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D. Jill Mallory MD, in Integrative Medicine (Fourth Edition), 2018. Shiatsu. Shiatsu is an ancient form of massage based on Chinese acupuncture theory that often includes the use of breathing and stretching. Shiatsu can be done through the clothes or on bare skin and uses static pressure, which can vary from light holding to deep physical pressure applied with the palm of the hand or thumb.

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