

ACUPRESSURE II

WHAT IS ACUPRESSURE?

Acupressure is an ancient healing art using the fingers to gradually press key healing points, which stimulate the body's natural self-curative abilities. Acupressure was developed in Asia over 5,000 years ago. Using the power and sensitivity of the hand, Acupressure Therapy is effective in the relief of stress-related ailments, and is ideal for self-treatment and preventive health care for boosting the immune system. Acupressure releases tension, increases circulation, reduces pain, and develops spirituality and vibrant health.

ACUPRESSURE & ACUPUNCTURE POINTS & MERIDIANS

Acupressure points can be used to enhance many aspects of life. In addition to managing stress, you can use acupressure to relieve and prevent sports injuries. Sports massage has been widely used by athletes before and after Olympic events. Acupressure complements sports medicine treatments by using points and massage techniques to improve muscle tone and circulation and relieve neuromuscular problems.

The Chinese have also used acupressure as a beauty treatment for thousands of years. You can use potent points to improve skin condition and tone and relax the facial muscles, which lessen the appearance of wrinkles without drugs.

Although acupressure is not a substitute for medical care, it is often an appropriate complementary treatment. It can, for instance, speed the healing of a broken bone once it has been set, or aid a cancer patient by helping to alleviate some of the associated pain and anxiety of the disease.

Similarly, acupressure can be an effective adjunct to chiropractic treatment. By relaxing and toning the back muscles, acupressure makes the spinal adjustments easier and more effective, and the results last longer. In fact, the two therapies were originally practiced together in ancient China.

Psychotherapy patients can derive benefits from acupressure by using it to heighten body awareness and deal with stress. When powerful emotions are free and unresolved, the body stores the resulting tension in the muscles. Acupressure can help restore emotional balance by releasing the accumulated tension caused by repressed feelings.

An acupressure point actually has two identities and ways of working. When you stimulate a point in the same area where you feel pain or tension, it's called a local point. That same point can also relieve pain in a part of the body that is distant from the point, in which case it is called a trigger point. This triggering mechanism works through a human electrical

channel called a meridian.

The meridians are pathways that connect the acupressure points to each other as well as to the internal organs. Just as blood vessels carry the blood that nourishes the body physically, the meridians are distinct channels that circulate electrical energy throughout the body. They are thought to be part of a master communications system of universal life energy, connecting the organs with all sensory, physiological, and emotional aspects of the body. This physical network of energy also contains key points that we can use to deepen our spiritual awareness as we heal ourselves.

Because the stimulation of one point can send a healing message to other parts of the body, each acupressure point can benefit a variety of complaints and symptoms. Therefore, in the following chapters you will find a particular acupressure point used for a variety of problems. The highly effective acupressure point in the webbing between your thumb and index finger,¹ for instance, is not only beneficial for relieving arthritic pain in the hand, but also benefits the colon and relieves problems in the facial area and the head, including headaches, toothaches, and sinus problems.



Some acupressure points lie underneath major muscle groups. While points near a bone structure usually lie in an indentation, muscular points lie within a muscular cord, band, or knot of tension. To stimulate the point, press directly on the cord or into the hollow.

As acupressure evolved, each of the 365 points was named poetically, originally with a Chinese character. The imagery of its name offers insight into either a point's benefits or location. For instance, the name Hidden Clarity refers to the mental benefit of the point: it clears the mind. Shoulder's Corner refers to that point's location. The Three Mile Point earned its name because it gives a person an extra three miles of energy.



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Acupressure II Speedy Publishing,2014-08-04 Acupressure involves fingers to add pressure to areas of the body A pamphlet will help by showing those who want to learn how to do the procedure where to place the fingers and the areas where acupressure shouldn t be used Information is available about how long the pressure should be held and the benefits of using acupressure There are also some people who shouldn t use the treatment because of health concerns and a pamphlet would go into more detail with this information **Reflexology II (Speedy Study Guides)** Speedy Publishing,2014-07-03

Reflexology is a form of therapeutic massage concerning the feet that involves applying pressure to particular areas such as the arch Each specific area on the sole of a foot is aligned to a particular area of the internal or exterior of the human body By applying pressure to a specific part of a foot clients feel relief from health conditions such as stress or anxiety A reference guide is necessary for students learning about reflexology in a massage school **Acupressure (Speedy Study Guides)**

Speedy Publishing,2014-06-21 Accupressure is a form of massage therapy where fingers are pressed on pressure points allowing muscle tissue to relax and increase blood flow promoting healing by releasing and eliminating dangerous toxins There are different types of accupressure such as Tuina Jin Shin and Shiatsu all with varying degrees of pressure applied to the body s pressure points A chart or diagram would assist the patient in knowing where these pressure points are how they relate to other parts of the body **Acupressure Techniques (Speedy Study Guides)** Speedy Publishing,2015-01-24

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