



Acupressure II (Acupressure and Trigger Points Guide)

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Acupressure involves fingers to add pressure to areas of the body. A pamphlet will help by showing those who want to learn how to do the procedure where to place the fingers and the areas where acupressure shouldn't be used. Information is available about how long the pressure should be held and the benefits of using acupressure. There are also some people who shouldn't use the treatment because of health concerns, and a pamphlet would go into more detail with this information.

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