

## ACUPRESSURE FOR DUMMIES%0A

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Synthia Andrews has been a massage and bodywork therapist for 25 years. She is an authorized teacher of Jin Shin Do Bodymind Acupressure, has been on faculty at the Connecticut Center for Massage Therapy for 16 years, and was a four-year faculty member at the Kripalu Yoga Institute.

## Acupressure and Reflexology For Dummies Cheat Sheet

Acupressure is mostly a matter of working with meridians, or energy centers of the body and the human body has a number of meridians to work with. Those meridians are echoed in the feet, and a foot reflexology map is quite useful in energy work.

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### **AcuPressure Points Manual - School of Chi Energy**

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