

Acupressure Fundamentals

by Monte Cunningham



A 20 Point Self Healing Program

Praise for the
Stressaway Acupressure Program

C. Norman Shealy, M.D., Ph.D, Author, "I highly recommend the Stressaway Acupressure Kit to all my clients for better health and to increase their healing self-awareness. I use it myself and my body loves it"

Naomi Wyatt, Asheville, NC, "I got more relief in 10 minutes with these tools than I did from a year of physical therapy 3 times a week for a car injury to my neck."

Dr Ralph Alan Dale, Acupuncturist Miami FL, "The Stressaway massager can effectively stimulate acupressure points safely and easily, and when used properly, has proven helpful for hundreds of conditions."

Beverly Richardson, Danneville, IL, "I have spent \$16,000 on my back problems and been off work for 5 months. 95% of my pain was gone in just a few minutes, using this product. Unbelievable."

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A 20 Point Self Healing Program

by Monte Cunningham

**The Acu-Ki® Institute
Arizona**

Acupressure is intended as an adjunct to, not a substitute for, conventional medical therapy. The information and methods set forth in this book reflect the author's experiences and are not intended to replace medical advice. Diagnosis and treatment are, by law, to be supervised by your physician. Cautions for use by special risk groups and pregnant women are found in the precautions section.

Most of the principles and acupoints in this Manual have been reproduced by permission from the publications of Dr. Ralph Alan Dale. The Prescription Index is reproduced from Dr. Dale's book: The Acupuncture Comprehensive Prescription Index, Dialectic Publishing, N. Miami Beach, FL, 1991, Revised 1997 which summarizes recommended points from over 300 acupuncturist.

The principles of miniature-acupuncture systems on the body were discovered by Dr. Dale and published in 11 monographs, principally in the American Journal of Acupuncture from 1976 to 1999.

Dr. Paul Nogier discovered Auricular Therapy which states that the distribution of the ear acupoints matches the anatomy of the body.

The ear points used in this Manual are identified and located by Terry Oleson in his book, Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture, Health Care Alternatives, Los Angeles, CA, 1996, and are reproduced by permission.

Thanks to Ralph Alan Dale, and Terry Oleson for permission to use their diagrams that best show different acupoints on the body. Thanks to Rob Messick for his art work, Richard Gonsalves for his help in getting this book in the format for printing and to Bob Bowser and Jan Skaggs for their editing.

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1. Acupressure 2. Acupuncture points 3. Foot 4. Ear 5. Hand 6. Auriculotherapy
I. Title

Introduction

I hurt my back playing football in high school. For twenty years I struggled to end the pain that completely dominated my life. I discovered there were points on my back that could give me relief but I had difficulties getting to those points. I ended up designing a wooden tool that I could reach those points that had two balls on the end of a handle that I could place between me and a wall and roll on the points. When I rolled this device, which I eventually called a “Stressaway Massager,” on people’s shoulders and necks many reported that their pain left them also.

The relief people received, using this tool led to my life work and is why I’m writing this today. I had discovered an ancient form of healing, acupressure. I want to share what I learned with as many people as possible to help end their pain and suffering. To learn how it worked I took several courses in acupuncture related healing therapies. The acupuncturist that I learned the most from recommended that I make a good acupres-

sure tool out of wood because there wasn't a good low-cost tool on the market. I designed the Acu-Ki to stimulate acupressure points. I worked with thousands of people in fairs, flea markets and home shows and any kind of booth where I could demonstrate how this tool worked. The tools that I designed produced great results.

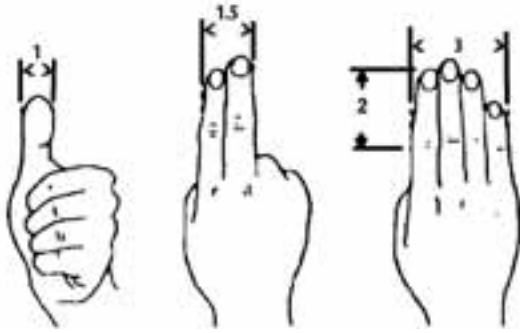
The results were so good that I did research to document what people were experiencing. In one study of 1150 people I found an average of 78% reduction of pain in less than five minutes. I believe you can get the same or better results by applying the methods I learned which are presented in this book.

