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Important Marma Points For Headaches: • The Crown Marma Pacifies The Nervous System And Calms The Thinking. This Marma Is Located At The Top Of The Head. Massage It As Described Above. • Massaging The "third Eye" Is Helpful When There Is Very Strong Concentration Or Fixation On Apr 1th, 2024

W'fmd'i' W'fm W'fmd'i'^W'fm