

The Benefits Of **ACUPRESSURE**



Introduction to ACUPRESSURE

Acupressure is a therapy developed over 5,000 years ago as an important aspect of Asian, especially Chinese, medicine. Acupressure is a therapy that involves stimulating the body's natural self-healing abilities by applying pressure on the most important healing points of the human body, with the help of fingers, palms, elbow or even feet.

With acupressure, pressure is applied to specific places on your body. These places are called acupoints. Pressing these points can help release muscle tension and promote blood circulation. Research suggests that it can also relieve many common side effects of chemotherapy.

Like reflexology, acupressure is based on the vital energy theory which says that stress impedes the flow of the “vital energy” that exists in each human body. Reflexology mainly focuses on the feet and hands while acupressure is practiced all over the body. Acupressure is a method that is believed to help optimize that flow of energy in our bodies.

Acupressure uses the same points as acupuncture, but is completely non-invasive.

Acupressure practitioners use their fingers, palms, elbows or feet, or special devices to apply pressure to acupoints on the body's meridians. Sometimes, acupressure also involves stretching or acupressure massage, as well as other methods. A

meridian is an “energy highway” in the human body through which energy or *qui* flows. These are channels within the body that correspond to major organ systems such as the heart, kidney and liver. Each meridian has various acupressure and acupuncture points along its path.

There are six leg meridians including the gall bladder (GB), urinary bladder (B), kidney (K), liver (Lv), stomach (S) and the spleen/pancreas (Sp). The six arm meridians are the large intestine (LI), small intestine (SI), heart (H), pericardium (Pc), triple warmer (TW) and lung (L).

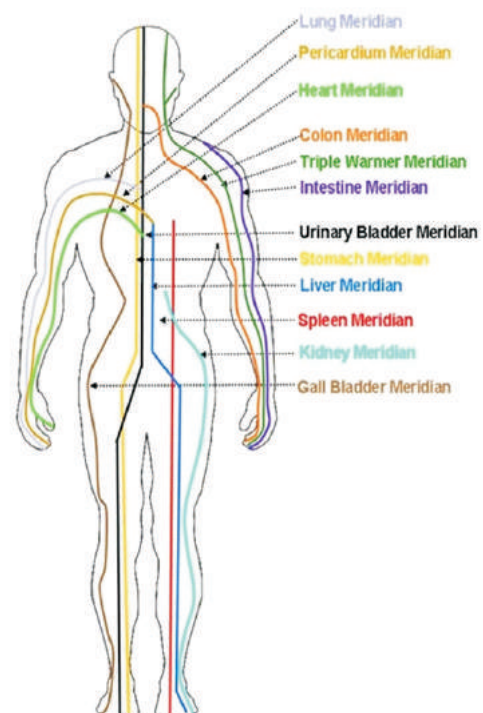


Figure 1. Primary Meridians



ACUPRESSURE MATS **for Selfcare Massage**

The Acupressure mat, initially designed to be used during meditation also has a number of benefits for general wellbeing. The acupressure mat is covered with over 6000 points disguised as little lotus flowers, offering an even greater number of acupressure points than the traditional Indian bed of nails. It is the sheer number of these stimulating acupressure points that make the mat so effective in deepening the meditative experience and in relieving a variety of common ailments.

The Acupressure mat can help alleviate the symptoms of many ailments that people often resign themselves to living with including backache, sciatica, muscular tension, joint pain,

difficulty sleeping, migraine, high stress levels, lethargy and depression.

Acupressure Mats have provided effective relief in thousands of clinical cases and the success rate is at 93%. It doesn't seem to matter how severe the pain is or how long the person has suffered.

Acupressure causes the release of endorphins within the body. Endorphins are our feel-good hormones which trigger a calming and uplifting response in the body. They reduce the sensation of pain and have a positive effect on the emotions.

As a result of endorphins releasing, blood pressure decreases and blood circulation improves. Endorphins also rid the body of acid which is of great benefit in relieving joint pain and digestive disorders.

How To Use The ACUPRESSURE MAT

Lie on it daily for around 20 minutes. For targeted pain relief, the affected area should be in contact with the mat for however long is comfortable. Start with five minute sessions and build up to 20 minutes or more. For example, if you have a pain in your hip that stops you from getting off to sleep at night, go to bed and lie on the affected side ensuring the entire hip area is in contact with the acupressure mat.

You may feel tingling sensations, pins and needles or a rush of warmth as stagnant energy begins to flow through the congested area, in this case the hip. Gradually you will feel the warmth spreading down your leg and across your back until a warm, pulsing sensation is felt from your fingers to your toes.

These sensations indicate that the painful area is decongesting, relaxing the surrounding muscles and ultimately relieving the pain. Regular use can prevent the pain from occurring enabling you to maintain a pain free state throughout the day.

