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About The Healing Power of Acupressure and Acupuncture. This accessible, up-to-date resource guide leads you through the foundations and techniques of acupressure and acupuncture. Acupressure and acupuncture can relieve painful conditions such as migraine headaches, lower back pain, joint disorders, carpal tunnel syndrome, asthma, allergies, stress, nausea, heart problems, and many others.

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The Healing Power of Acupressure and Acupuncture covers the development of acupressure and acupuncture under the Eastern methods of science

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This is the power of acupuncture, which doesn't just spot treat you like what your doctor will do, but promotes healing and wellness throughout your entire body at one time. Some things that acupuncture can be used for include chronic pain of the head, muscles, back and other extremities, as well as other chronic conditions.