

## Healing With Pressure Point Therapy Simple Effective Techniques For Maging Away More Than 100 Common Ailments

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10 Best Acupressure Points to Treat Body Pains and Aches

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The base of the thumb point is located on your wrist. Run a finger down your thumb, to your wrist crease at the base of your thumb. Applying gentle pressure and massaging this point with your...

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