

Acupressure Stratford

Acupressure Stratford - Acupressure is a form of Traditional Chinese Medicine or TCM. It relies upon utilizing pressure on specific points of the body to be able to ease the symptoms of various health concerns. Acupressure is also a kind of bodywork and numerous massage therapists integrate this particular method into their massage routines so as to better serve their clients. Usually, an Acupressure session leaves the client feeling more energized and less stress. Acupressure can ease a myriad of signs when it is performed by an expert practitioner.

Traditional Chinese Medicine makes use of various basic principles that have been refined through thousands of years of medical practice. One of the major principles is that health is governed by the flow of qi or life force throughout the body. Medical complaints are said to be triggered by interruptions to this flow, as the body's energy balance becomes interrupted. Practitioners of Traditional Chinese Medicine believe that interruptions in the flow of qi have an effect on certain organs and hence; all symptoms could be linked and traced back to a particular organ.

Qi energy follows the meridians of the body, that are major pathways, as it flows throughout the body. Each of the meridians carries qi energy to all of the organs. When an Acupressure practitioner identifies a condition, they know specifically what meridian is damaged. The meridians of the body are broken up into a detailed series of pressure points. These points are manipulated in a physical way so as to treat various symptoms. These pressure points are found by finding the meridian and using certain body parts as landmarks.

Normally, in an Acupressure session, the client lies upon a table draped with a sheet or blankets. Some Acupressure technicians ask the client to undress, while others work with dressed customers. When the session is blended with Western massage methods, undressing is more adopted, even if, no massage therapist will ask the customer to go past their comfort level. During the session, the practitioner usually takes a few quick passes over the client so as to familiarize themselves with the customer, while asking concerning specific problems he or she is experiencing.

The Acupressure therapist then utilizes varying degrees of pressure on certain pressure points on the body. Based on the requirements of the customer and the preferences of the practitioner, hands, elbows and even some tools may be used in order to apply a certain amount of pressure. The flow of the client's qi is supposed to even out over the course of the treatment, and hopefully, relief is brought to the signs that the customer has talked about. These sessions could be really energizing and also cathartic, often the client experiences a flood of emotion.