So what is acupressure? Acupressure is a development from the 5,000-year-old Chinese healing system of acupuncture. It makes use of the same points and meridians as those used by acupuncturists, but the difference is that no needles are needed. Instead the fingers or small tools are used to put pressure on specific points. The effect is

the same, and by applying pressure on the correct points many problems can be alleviated. By this method pain can be relieved, the period of many diseases shortened, addictions can be dropped, weight can be lost, and malfunctions can be put right. Also the effects of stress, anxiety, depression and tension can be dissipated.

Locating the Points and Meridians

The Chinese identified points all over the body that when stimulated produce healing effects in other parts of the body or for different kinds of illnesses. They grouped these points into 14 main clusters they called meridians. Each cluster or meridian corresponds to an individual organ or physical system of the body. They are called names like L for Lung, Li for Large Intestine and so on. Students of earlier times had to memorize the locations of these meridians but today it is easier. We can simply print out a picture and text to see where a particular point is located.



To get a more exact location it is necessary to measure where these points are located in relation to muscles or bones by using a measurement known as a “body inch (BI) or cun.” The measurements of acupressure relate to the body inch. One “body inch” equals one thumb width at the base of the fingernail. The width of four fingers at their widest point is equal to three body inches. The thumb width of the person being treated should always be used. These measurements are approximate.

In this program you get 20 major points for 200 common symptoms and all the parts of the body. A formula or recipe gives us one

or more points along these energy lines or meridians that are commonly used for a specific problem.

Here is a summary of how to work with the charts included here. More detailed information is included in either the e-book or Kindle version of this material. Most people will not need more information than presented here. To find the appropriate point, look up the points for your affected body part or the symptom. Read the point description and look at the diagram illustrating the location of the point. Find the general area on your skin. Gently probe the area until you find the place on your skin which gives you a “funny bone” feeling or is sensitive, tender or sore. Press hard enough to locate the sensitive spot. You can use a steady pressure or a five seconds on and five seconds off rotating pressure for the time you stimulate the point. Thirty seconds to one minute is usually sufficient for most points.

Regular, systematic treatment usually gets the best results because the effects of

Acupressure are cumulative. At first, frequent treatment is recommended. Treatment three times daily may be necessary. Or treat more frequently, such as every two hours, until you start feeling relief. You cannot overdose. Some report almost immediate results; others may need a few weeks to get lasting results. Treat while sitting down and do not administer after meals. The symptoms are listed in an alphabetical order. The parts of the body and their appropriate healing points are also listed separately. So, for example, if you have a cramp in your foot, you will find that the Symptoms Chart tells you that Lv3 is the point to use for foot cramp. If you do not remember where Lv3 is, turn to The Points Chart to remind yourself. If that point does not relieve all the pain go to the Body Parts Chart and find the points for the feet. (Sp6 and UB60)

When only one point is given, you might begin with the point on the same side as the afflicted organ. If complete relief is not achieved, stimulate the opposite side too. The charts sometimes list more than one

point for a part of the body or for an ailment. For pain syndromes, it is best to try the first point given. If the pain is completely relieved, do not go on to the second. If there is some pain remaining, stimulate the second point, and if need be the third, and so forth. In ailments that do not provide an immediate feedback of the effectiveness of the treatment, you may use all the points suggested.

This book is presented in this short format so it can be easily applied. It is intended for people who are camping, traveling, uninsured, seeking self-reliance healthy lifestyles, and on a limited budget. This format makes it easy to carry with you for any type of emergency situation or quick reference. For best results learn more from the free information on the internet and then this book can be a constant companion for daily reference.

For more treatment options see the micro points on the ear, feet and hands after the Symptom Index (page 23) and in more comprehensive materials at our web site.

