

Easy Techniques of Acupuncture and Physical Therapy You Can Do at Home

Acupuncture and therapy are two alternative healthcare treatments that can cure various types of ailments and injuries without taking drugs or undergo surgeries. These kinds of treatment are considered as a less costly medication but not less effective nonetheless. And the best thing is that some forms of **acupuncture and therapy** are easy to learn can be done at home. Plus, it does not cost a thing.

The History of Acupuncture

Acupuncture is a traditional healthcare from Chinese that has been practiced for thousands of years. Ancient Chinese people discovered many the aspects of biomedical science and understood how the body functions. To this day, acupuncture has been proven effective to treat various ailments without drugs or surgery. Nowadays, acupuncture is practiced all around the world, and more people benefit from this traditional acupuncture.

What are the Health Benefits of Acupuncture?

The correctly performed acupuncture is safe and has very few side effects. It is an effective treatment to control some types of pain. It is useful for those who do not want to take drugs or undergo surgery. Also, health care with acupuncture is not costly.

Easy Techniques of Acupuncture and Physical Therapy to Do at Home

Here are some easy techniques of **acupuncture and therapy** you can do by yourself at home to remedy mild ailments and improve your quality of life.

1. Relieving stress

Acupuncture is a Chinese method of healthcare using thin needles inserted into various points in the body to cure illness. However, doing acupuncture with needles requires skills of a professional. It is not advised to do acupuncture with needles at home because the consequences can be fatal.

However, there is one method you can do by yourself at home using the knowledge of acupuncture points. When you find yourself in stress or high anxiety, you can apply acupressure, i.e. applying gentle yet firm pressure to various points in your body. There are three points in our body you can apply acupressure to reduce the stress.

The first point is pericardium 6. You can measure this with three fingers below the wrist in between the two tendons. The second point is Yintang, located in the center of the two eyebrows, or known as the third eye. The third point is called Ren 17, located in the middle of your sternum in between the two nipples.

In these three points, use your finger to apply pressure for three minutes each. Remember to breathe slowly as you hold the points. You can do this as many times as you need to reduce stress and anxiety.

2. Relieving headache

To relieve a headache, you can apply acupressure to Big Rushing Point. You can find the pressure point in the valley in between the big toe and second toe, about one and a half inches from the toe. Applying acupressure at this point can also help to reduce eyes tiredness and foot cramps.

3. Improving digestion

Having problems with bowel movement? Why not try to apply acupressure on Ankle Point. It is located on inner side of the leg, about two inches above the ankle. Applying acupressure to Ankle Point regularly can also help to regulate your appetite.

4. Boosting immune system

Can you believe that you can boost immune system just by applying pressure on the right point in your body? This acupressure point is called Lung 7. You can find it below your thumb, above the wrist, along the bone. Applying acupressure to this point will help you keep away from cold and flu.

5. Reducing back pain

Acupuncture and therapy can help you reduce the back pain without spending any money on medication. You can apply acupressure on Commanding Middle Points which is located on the backside of the kneecap.

You can also do physical therapy with some stretching. There are several movements you can practice to relieve back pain without any medication. These movements are called lumbar extension stretches.

First, do a Prone Press Up. Lie on your stomach with elbows bent underneath your body. Then, raise your upper torso while keeping your hips in contact with the mat surface. This stretch will keep your back muscles relaxed. Hold for about 10 seconds and repeat this ten times.

Second, do a Single Knee to Chest movement. Lie on your back while bending both knees and then move one knee up to your chest. Hold for 15-30 seconds and repeat 2-3 times.

The third is Child's Pose. Be on your hands and knees, and sit back on your heels. Reach your hands forward until you feel a stretch in your middle back. Repeat this 2-3 times with 10-30 seconds hold on each pose.

The last one is called Angry Cat Stretch. Be on your hands and knees and then arch your back upwards. Hold this position for 5-20 seconds and repeat several times. This set of stretching can reduce back pain as well as improve flexibility in your joints. Stretching also helps to increase blood flow. And remember to breathe normally as you stretch.

Those are some easy techniques of **acupuncture and therapy** that you can do by yourself at home. Doing this regularly cost you nothing, and you get the benefits of better life quality in return. Stay healthy.