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web shiatsu is a therapeutic form of acupressure muscle meridian stretching and corrective exercises derived from japan shiatsu involves applying pressure to the body using a practitioner s thumbs palms elbows knees and feet

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web shiatsu and cancer shiatsu is a non invasive therapy originating from japan it uses a combination of kneading pressing tapping and stretching techniques these gentle techniques aim to reduce tension and re energise the body