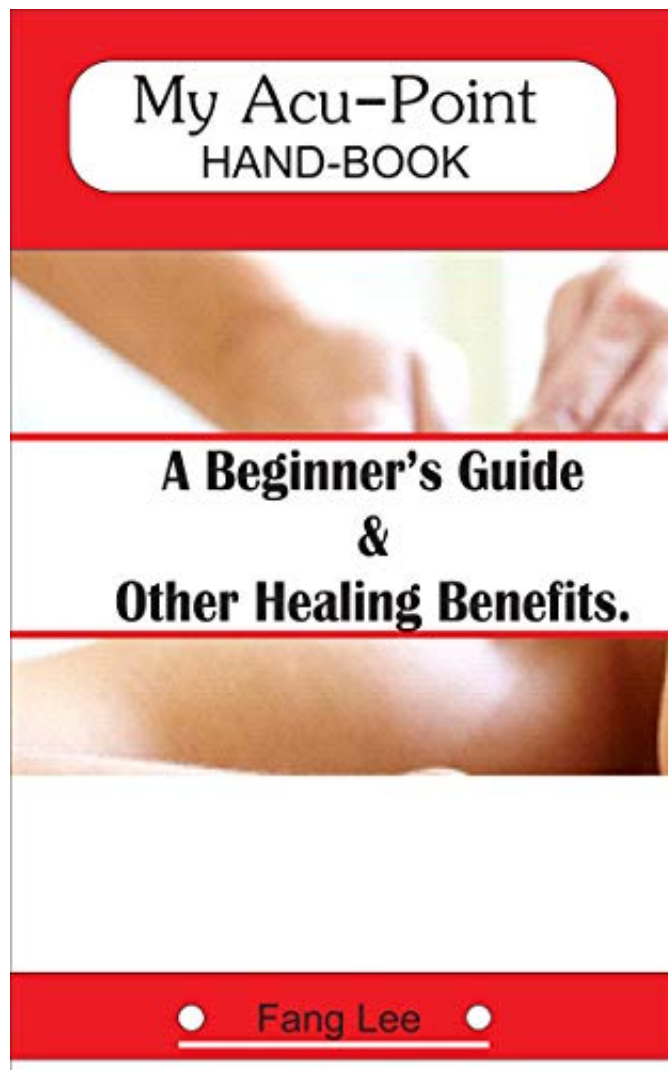


# MY ACU-POINT HAND-BOOK: A Beginner's Guide & Other Healing Benefits.

*by*  
Leo Booth



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## **Synopsis**

MY ACU-POINT HAND-BOOK.A Beginner's Guide & Other Healing Benefits.Pressure point therapy which is also known as acupressure, is a massage therapy that been in existence for over a very long time now. Its practice is immensely associated with reflexology which relates with how the human body part functions in relation to one another.It can be traced back on its use by the TCM (Traditional Chinese Medicine). This stress relieve plan is not a substitute for consulting your doctor. Although it is very safe to practice even on your own as it is not a harmful process.ENJOY READING.!!



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