

Acupressure is a traditional Chinese medicine practice that involves treating blocked energy by applying manual pressure to specific points on the body. It is done to free up energy blockages said to cause health concerns from insomnia to menstrual cramps.

Acupressure is the application of pressure on specific points on the body to control symptoms such as pain or digestive issues. It is used in some kinds of massage therapy like the Japanese practice “Shiatsu.” It can also be done as part of an acupuncture treatment, or you can do acupressure on yourself.

Medical studies have suggested that acupressure may be effective at helping manage nausea and vomiting, insomnia, low back pain, migraines, constipation, among other things, such studies have been found to have a high likelihood of bias. There is no reliable evidence for the effectiveness of acupressure.

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.

During an acupressure session, you lie fully clothed on a soft massage table. The practitioner gently presses on acupressure points on your body. A session typically lasts about one hour. You may need several sessions for the best results.

Acupressure is very safe. If you have cancer, arthritis, heart disease, or a chronic condition, be sure to have a discussion with your doctor before

trying any therapy that involves moving joints and muscles, such as acupressure. And, make sure your acupressure practitioner is licensed and certified.

The benefits of acupressure

- Relieving stress, tension and anxiety.
- Improving sleep.
- Relaxing muscles and joints.
- Soothing the pain and discomfort of a sports or other injury.
- Reducing digestive issues.
- Minimizing headaches.
- Alleviating chronic pain

The best acupressure point?

Great surge point

The great surge pressure point is on your foot, about two or three finger widths below the intersection of your big toe and second toe. The point lies in the hollow just above the bone.

There are hundreds of acupoints on the human body, however these are a few basic ones that you can start with.

- Headaches: Joining the Valley (L 14) ...

- Nausea and vomiting: Pericardium (P6) ...
- Fatigue and eye strain: Third Eye (GV24) ...
- Depression: Sea of Tranquillity (CV 17) ...
- Digestive problems: Leg Three Miles (ST 36)

Pressure point for weight loss?

It is located on the front of the leg below the knee. It is found on the stomach meridian. This could help aid in weight loss by improving digestion. To massage this point, apply firm pressure and massage in a small circular motion for two to three minutes, repeating on both sides.