

## Acupressure and Massage for Pain Relief



Acupressure, also referred to as energy medicine, can be another medical technique employed together with acupuncture. It is founded on the idea of life force energy which flows via "meridians" throughout the human anatomy. Acupressure provides relief from employing concentrated pressure to specific acupoints on someone's body. Many who practice acupressure genuinely think it is beneficial in treating an assortment of illnesses and conditions, including stress and pain.

A study conducted in 1996 showed that out of an example of 150 rheumatoid patients, acupuncture was successful in reducing pain all but one case. A control group of healthy adults also showed signs of pain reduction from a follow up study. Acupressure has been shown to be more safe to use in humans, however there remain concerns regarding safety and effects. Several investigations in controlled studies have been done on how acupressure affects various diseases and conditions, in addition to the effects of long term use. Additionally, quite a few case studies on pain relief in cancer patients also have been ran.

It has been utilized by the Chinese for many centuries to cure back pain, migraines, menstrual pain, cramps, fever, indigestion, toothaches, insomnia, respiratory problems, high blood pressure, migraines and menstrual ailments, skin ailments, and sinus troubles, stress,

and a number of other ailments. Today, acupressure is widely utilized for treating a variety of conditions and is within nearly every traditional healthcare practice. Back in Europe and the USA, acupuncture is utilized for an assortment of disorders, including respiratory problems, constipation, stress, chronic fatigue, and menstrual issues. Moreover, it is also utilized to treat some forms of cancer. But what precisely is acupressure and how does it operate?

Acupressure is a kind of medical treatments that demand using your own body's natural pressure points on special acupuncture point. These points are linked to a number of medical conditions, including chronic pain, headaches, depression, stress, menstrual disorders, sinus issues, and anxiety. These pressure points are located on meridians over the lymph nodes (Elyos, Chakra, Virgo, and Capricorn), or about the spine. In general, you can find 12 meridian points over the spinal column - from just below the ribs to the top of your mind - which can be treated with acupressure. The most used areas for applying pressure are the neck, shoulders, feet and back.

Acupressure therapy was first documented since the fifth century BC in China, also during that time, it had been thought to be the most efficient way of pain relief at the moment. Yet, medical studies had shown that acupuncture was just effective to get a tiny fraction of cases. It was not until the nineteenth century that acupuncture became broadly accepted by western doctors. To day, it's thought of one of the most truly effective types of alternative therapy, although it still has a few skeptics.

Although there are many claims concerning acupuncture's treatment, scientific proof has not been found to prove its effectiveness for any medical treatments. Acupressure works throughout the manipulation of the hand pressure points on the body, arousing them and releasing endorphins. This makes it possible to unwind, and reduces the feelings of stress, and provides you with an overall sense of wellness. You should keep in mind that you should not attempt to take care of a disease or condition using this particular method. You should also see your doctor if you would like to look for medical care treatments. Acupressure isn't recommended for pregnant ladies, children under two, or even individuals that suffer from kidney problems.

A excellent gain of acupressure is that it is very safe and cheap. Unlike medical procedures which may cost thousands of dollars, you're able to manage the acupressure on your own. All you will need is a little bit of equipment and some practice on how best to do it correctly. A couple of sessions with an experienced therapist may give you the body's natural signs to release strain and pain.

For those that suffer from chronic situations, there are in fact studies concerning using acupressure in relieving stress, pain, and different medical conditions. As an example, a Chinese analysis had participants using pressure to different parts of their own bodies for a quarter hour. The outcomes revealed that the flow of blood to the limb increased blood pressure, blood pressure diminished, and the amount of all pain-related enzymes raised. The participants were also able to sleep at nighttime. There also have been no side effects

reported.