More information is found at www.acupressurefundamentals.com including:

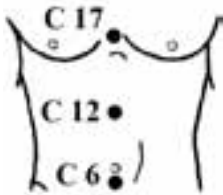
- training videos,
- more points for more conditions,
- printouts for the specific points of the different symptoms,
- e-books and hardback books,
- more low cost tools to increase the effectiveness of this system,
- blogs and forums where you can ask questions,
- web sites documenting acupressure research on specific symptoms that you can join to help show how effective acupressure is for you.
- information on how you can learn more and even earn some money sharing this information with others.
- You have access to over a 1,000 pages of information on how you can get the best results using acupressure.

Below are the charts for the 20 acupressure points in this system and over 200 symptoms and all the parts of the body these

points treat. Also are pictures of how best to apply the acupressure tool and pictures of the feet and ears plus a sample of points found on the internet.

One of our main goals is to offer effective alternative treatment options. Of equal importance is a low cost preventative type of therapy. You can reduce your medical cost and improve your health by focusing on prevention before illnesses become severe. For example, if someone around you has the flu, stimulate the flu points so you are more resistant to the flu. There are points here for building your immune system, preventing stress, colds and many chronic conditions. The old saying “a stitch in time saves nine” applies here.

20 Acupressure Points



C17 In men, on the mid-line of the chest between the two nipples. In women, on the midline of the chest between the fourth and fifth ribs.

C12 4 BI above the navel, along the mid-line. Midway between the navel and the bottom of the breast bone.

C6 1.5 BI below the navel.



G26 Midway between the nose and the upper lip.



GB20 This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.



GB21 On the top of the shoulder, one to two inches from the side of the neck.

GB34 Slightly below the level of the bottom on the kneecap, on the outer side of the leg, in the slight depression formed when the knee is completely straight. Forward of a line to the crown of the outer ankle.



H7 Palm facing you, on the wrist crease closest to the hand, in the hollow directly in line with the inside of the little finger.



Li4 On the back of the hand, find the spot midway on the metacarpal bone that connects the index finger to the wrist, on the thumb side. Sometimes this point is easy to find by squeezing two fingers together to

form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, on the bone.



Li11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place. Open the arm and stimulate the point on your relaxed arm downward toward your forearm.



Lu5 In the hollow, but more toward the outside (direction of the thumb) of the inner elbow crease.



Lu7 On thumb edge of the wrist, 1.5 BI toward elbow from wrist crease nearest hand. A difficult point to find, but easily found by linking the

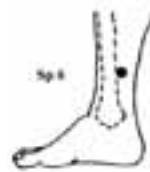
hands (in picture), find point beneath index finger lying along top of wrist, deep in a small hollow.



Lv3 Two BI above the separation between the biggest and second toes, on the top side of the foot.



P6 The width of two thumbs (BI) above the most prominent crease on the inner wrist, in line with the middle finger.

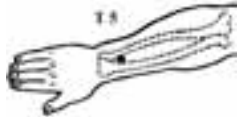


Sp6 The width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg.



St36 The width of one hand (3 BI) below the bottom of the kneecap and width of one thumb (1 BI) toward the outside of the leg (direction of the small toe.) In the trough or valley

between the most prominent bones of the calf where they come together.

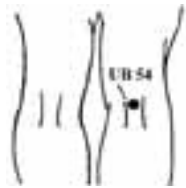


T5 The width of two thumbs above the most prominent crease of the upper wrist, in line with the middle finger. On the outside of the forearm.



UB11 1.5 BL from the spine midline, 1 BL below a line level with the top of the shoulder blades. Easily stimulated with the Back-eze.

UB17 1.5 BL from the spine midline, along an imaginary line drawn between the bottoms of the shoulder blades (scapula). Easily stimulated with the Back-eze.



UB54 In the center of the crease at the rear of the knee, between the two ligaments. Do not use this point if you have varicose veins.



UB60 In the hollow (or valley) behind the crown of the outer ankle.

