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Reiki (レイキ, /'r eɪ k i: /) is a form of alternative medicine called energy healing. Reiki practitioners use a technique called palm healing or hands-on healing through which a "universal energy" is said to be trans-

ferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.. Reiki is a pseudoscience, and is used as an illustrative ...

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Generally, people use massage for either general relaxation and wellbeing, or to address a specific complaint, such as pain or limited range of motion. Research suggests massage therapy may contribute to both goals. Some of the general benefits of massage therapy may include:

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Osteopathy is a type of alternative medicine that emphasizes physical manipulation of muscle tissue and bones. Practitioners of osteopathy are referred to as osteopaths. Its name derives from Ancient Greek "bone" (ὀστέον) and "sensitive to" or "responding to" (-πάθεια).. The United Kingdom's National Health Service says there is "limited evidence" that osteopathy "may be effective ...

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