Seniorgiri

Counter the Loneliness Yourself.

Seniorgiri Series: Hobbies
Healing – Acupressure

By Shobha Mathur Shobham@yahoo.com
I am compiling a series of things to do - what to do to counter loneliness, in addition, how to go about it.

The book about Healing 2 became too big. As it is inconvenient to upload and download big files, I have arranged the info in different files for each system.

Learn to Heal Part 1 Covers Energy healing, Auras, Chakras, Reiki, Pranic Healing, Islamic and Christian Healing. All of which need no or light touch. This second group also uses Energy to heal, but this needs some touching or body manipulation. There are eight systems covered:

1. Acupressure
2. Aromatherapy
3. Crystal
4. Magnet
5. Music
6. Self massage
7. Sujok
8. Taichi and qigong

There is a separate book for each. This one is about acupressure.

I have tested all the links mentioned. As on May 2010, all links are secure, correct and working.

You should look for more as you surf. You may find many that will suit to your needs. This is just a first step.

Please feel free to share this with anyone you like.
**Acupressure**

It is an ancient Oriental healing therapy based on a perceived network of 12 meridians (channels) along which energy or vital forces pass through the body.

The interruption or blockage of the vital force or energy flow results in the body becoming unwell. This energy is variously known as Qi, Chi, or Ki. In this therapy pressure is applied to certain points to ease and balance the Qi.

These meridians and power points can be seen in related charts. There are more than 600 pressure points. Each point has a name and place in the chart.

This chart and information about acupressure methods can be seen in Baba Ramdevji’s book of Yog Sadhana and Yog Chikitsa Rahasya. As modern yog also use this method for healing.

The 12 Meridians. The pressure points are charted along these routes.

These points are the basis of various Healing Systems.
**Healing Systems based on these points**

**Acupuncture** is one where needles are used to energize the point. That is a more complex method, and beyond the scope of this hobby article.

**Acupressure** is applying gentle pressure by hand or massaging the same points. It is more gentle and easier to learn and practice. It is also called Chinese massage.

**Shiatsu** is the Japanese version of acupressure massage.

**Reflexology and Sujok** are kind of systems that believe that all the important points are located in hands and feet and healing can be done through them.

Acupressure is effective on many painful conditions from migraine to sport injuries.

**The Commonly Used Techniques**

- Some of the main techniques that you can use are:
  - Pressing, kneading, rubbing, pushing, scrubbing, grasping, patting, rub rolling and wiping.
  - For self-help use the technique that feels best to you.
  - You will know the pertinent point by the intensity of pain. Whatever method is used to massage it should lower the pain to a tolerable level. If it does not lessen soon, STOP!
Some Points About Acupressure

- Apply massage oil or talcum powder to lubricate and protect the skin.
- Trim your nails.
- As a home remedy, every treatment should be gentle. If it feels very uncomfortable, stop.
- Acupressure does not treat severe heart disease, mental disorders, cancer, or acute infectious diseases.

People with osteoporosis, recent fracture or injury, easy bruising, bleeding disorders, circulatory problems from diabetes, and those using anticoagulant medications that "thin" the blood should avoid acupressure unless under the supervision of a qualified therapist.
Do Not

- Practice after strenuous exercise.
- Practice with a totally empty or full stomach.
- Practice if you are extremely weak or right after recovering from a severe disease.
- Practice on open wounds or any skin problems such as dermatitis, burns, bruises, and scalds
- Massage a new injury that shows swelling, or if it is hot to touch.
- Use acupressure on hip area where an artificial joint is fitted.
- Massage the abdomen or the lower back of women with menses or who are pregnant.
- Apply pressure to areas of the head in people with epilepsy or high blood pressure.
Why Try Acupressure

Mostly acupressure is tried for a specific ailment. Some of the more common ailments are:

- Any kind of nausea and vomiting - pregnancy/ morning sickness, motion sickness, nausea after surgery, due to chemotherapy
- Cancer-related fatigue
- Headache, and other aches and pains
- Menstrual cramps
- Muscle tension and pain
- Constipation and other disorders of the gastrointestinal tract
- Arthritis
- Anxiety
- Depression
- Relieve muscular pain or tension, especially neck and back pain
- Insomnia

Although more research is needed, studies examining the use of acupressure for nausea have generally found that it's effective at relieving nausea. All studies have used a particular point on the inside of the wrist called P6 for nausea.

