or pointed tools can also be used to apply pressure, including diagnostic sticks, hand rollers, foot

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The stimulation applied by fine needles in acupuncture is done with fingertip pressure in acupressure. The meridian system (energy pathways) in the body has 350

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acupuncture or acupressure points. A blockage of energy flow, or Chi, along any meridian results in health problems and disease.

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Acupressure is used to balance and relax

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the body relieving stress and tension, increase blood circulation, treat internal organ diseases, relieve internal discomfort; or to generally promote overall well-being of the body; strengthening the resistance to ill-health and disease. It can be effective in helping

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relieve headaches,
eye strain, sinus
problems, neck pain,
backaches, arthritis ...

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months have been a

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particularly difficult
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and loss of income.
But not only humans
had to cope with ...
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Acupressure is a technique used in Traditional Chinese Medicine (TCM) where pressure is applied to specific regions of the body ('acupoints') along channels called 'meridians' in order to allow 'qi' to flow through.

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~~Can You Sleep On An
Acupressure Mat?
(Full Guide)~~

Acupressure has been used in Traditional Chinese Medicine (TCM) for thousands of years. It is a form of manual stimulation used to promote healing processes, relax tense muscles and to

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~~How to Treat Acupressure Points in your Dog. Atlantic Points~~

You may be familiar with acupuncture, which is a type of traditional Chinese medicine that involves sticking needles in certain points on the body. Acupressure

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works on the same principles of acupuncture, but instead of using needles, you can use your own hands to apply pressure to specific points and gain relief from various ailments.

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