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## Accupressure and Massage

Posted by mareika - 2007/10/17 10:33

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Does massage work so well because of it's effects on the pressure points? Or is it just relaxation?

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## Re:Accupressure and Massage

Posted by hazephase - 2007/10/27 07:49

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When we massage me are pressing all the points with out knowing where the points are But a massage will not work as effective as a acupressure treatment .

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