

# Anubhootiyoga.com Becomes One Of The Popular Natural Health Science Web-Site For Physical-Mental-Emotional Wellbeing



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Anubhootiyoga.com: [Anubhooti Wellness](#) for Physical-Mental-Emotional Wellbeing is online for more than a year. The website has become more and more popular since its launch. Easy to follow result-oriented and time-tested oriental wisdom of Acupressure & Yoga-Manoyoga is gaining more popularity all over the world today. By an estimate, approx. 45% Americans and 60% others acknowledge alternative medicine remedies for a variety of health conditions over traditional medicines.

In Acupressure, pressure with thumb or finger is applied on certain acupoints on the surface of the skin on the body and on palms & feet. Neurochemicals called endorphins released with the pressure relieve pain and set right the health conditions by balancing positive & negative energies in the body. Acupressure is so simple that it can be used safely by anyone without any side-effects and almost free. Most routines can be used without help for self-care and instant relief. The Efficacy of YOGA originated in India, is well known NOW and for Mental-Emotional health conditions Manoyoga: [Yoga](#) for the Mind is a handy and effective tool.

The number of visitors to anubhootiyoga.com has been growing steadily since its start in June 2008. Anubhootiyoga.com uses effective, convenient and simple way to present useful information and [healing techniques](#) to the visitors.

Visitors can easily find the natural healing ways or the information they are looking for. It is just a click away from the main page. Visitors can feel confident using all [natural remedies/methods](#) and the healthy information available on the web-site.

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