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capabilities of acupuncture and how it can be used alone or with Western therapies for physical and mental healing.

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By simply stimulating points on the wrist, acupressure techniques cause the brain to release feel-good chemicals like serotonin and dopamine, and endorphins that block the chemicals associated with nausea and vomiting. Acupressure can also benefit those who are suffering from fatigue. Recent studies.

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