

Traditional Chinese Medicine to Relieve Nausea

A brief look into Acupressure

#PsiBands #acupressure #acupoints #meridians #neiguan #qi #nausea #morningsickness

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Acupressure is a well-established traditional Chinese medical practice that has been used for thousands of years in China and around the world. Its purpose is to treat various conditions of the human body such as muscle aches and nausea, by applying pressure on specific parts of the body known as acupoints.

The theory behind the therapy itself originated in India but was later fully developed in China with the spread of Buddhism in the country, into what we know it to be today, dating as far back as 2000 B.C. (Oakley, 2000). As these practices spread, they were also adopted and interpreted by other cultures and practices such as reflexology, Acu-yoga, and Shiatsu in Japan. As the practice and theories spread to the rest of the world, acupressure started gaining a lot of attention in the U.S. during the 60s and 70s when many Hollywood celebrities started using it and recommending it (Oakley, 2000).

According to traditional Chinese medicine (TCM), acupressure relies on points or combination of points on the body based on the philosophy of a life-force energy known as Qi (气) that flows through pathways in the body, the Meridians. Constant flow of the life-energy through these paths provides balance and health to a person's body and life. However, if one of these pathways are blocked, the energy is not traveling successfully through the body. By applying pressure on these points, the energy blockage is cleared, and Qi can flow freely through the meridians once again. Furthermore, acupoints are usually the nerve endings of the meridians so when applying pressure this also allows for the muscle fibers of the point and surrounding area to release tension in the muscle, freeing more endorphins in the body for further benefits.

For our [PsiBands](#), we focus on the Nei-guan (内关) point, also known as the P6 point. Located on the inner part of your arm right below the wrist. The Nei-guan point is associated with relieving nausea, vomiting, and promoting an overall level of comfort. By applying constant pressure and stimulation to the P6 acupoint, [PsiBands](#) provides continuous relief aiding in recovery and wellness of our customers!

Sources

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