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Shannon's massage therapy was very good and I felt much better afterwards. She put a lot of effort into my 60min session and was paying close attention to how my body was reacting. I found the whole experience provide good insights, in addition to

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the children. J Dev Behav Pediatr 16:105-111. 1994. Index terms: infant massage, massage therapy.

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## **The Effectiveness of Massage Therapy**

Call now to book an appointment: 916-698-3091.

msmeghanmcgrath@gmail.com. Meghan M. McGrath, CST, CMT, CECP. CAMTC #50040, YLEO Distributor #1460970

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