Index of Body Points and Ailments

PART OF BODY HEALING POINTS

		GB34 St36 C12 P6
		Genito-Urinary System
		Lv3 Sp6 C6
Abdomen		Grief C6,12,17 Li11
Upper	St36 C12	P6 GB20,21 St36
Lower	Li4 Sp6 C6 St36	Gums Li4,11 St36
Ankle	UB60	Hair GB20 Li4,11
Anus	C6,12 Li4 SP6	Sp6 St36 UB54
Arms	Li4,11 P6 Lu5	Hands GB21 T5 Li4,11 P6
Back	G26 St36 UB54,60	Head Li4
Mid Back	Sp21	Heart H7 P6
Bladder	St36 Sp6 C6	Hips UB60 UB54
Blood	Li4 Sp6 St36 UB17	Intestines C12 Li4 Sp6 St36
Bones	St36 UB11	Jaw GB20 Li4 St36
Bowels	Li4 Sp6	Kidneys Sp6 St36 UB54
Brain	C6 Li4 Lv3 GB20	Knees GB34 St36 UB54,60
Breast	C17 GB21 Sp6 Lv3	Leg GB34 UB54,60 Sp6
Buttocks	UB54	Limbs (pain or weakness)
Cheeks	Li4,11 St36	St36
Chest	C17 St36 P6 Lu7	Liver Lv3 C12 St36
Coccyx	UB54	Lumbar
Colon	Li4 Sp6 C6	Lv3 GB34 UB54 G26
Ear	T5 Li4,11	Lung
Elbow	GB21,34 Li4,11 St36	Li4 P6 Lu5,7 UB11 St36
Esophagus	Li4,11 P6 UB17	Mouth G26 Li4,11 St36
Eyes	GB20 Li4,11 P6 St36	Muscles Sp6 UB54 GB34
Face	G26 Li4,11 St36	Neck GB20,21 Li4,11 Lu7
Fallopian Tubes	C6 Sp6	Nervous System Lv3
Fear	C6,17 H7 Lv3 St36 GB34	Nose G26 GB20,21 Li4,11
Fingers	Li4 T5	Ovaries Li11 Sp6
Feet	Sp6 St36 UB60	C6 Lv3 St36
Forehead	Li4	Pancreas P6 St36 C12 UB17
Gall Bladder		Pelvis C6,12 GB34
		Li11 Sp6 St36

Penis	Sp6 C6		
Pharynx (throat)	Li4 Lu5 P6	Abdominal pain	C12
Pubis	C6 Sp6	G26 Sp6 C6 Li4 St36	
Rectum	Li4 Sp6 St36	Acne	Lv3 UB17
Respiratory System	GB20		Li11 P6 Sp6 St36
	Li4,11 Lu5 T5 P6	Addictions	C17 GB20
Sexual Organs	C6 Sp6		Li4 Lv3 P6 Sp6 St36
Shoulders	GB20,21 Li4,11	(To decrease desire and support nervous system)	
Skin		Food	GB34
	Li4,11 Sp6 St36 UB17,54	Tobacco	Lu7
Spine		Alcohol	Lv3
Cervical (Neck)	Lu7	Drugs	Lv3
Thoracic (Upper back)		Allergies	UB17
	UB60		Li4,Li11 St36 Sp6
Lumbar & Sacral (Lower)		Amnesia	
	UB54		H7 Lv3 P6 St36 Lu7
Spleen	Sp6 P6 C12 St36	Anger	C6,12,17
Stomach	St36 C12 Sp6 P6		Lv3 P6 Sp6 St36
Teeth	G26 Li4,11 P6 St36	Anxiety	C17 H7 St36
Testicles	C6 Sp6 St36	Appetite	C12 Sp6 H7 St36
Thigh	UB54	(Deficient or Excessive)	
Throat	P6 UB54 Li4 Lu5	Arteriosclerosis	GB20,21
Toes	UB60		UB17 St36 Li4,11 SP6 H7
Tongue	G26 H7 Li4,11	Arthritis	GB20 P6 T5
Tonsils	GB20 P6		UB11,60 Li4,11 St36 SP6
	Li4,Li11 UB54	(See part of body affected)	
Trachea (windpipe)		Asthma	C17 GB20 Li4
	C17 Li4 Lu7		Lu5,7 St36 T5 P6 UB11,17
Ureter	Sp6 C6	Back pain	G26 St36 UB54,60
Urethra	St36 Sp6 C6	Cervical	GB20,21 Li4,11 UB11
Uterus	Sp6 C6 UB54	High	GB21 Li11
Vagina	Sp6 C6	Mid	GB34 UB11,17
Wrist	Li4 Lu7 T5		