There are wrist bands also available to be worn to prevent nausea of any kind, specially travel related.
How it works?

Stimulation of active points is thought to lead to increased release of endorphins.

Endorphin is a natural body painkiller. So endorphin released by acupressure stimulation may lead to relaxation of muscles, elimination of stress and normalization of body functions.

Preparations

Before treatment begins, the therapist usually performs a general health assessment.

This involves taking a family medical history and discussing the physical and emotional health of the person seeking therapy.

Typically, the practitioner also performs a diagnostic examination by palpating the abdomen or back for any energy imbalances present in other parts of the body.

Treatment

People usually receive therapy while lying on a massage table or sitting up. The massage is performed through the clothing—and disrobing is not necessary.

Pressure is often applied using the thumbs, though various other parts of the body may be employed, including fingertips, palms, knuckles, elbows, and knees—some therapists even use their feet.

It typically consists of sustained pressure (lasting up to 10 seconds at a time), squeezing, and stretching exercises. It may also involve gentle holding as well as rocking motions. A treatment session lasts anywhere from 30 to 90 minutes.
**Feeling if it works**

When you are not feeling any effects from pressing points, several things may be the case.

You may not be pressing on the exact right spot (acupuncture points are about 0.5 mm diameter, so you'll have to be precise). Try different spots around the location you first tried.

You shouldn't press lightly, but you shouldn't hurt yourself either. Also, don't press for just a few seconds (although if you're very sensitive you might already notice effects then).

**Side Effects**

After an acupressure session, some people may feel soreness at the points. People may also feel temporarily lightheaded.

![Acupressure Diagram](http://www.whereincity.com/medical/images/acupressure.jpg)
Research and Relevance

Various studies have been done on the effects. A few of them are:
1. Helps ease nausea in most cases - natural or drug induced.
3. The use of acupressure in postoperative pain was investigated in a study published in 1996. Control group of knee surgery patients had less pain with acupressure.
4. It may benefit stroke victims. The results of at least one study (which did not include a control group) suggest that it may be useful during stroke rehabilitation when combined with other treatments.
5. It helps to repair general body imbalances.

![Image of acupuncture points](http://static.squidoo.com/resize/squidoo_images/-1/draft_lens3010092/module19595982/photo_1236488726/posture-acupoints.gif)
Courses and Links

Acupressure.com
Welcome to Acupressure.com where you'll learn self-acupressure and obtain many special healing resources in the form of Books, Charts, DVDs, CDs, Body Tools, Magnets, how to Relieve Stress, heal your Emotions, and enhance your Love Relationship.

http://www.acupressure.com/

A Guide to Acupressure Points and Techniques
In this free health video series, our experts are going to give you some techniques to use for pain relief that come from a branch of Chinese medicine called acupressure. Learn these practical treatments for quick and easy pain relief.
Credit: http://www.expertvillage.com/interviews/self-acupressure-treatment.htm

DIABETES - FREE ACUPRESSURE THERAPY
Diabetes is metabolic Disorder, do not have any cure once sets' in. Only way is to have good control of blood sugars through out the life. With Acupressure therapy we can trigger Beta cells to regenerate. We offer FREE ACUPRESSURE THERAPY to the diseased patients.

Contact: Dr.Prasad MD
9441902863
Hyderabad, Andhra Pradesh
http://www.adoos.in/post/1466472/diabetes_free_acupressure_therapy
Drug-Free Acupressure Technique Relieves Insomnia

Now a simple acupressure technique called EFT (Emotional Freedom Techniques) is relieving insomnia without drugs or special equipment by addressing its underlying cause.