The possibilities here are endless, simply substitute the hip for the areas where you experience pain to achieve the same benefits.



ACUPRESSURE for Backpain

Acupressure has some significant pressure points for Back Pain and Acupressure Points for Back Pain are more effective if you apply them on a regular basis. Any person, who is having ache / pain in spinal area, is suffering from back pain. Back Pain is usual problem in every third person. There are various treatments of Back Pain. The treatment varies according to the stage and type of Back Pain. Acupressure Points are very helpful for Back Pain.

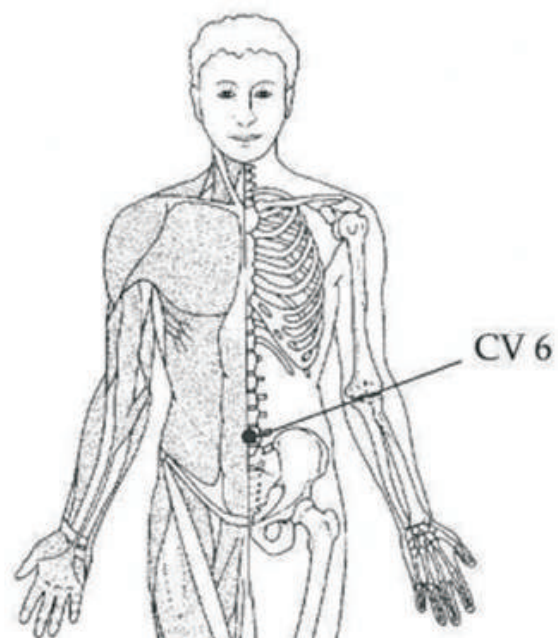
Acupressure is a method of healing Back Pain without any side effects. All you need to do is applying firm pressure on exact pressure points regularly and you will get more relief in Back Pain. Acupressure Points not only heal the Back Pain, but also prevent the Back Pain to rise again. Acupressure Points can heal the back pain if the pressure points are applied in daily routine.

Acupressure Points for Back Pain are situated as at various spots of body. They include:

Stomach Point

Stomach Point is very helpful for relieving lower back pain. Acupressure Stomach Point for Back Pain is situated under the Navel (i.e. belly button).

Applying firm pressure on Stomach Point (Sea of Energy point) will be beneficial in reducing weakness of lower back, strengthen the abdominal muscles and also put a stop to many lower back problems.





Hand Point

Hand Point is very directly connected with stress in back and stiffness. However, acupressure hand point can heal the back pain, only when you lay down. Find the Hand Point at between the Index Finger and Thumb. Apply firm pressure on the Hand Point for a few seconds and then leave. Again apply pressure for a few seconds and leave. Repeat this task two to three times to get better result



Foot Points (Sleeping and Sitting)

Acupressure Foot Points are effective in reducing the back pain. Foot Points are divided in two situations i.e. Foot Point while sleeping and Foot Point while Sitting.

The pressure point located on the foot can help ease lower back pain and stress.

Acupressure foot point while sleeping is situated between your big toe and second toe. You can find it by sliding your finger down along the space between both the toes until you feel the tip of the joint. The pressure point is in the depression that you feel just before your finger makes contact with the bone of your metatarsal joint. Apply tender pressure on foot

point to get relief from back pain.



Acupressure foot point while sitting is situated in the bottom of your foot. Sit on a chair and make sure your foot is clean so pressure point can be easily discovered. Find the foot point then massage the bottom of your foot from heel to toe with thumb of your hand. Massage the region to get best results. The reflexology ball can also be used for the same purpose.



Reflexology Ball

ACUPRESSURE

for Headaches

Headaches can cripple even a grownup, the excruciating pain rendering people unable to function when it's especially bad. At the very least, it can cause a dull pain and hamper alertness or leave you fatigued or nauseous.

Headaches are all too common, with tension headaches topping the list of the most widely occurring ones. With a tension headache, the muscles in your jaw, scalp, neck, and shoulders all tighten up, leading to the headache.

To relieve tension headaches, try acupressure on the nape of your neck. For migraines, press the back of the skull where the neck muscles join the skull. For sinus headaches, press the pressure points at the end of the eyebrows above the bridge of the nose. For neck pain, press the point at the groove behind your knuckles, between your ring finger and little finger.

Please do not try Acupressure Points for Back Pain on anybody if you haven't got suitable training for applying pressure on exact pressure spots.

It is not advisable to try acupressure points on anybody if you do not have suitable training for applying pressure on exact pressure points. We at Nalu Massage are licensed massage therapists and highly recommend acupressure mats as a good alternative to massage. If you do not have the resources to visit a licensed massage parlour, instead of employing the services of an untrained friend, do well to get yourself an acupressure mat.