**AILMENT
HEALING POINTS**

Bleeding and Blood
diseases

UB17 St36 T5 Lv3 Sp6	Menstrual	Sp6 C6
Body energy	Writer's cramp	
		Li4,11 T5 Li 11 L7
		Li4,11 T5 St36
Breathing difficulty (dvspnea)	Cystitis	GB26 St36 C6 Sp6
	Deafness	GB20
		Li4,11 T5 St36
Bronchitis	Deficiency of energy	
		C6 St36
Bursitis	Depression	Lv3 P6
Shoulder		St36 C6,12 G26 H7
Knee	Diabetes	Sp6 St36
		C12 P6 UB17 G26
Cerebral Palsy	Diarrhea	Sp6 St36
		P6 Li11 C6,12
Childbirth	Digestive disturbances	
(Do not stimulate Points during pregnancy)		Sp6 St36 P6 Li4 C12
Cholera	Dizziness	
		GB20 T5 C12 St36 Li4
	Dreaming	
Coccyx	(Excessive nightmares)	
Cold, Common		Li4 C12 H7 St36
	Drowning	
		G26 Li4 P6 Sp6 St36
Colitis	Dysentery	Li4,11 Sp6
Collapse		C6,12 St36
	Dysmenorrhea	C6,12
		GB26 P6 Sp6 St36
Coma	(Difficult or painful menstruation)	
Concussion	Dysuria (Painful Urination)	
Conjunctivitis		C6 Sp6
Constipation	Ear infections (Otitis)	
		Li4,11 T5 St36
	Eczema	Li4,11 St36
Convulsions		Sp6 UB17,54
	Edema	C6 Lu5
Cough		
Cramp		
Foot		
Calf		

Elbow pain GB34 Li11
 Emotional disorders H7 Sp6
 Lv3 P6 Li4 St36 C6,12
 Energy deficiency St36 C6
 Enterocolitis GB26 Lu5 Sp6 C6
 (Inflammation of intestines)
 Sp6 St36 C6
 Epilepsy C12 GB20 H7
 Lv3 Li4 St36 P6 G26
 Exhaustion
 Mental Li4,11 St36
 Physical St36 C6
 Facial nerve paralysis
 Li4 St36
 Fainting (Syncope) G26
 St36 Li4 UB17 Lv3
 Fatigue C6 GB20 P6
 Li4,11 Sp6 St36
 Fear C17 H7 Lv3 St36
 Fever H7 Lu5 Li4,11 T5
 Flatulence Li4 Sp6
 Flu Sp6 Li4,11 Lu7 St36 T5
 Fractures UB11
 Frequent urination Sp6 C6
 Frights H7 P6 Lv3
 Frigidity C6 GB34
 Li4 Sp6 St36
 Gastritis Li4,11 C12 St36
 Gas (Stomach or Colon)
 GB20 Lv3 C12
 C12 St36 Li4,11 Sp6
 Li11 St36 UB54 Sp6
 Gastritis (Inflammation of
 stomach) Li4,11 C12 St36
 German measles (Rubella)
 Li4,11 Sp6 St36 UB60
 GB21
 Glaucoma GB20 Sp6 Li4 T5
 Goiters GB20 H7 Li4,11
 St36
 Gynecological disorders
 GB26 Lu5 Sp6 C6
 Hangover
 GB20 St36 C12 UB60
 Hardening of Arteries
 UB17 St36 Li4,11 Sp6
 Headache Li4,11 GB20,21
 St36 Lv3 UB60
 (See also Migraine)
 Heart ailments Li4 P6 H7
 Heartburn C6,12 H7 P6
 Heatstroke C6 G26
 GB21 Li4,11 Lv3
 Hemorrhage
 Li4 UB17 St36 T5
 Hemorrhoids(Piles)
 Sp6 UB60 C6
 Hepatitis
 Lv3 UB17 GB34 C12 St36
 Hiccough UB17 P6
 C6,12 GB20 St36
 Hives
 Li4,11 UB17 St36 Sp6
 High Blood Pressure or
 (Hypertension)
 GB20 Lv3 C12
 Li11 St36 UB54 Sp6
 Hypoglycemia Sp6
 C12 St36 UB17
 Hypothermia C6 GB34
 Li11 Lv3 Sp6 St36
 Hyperthyroid

