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web acupressure is a therapy developed over 5 000 years ago as an important aspect of asian especially chinese medicine it uses precise finger placement and pressure over specific points along the body these points follow specific channels known as meridians the same channels used in acupuncture according to asian medical philosophy

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web acupressure is an alternative medicine technique often used in conjunction with acupuncture or reflexology it is based

on the concept of life energy which flows through meridians in the body in treatment physical pressure is applied to acupuncture points or ashi trigger points with the aim of clearing blockages in these

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web 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