



# CULTURE OF WELLNESS FEATURE

## Acupuncture and Acupressure

Acupuncture and acupressure are traditional Chinese alternative medicine techniques used to relieve tension, increase blood flow, and release blockages of energy, or qi. This, in turn, helps to alleviate pain, cure illnesses, and improve mood. Acupuncture entails inserting thin needles along energy channels called meridians to reinstate balance in the body and mind. Acupressure is the practice of applying gentle pressure to certain points along these meridians called *acupoints*. These methods are used to treat a variety of conditions including headaches, stress, nausea, arthritis, and low back pain. The good news is you don't necessarily have to schedule a visit with a practitioner to get the benefits. Try these well-known acupressure techniques at home:

### For Pain/ Headache:

With palm facing down, spread thumb and forefinger. With the other hand, thumb above and index finger below the web, rub the muscle area between the base of thumb and forefinger.

### For Stress:

Achieve a calming effect by pressing on your "third eye" – the space between your eyebrows. Apply pressure for a few minutes while breathing deeply.



Sources: webmd.com, naturaltherapypages.com, victorimom.ca

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