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More down here [• Comment GUIDE](#) and I'll give you the link to my Free Somatic Guide! This self- If you are new to my channel, I am Danielle Collins, World Leading Face Yoga Expert and Massage acupuncture point for relief tinnitus So let me share something with you if you Singing bowls treatment 1. Deep relaxation & Do I look beautiful during this relaxing head Imagine Having A SWAT Outside and You're At An Enjoy the soothing sounds and gentle techniques that melt away This is a great exercise to improve foot/ ankle mobility, restore healthy foot function and release the plantar fascia! The PostureÂ ... Irregular Heartbeat? The Magic is in Your Hands! Soothe a racing heartbeat naturally using Quick Restorative Acupuncture (QRA)Â ... Blocked ears, buzzing or woozy head? Here's my go-to 60-second routine that uses points that (in TCM) help with lots of earÂ ...