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Acupressure

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Acupressure, like acupuncture, is a technique that according to ancient beliefs, helps restore energy levels to meridians in the body. Acupressure is performed by applying pressure over acupuncture points that have been mapped out on the surface of the body. Instead of stimulating the points with needles, acupuncture pressure is applied by the hands, digits or a device. The pressure may be sustained or may be applied in a massaging fashion. Acupressure can be used to help manage back pain.