

What is Acupressure?

Acupressure is a healing technique where an acupressure practitioner applies pressure to specific points on the body surface to stimulate the body's natural healing energy and clear energy blockages in common body pathways. This method is often used to alleviate health issues including neck pain by reducing pain severity. The technique involves placing the body in a comfortable position to effectively target areas experiencing feelings of pain, promoting overall wellness and relief.



Healing With Acupressure

Hussin A.Rothana



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