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acupuncture, meridian points are "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



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doesn't use potentially dangerous needles, acupressure can be practiced casually at home with no risk.

~~Acupressure: The Complete  
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~~Acupressure: Relieve Back  
Pain ...~~

Acupressure is essentially a method of sending a signal to the body (by needle or other means) to "turn on" its own self-healing or regulatory mechanisms.

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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 illness and pain.

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Acupressure is the  
application of physical  
pressure to the body in  
order to affect the flow of  
energy in the body (called  
'Chi', 'Ki' or 'Qi') for the

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A beginner's guide to

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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

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to the success of the therapy lies in precise identification of acupressure points in the patient's body and attending them.

~~A beginner's guide to~~

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~~acupressure massage therapy~~

Introduction Acupressure,  
acupuncture, and related  
practices Do-in, G-Jo,  
Shiatsu, and Myotherapy,  
practiced in Asia for  
thousands of years, have  
only gained wider acceptance

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in the West in recent times. Traditional Asian medicine emphasizes personal responsibility for one's health.

~~Acupressure Guide Online~~»  
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Acupressure is the non-invasive form of acupuncture and also targets the same acupoints. Acupressure can be practiced by using the fingers to apply pressure and stimulate the various acupoints. Alternatively,

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spiked or pointed tools can also be used to apply pressure, including diagnostic sticks, hand rollers, foot rollers, and acupressure balls.

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The stimulation applied by  
fine needles in acupuncture  
is done with fingertip

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pressure in acupressure. The meridian system (energy pathways) in the body has 350 points known as acupuncture or acupressure points. A blockage of energy flow, or Chi, along any meridian results in health

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problems and disease.

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Guide to Equine Natural  
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Acupressure is used to  
balance and relax the body  
relieving stress and

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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.

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Acupressure is a technique  
used in Traditional Chinese  
Medicine (TCM) where

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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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~~Acupressure Mat? (Full  
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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,

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relax tense muscles and to  
alleviate pain.

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

~~Atlantic Points~~

You may be familiar with  
acupuncture, which is a type

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of traditional Chinese medicine that involves sticking needles in certain points on the body.

Acupressure works on the same principles of acupuncture, but instead of using needles, you can use

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your own hands to apply  
pressure to specific points  
and gain relief from various  
ailments.

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Acupressure is an effective  
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Perform acupressure on these  
7 pressure points to relax,  
fall asleep quickly and

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sleep better at night. Point  
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how to apply Chinese  
medicine theories, plus  
descriptions and photos of  
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will learn about the  
Traditional Chinese Medicine  
theories that have been used  
to keep animals healthy and

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years.

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