

Acupuncture and Sujok are variations of Traditional Chinese medicine.

Acupuncture is a traditional Chinese medical practice that involves inserting thin needles into specific points on the body. It is based on the concept of balancing the flow of energy or life force, known as "qi" or "chi," believed to flow through pathways called meridians. The goal of acupuncture is to stimulate these points to correct imbalances in the flow of qi and promote the body's natural healing processes. Acupuncture involves the insertion of very thin needles into specific points on the body. The needles are typically made of stainless steel and are disposable. Traditional Chinese medicine posits that the body has a network of meridians through which qi flows. By inserting needles at specific points along these meridians, acupuncturists aim to influence the balance and flow of qi to promote health. Acupuncture is an integral part of Traditional Chinese Medicine, which includes other modalities such as herbal medicine, cupping therapy, and dietary recommendations.

Sujok therapy, also known as Su Jok acupuncture, is a holistic healing method that originates from South Korea. The term "Su Jok" translates to "hand and foot" in Korean, reflecting the key principle of this therapy — the correspondence of various parts of the body to specific points on the hands and feet. Sujok therapy is based on the idea that the entire body is represented on the hands and feet, and stimulating specific points on these extremities can influence the corresponding organs or systems in the body. There is also a correspondence system on the ears, face, and other parts of the body. Similar to acupuncture, Sujok therapy involves the use of various stimulation techniques to influence the body's energy flow. These techniques include applying pressure, using small needles, seeds, or other tools on specific points. Sujok is considered a microsystem therapy, meaning it focuses on small areas of the body (such as hands and feet) to treat the entire body. This is in contrast to traditional acupuncture, which often involves inserting needles into points along meridians throughout the body.