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This comprehensive guide shows readers how to treat common health problems using a variety of pressure

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point therapies: acupressure, shiatsu, reflexology, acu-yoga, and trigger-point therapy. For each condition, readers can experiment to discover which of these methods work best for them.

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Using pressure points is a noninvasive and relatively risk-free practice, so it is usually safe to use alongside doctor-recommended treatments.

Practitioners of acupressure and reflexology use...

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What are the hand pressure points? Small intestine 3. The small intestine 3 pressure point is located at the outside part of your hand, right on the edge. Lung meridian. You can find your lung meridian pressure point by looking at the edge of your hand. It runs from the tip...

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Points: How to Use

Them, Where to Find

Them ...

Whatever might be the reason, Acupressure soothes and heals the pain with its concentration on the concerned pressure points. The

Acupressure treatment for Earache involves 4 pressure points. Point 1- This point lies in the

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flesh between the thumb and the index finger.

10 Best Acupressure Points to Treat Body Pains and Aches

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...

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Acupressure Points and Massage Treatment for Pain, Nausea ...

Pressure points are specific sensitive points or areas that can be tapped for many uses. Stimulation of these vital points can help overcome pain. On the other hand, martial artists can take on their opponents during a combat by using

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simple force on a pressure point. Know these vital points and their various uses in this HolisticZine article.

54 Best Pressure points chart images in 2020 |

Acupressure ...

Acupressure pressure points are documented to have healing effects.

Here are 10 to remember that can help treat you right on the spot if you have

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aches and pains. So remember these pressure points...

10 IMPORTANT Pressure Points That Actually HEALS Your Body & Mind

This point can be activated in both hands by applying steady pressure using the thumbs for 1 minute. It helps to regulate, strengthen and protect the heart. It is useful for relieving cardiac

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and chest pain, chest tightness, angina, rheumatic heart disease, palpitations, and anxiety.

10 Healing Pressure Points to Treat Cardiovascular Disorders

Trigger point therapy releases restricted muscles while acupressure allows energy to flow freely, activating the body's remarkable healing

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abilities. Colds, sore throats, ear infections, constipation, diarrhea, vomiting, and even asthma are some of the common conditions that can be relieved by touch therapy.

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Few things feel better than a massage, and few forms of massage feel as good as a foot

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massage! Some ancient practices and a growing body of medical research even suggest that massaging specific...

3 Massages for Pressure Points on Feet

Reflexology is a therapeutic method of relieving pain and improving health throughout the entire body by stimulating pressure points in your

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feet and hands.

Although most people go to a professional reflexologist for this, you can still get the benefits of this therapy by doing it on your own.

Pressure Points In Feet: Use This Foot Pressure Point ...

Acupressure or Acu-Light Therapy induces this Healing Response by simulating the injury through pressure or

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the application of cold
Laser light. When
applied to specific sore
points along the
meridians at different
points for different
conditions, this
pressure or light tricks
the body into thinking
it has been damaged.

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