The process can be learned free by downloading the EFT Manual at the EFT website.

http://www.emofree.com/downloadeftmanual.asp

Acupressure Techniques

(Also known as Chinese Massage or Tui Na)


Acupressure online

You can CHOOSE YOUR TREATMENT here and get step by step instructions.

http://www.acupressureonline.org/

Acupressure: User Friendly Self Healing

The books and tools we offer are collected from hundreds of acupressure and acupuncture experts in order to bring you an understandable, effective, and easy to use acupressure system. Subscribe to the Free Journal of Acupressure and get free articles, tips, lessons, and e-book on Pain.

http://www.stress-away.com/

How to Cure Common Ailments Through Acupressure

Acupressure is a great pain reliever for many people. This Chinese medicinal practice incorporates using the fingers to stimulate acupoints in order to treat common ailments. Patients often seek help through acupressure with everyday ailments such as constipation, chronic back pain, heartburn, weight control, acne and eyestrain.

http://www.ehow.com/how_2031329_cure-common-ailments.html
How to Use Acupressure for Bedwetting
http://www.ehow.com/how_4450999_use-acupressure-bedwetting.html

How to Self Treat Using Acupressure

Acupressure For Constipation
In daily life, do the given acupressure for constipation to improve the function of your digestive system.
http://www.acupuncture-and-chinese-medicine.com/acupressure-for-constipation.html

Jin Shin Do® Bodymind Acupressure
Jin Shin Do® Bodymind Acupressure™ combines the ancient wisdom of Chinese medicine with the more modern concepts of bodymind armoring as described by Wilhelm Reich. Jin Shin Do® Bodymind Acupressure™ uses a traditional Japanese finger technique - gentle, firm, consistent pressure while holding two acupoints concurrently. Jin Shin Do® also incorporates Taoist yoga and breathing exercises.
http://www.jinshindo.com/whatis.htm
A software for home acupressure.

Free Acupressure Guide for PC from MobileReference 3.1

You have the potential to relieve most ailments with your hands. Acupressure is an ancient art practiced by Chinese for over 5,000 years. This fully illustrated guide by Aaron Stein, Ph.D., distills acupressure into simple exercises that can be used to alleviate wide range of medical condition. Ailments Covered by the Acupressure Guide headache and migraine frontal headache, back of the head, side of the head, top of the head/pain in the eye (migraine behind the eye); local pain jaw, toothache, ear, neck, shoulder, wrist, hand, backache, hip, knee, ankle, foot; cold and flu: sore throat, sinusitis, loss of voice, earaches, allergy; nervous system: anxiety attacks and nervousness, depression, insomnia, fainting, hiccoughs, memory and concentration improvement.

Download from either site:

2. http://download.cnet.com/3001-2129_4-10293676.html?spi=ece0bb8ae30e77251ca19fb379918890
**Acupuncture and Acupressure Course (India)**

We offer a comprehensive course on scientific and classical Acupuncture and Acupressure. We conduct weekend-lectures at Chennai and Bangalore (India). For overseas candidates lessons will be mailed and their knowledge levels assessed on interactive basis.

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Our Academy is affiliated to Indian Board of Alternative Medicines — Kolkata (India) and Open International University for Complementary Medicines — Colombo (Sri Lanka).

**Course Fees**

For Overseas candidates: US$ 800
For Candidates within India: \text{INR 25,000}

For more details, please feel free to contact through email at info@acupunctureonline.org .

http://www.acupunctureonline.org/acupuncture-courses.php

**NATIONAL INSTITUTE OF ACUPRESSURE RESEARCH, TRAINING AND TREATMENT (NIARTT)**

One of the oldest centre of Acupressure imparting acupressure training and treatment in India.
http://www.niartt.com/

**Acupressure Institute**

We offer training in asian bodywork and healing styles including Reiki, Shiatsu, Tui Na, Qigong Massage and Acu-Yoga with a strong basis in Traditional Chinese Medicine (TCM).

http://www.acupressureinstitute.com/

**AcuGuide**

The Beginner's Guide to Acupressure

http://www.geocities.com/jrh_iii/acupressure/

**Acupressure Therapy Institute**

We invite you to explore our web site and seek answers to questions you may have about Acupressure Therapy, our school, our faculty, our program or continuing education workshops.

http://www.acupressuretherapy.com/

**Acupressure Points to Provide Relief from Different Body Problems!**

You should rub rapidly on acupressure point, as these points will affect the remaining parts and hence help them to stimulate.

http://www.altmedicinezone.com/acupressure/acupressure-points-to-provide-relief-from-different-body-problems/
Acknowledgement

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