



November  
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Acupressure and Tiger Balm  
 Knuckles of the index and middle fingers are used to pinch and pull the skin on the bridge of the nose to relieve a headache. We pinch until a red spot appears. Tiger balm is an ointment that can be rubbed all over the stomach for stomach ache. It has a very strong smell.

Kim Soen Veth  
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