

The word "HEALTH" is written in large, bold, white letters on a background of six colored squares (red, blue, orange, green, light blue, pink) hanging from thin white strings. Below this, the word "Education" is written in a bold, black, sans-serif font.

HEALTH Education

Eastern Medicine Stress Reduction Techniques

Eastern medicine is often unclear to the Western Hemisphere counterpart. There are many differences between the two: Western medicine clearly divides health from disease in addition to changing the environment. On the other hand, Eastern medicine considers health as a state of balance and disease as a state of imbalance while also adapting to the environment. Research has shown that the main difference from Western medicine is Eastern medicine exists based on the ideology that everything is interconnected in the universe, including the body's inner workings. This means that one part of the body affects every other part of the body. For example, the mind and body are not viewed separately, but as part of an entire system.

Although the principles of traditional Eastern medicine may be difficult for some to comprehend, there is a large number of studies conducted around the globe that prove its effectiveness. Specifically, studies agree on Eastern medicine's success in reducing stress and anxiety.

For this reason, as well as its affordability and lack of adverse side-effects compared to Western medicine, more Westerners have started to practice Eastern medicine. A few of the most common Eastern medicines include the following listed below.

Acupuncture

The most frequently practiced component of Traditional Chinese Medicine, acupuncture, is a relaxing way to improve circulation within the body. Because stress tightens up muscles, often causing knots, tension, aches and pains, acupuncture aids in alleviating this pain by opening up pathways and relaxing the targeted muscles.

A study by Georgetown University found that acupuncture blocks the release of stress-related hormones into the bloodstream and inhibits its circulation throughout the body. This causes a physical feeling of relief that can aid in the fight against heart disease and even brain shrinkage.

Acupuncturist requirements vary from state to state, however, the majority of states use standards from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). To

ensure the highest quality of acupuncture practice, use the NCCAOM website to find a certified acupuncturist near you.

Meditation

In China, the city parks are occupied by thousands of people performing various types of meditation. Doctors in China encourage people to meditate because of its importance on reducing stress and promoting well-being.

On the Western Hemisphere, a study by the Proceedings of the National Academy of Sciences revealed that only twenty minutes of meditation most days of the week elevates happiness, concentration, immunoreactivity, and the body's control over stress. Meditation can also reduce anxiety, depression, anger, and fatigue.

To bring meditation into your life, start by picking a time to meditate each day. Then, find a calm place where you can sit or lie comfortably. With your eyes open or closed, focus on your breath and emptying your mind. Be mindful as thoughts re-enter your mind and allow them to slip away. The goal of meditation is to clear your mind and feel a sense of inner peace. If you do not allow yourself to get distracted from your meditation, you will increase your focus in all areas of life.

References:

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From Corporate Fitness Works Team Leader, Natalie Gish