

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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Evans,2013-11-02 Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives Using the energy meridians of the body practitioners tap on specific points while focusing on particular negative emotions or physical sensations The tapping helps calm the nervous system to restore the balance of energy in the body and in turn rewire the brain to respond in healthy ways This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions In *EFT EFT Tapping Scripts Solutions To An Abundant YOU 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life* the book lays out easy to use practices diagrams and worksheets that will teach readers step by step how to tap on a variety of issues With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships Janet Evans opens readers eyes to just how powerful this practice can be Throughout the book readers will be provided with EFT tapping scripts to overcome top 10 fears they face in life *EFT: A Complete Guide to the Emotional Freedom Technique* Dana Tebow,2014-01-13 If you are interested in learning how to reduce stress and curb the instances of psychological reversal then you must get a copy of *EFT A Complete Guide to the Emotional Freedom Technique* With this book the reader is able to learn that and much more

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Subconscious Mind Power Vernon Dawson, 2013-05-10 People want to be successful in everything that they venture into. They want to be successful in their career, in sports, in their studies, in their weight loss goals, in their business, and in their other goals in life. Nobody wants to fail. Indeed, success is very important in a person's life because it is considered as a reward for all the time, money, and effort they have invested as motivation and encouragement to achieve more as something that can inspire others and a contributor to a happier and more contented life. Now, no matter how people want to achieve success, not all can reach it. Some people want to achieve success in their career, studies, business, in weight loss, and health goals but still fail. This is because success is not only a matter of wanting but a matter of doing as well. However, it seems that some people find it hard to achieve their desired results or something seems to be blocking their way to success. The reason for this problem is all in the subconscious mind. This book, **Subconscious Mind Power: How to Program Your Subconscious Mind For Success**, will help you to use the power of subconscious mind in order to achieve success in your desired area of life.

Anxiety and Phobia Workbook: 7 Self Help Ways How You Can Cure Them Now Heather Rose, 2013-08-27 The anxiety and phobia workbook is not just for those who are suffering from chronic phobia or anxiety. We all go through moments of uncertainty and fear. It is natural for us to lose control of our lives even if it is just for a few days. This can cause a lot of distress. You need to learn how to deal with anxiety, panic attacks, and phobia because if not dealt with, they can take control of your life. For those who already have these conditions, there is help. In fact, you do not have to go to a doctor for consultations and medication. The anxiety and phobia workbook pdf can help you get control of your life, thoughts, and emotions even when in stressing situations. Do you think you have anxiety and social phobia? Maybe you fear meeting new people or having to address the public. Do you panic every time you find yourself in unfamiliar grounds? Do you have a very close circle of friends who you have kept for as long as you can remember? The social phobia and anxiety inventory is for you. You might not even know that you suffer from anxiety or phobia, but this book will help you discover this, which is an important part of your recovery process. This book covers social anxiety disorder and social phobia in detail. It covers the causes, the symptoms, and how to cure it without going to the doctors. It will help you discover why you suffer from either anxiety or phobia, how it all started, and the measures you can put into place to live a happier life. Anxiety and phobia can ruin your life if not dealt with fast. They can stop you from developing healthy relations, venture into new businesses, or even cope with colleagues at work. You might find yourself stagnating in the same job position because you are too afraid of trying out new things or meeting new people. This book will help you get your self-confidence back. You will no longer have to

stay by yourself or fear meeting new people You will be able to master enough confidence to apply for the positions you want go out as you want and have as much fun as you can without worrying about how people think about you You will also discover the areas in your life you need to work on to boost your self esteem Sometimes you may have to deal with unpleasant situations with the help of this book you will be able to stay calm and in control no matter how hard things may be If you have a friend or a family member who is suffering from panic attacks or anxiety you can get them this book Even if you are fine you can also read the book because it will help you understand what your loved one is going through You will also be in a position to help him her Going through the anxiety and phobia workbook together may even strengthen your bond as you conquer the condition together

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