

10 Minutes A Day For Easy Quick Weight Loss Use Acupressure And Eft To Stop Overeating Curb Hunger

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✓ Verified Book of 10 Minutes A Day For Easy Quick Weight Loss Use Acupressure And Eft To Stop Overeating Curb Hunger

Summary:

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EFT Tapping withTerrie - Home | Facebook EFT Tapping withTerrie. 17 likes. ... 10 Minutes a Day For Easy, Quick Weight Loss: Use Acupressure and EFT to Stop Overeating & Curb Hunger. Press This Point for 1 Minute & Lose Weight Super Fast ... Press this point for 1 minute & lose weight super fast. ... for 1 Minute & Lose Weight Super Fast - Acupressure Points ... for 3 minutes. Do this once a day. 3 Ways to Use Acupressure for Weight Loss - wikiHow Apply pressure to additional acupressure points that promote weight loss. There are a wide variety of other points that can help you reach your weight loss goals. GV26 is located between the upper lip and the nose, in the crease or depression (the philtrum). Apply medium pressure for five minutes twice a day.

Instructions for Self Acupressure for Weight Loss ... Gach says holding an acupressure point causes the muscle to relax, thereby allowing the blood to flow freely and toxins to be released and eliminated. Step 2 Increase oxygen in your body.

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