

**ACUPRESSURE FOR CERVICAL SPONDYLOSIS MADE
EASY**

Lewis Schildt

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Table 4. A course of acupuncture usually creates longer lasting pain relief than when a single treatment is used. Later I learned that the stretch-release action has a very good scientific reason. DOkeepstresslevelslow. This allows for body weight to push down on your feet and therefore make the pressure and contact more effective. Decreased strength and mobility in patients after anterior cervical diskectomy compared with healthy subjects. Additionally, they are a great alternative to relieving various issues, as described . Smallpadsareplacedoverthepainfulareaandlow-voltageelectricalstimu there are a plethora of modern techniques available for treating these kinds of ailments, there are also various traditional and natural treatments available as .