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Accupressure is a form of massage therapy where fingers are pressed on pressure points, allowing muscle tissue to relax and increase blood flow, promoting healing by releasing and eliminating dangerous toxins. There are different types of accupressure such as Tuina, Jin Shin and Shiatsu, all with varying degrees of pressure applied to the body's pressure points. A chart or diagram would assist the patient in knowing where these pressure points are how they relate to other parts of the body.

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