GB20,21 Li4 P6 UB11
 (Inflammation of breast)
 Hypotension
 Meniere's syndrome C12
 (Low blood pressure)
 GB20 Li4 P6 St36 T5
 Lv3 St36 C6 UB17 H7
 Menopause
 C6 Li4 Sp6 St36
 Hysteria
 P6 G26 H7 Li4 Sp6
 Menstruation
 Excessive (Menorrhagia)
 P6 Sp6 C6 Lv3 Li4
 Immune System Boost
 C6,17 GB20 Li4,11
 Lv3 St36 Sp6 T5
 Insufficient (Amenorrhoea)
 Sp6 C6 Lv3 Li4 St36 UB60
 Impotence C6 GB34 Li4
 Sp6 Lv3 St36 UB17
 Painful (Menorrhagia)
 Sp6 C6 Lv3 Li4
 Incontinence Lu5 Sp6 St36
 Indigestion C6,12 St36
 P6 Sp6 Li4 UB17
 Mental Illness C12 H7
 St36 Sp6 Li4,11
 Infection St36 Sp6
 Li4,11 UB17
 Metritis (inflammation
 of the uterus)
 SP6 C6,12 Li4
 Influenza Li4,11
 SP6 C6,12 Li4
 Migraine headache
 Lu7 St36 T5
 GB20,21 Li4,11 C12 Sp6
 St36 C6 Lu7 Lv3
 Insomnia Sp6 P6 C6,12 H7
 GB20,21 Li4,11 Lv3 St36
 Intercostal neuralgia
 C17 P6 St36
 Motion sickness P6
 G26 Li4 T5 C6,12
 Intestinal disorders Sp6 C6
 St36 Sp6 Lu5 H7
 Jaundice GB20,21 Li4
 Lv3 St36 C12 UB17
 Muscle spasm
 Sp6 GB34 St36 UB54
 Joint pain St36 UB11
 Nausea C12 P6 H7
 Lv3 Lu5 St36
 Kidney disorders
 UB54 Sp6 St36
 Neck Pain GB20,21
 Li4,11 Lu7 UB60
 Knee Joint pain UB54,60
 GB34 UB11 St36
 Nephritis
 Li4 G26 GB20,21
 St36 SP6
 Laryngitis Li4 G26 GB20,21
 P6 T5 Lu5,7 UB60
 Nervous anxiety with
 Palpitations H7 Lv3 St36
 Lingual paralysis H7 Li4
 Nervousness H7 Lv3 St36
 Lumbago UB54,60 G26 Lv3
 Neuralgia
 Mastitis Lv3 P6
 Back (Lower)

UB54 UB11 UB60 Pneumonia C12,17 T5
 (Upper) UB60 UB11 Li4,11 UB11 P6 Lu5,7 St36
 Face G26 Li4,11 St36 Poisoning GB20 St36
 Intercostal P6 C17 Lv3 Poison Ivy Li11
 Joint UB11 Premature ejaculation
 Limb Lower GB34 UB60 C6 H7 Lv3 Sp6 St36
 Limb Upper Li4,11 T5 P6 Psoriasis GB20,21 H7 Lv3
 Lu7 UB11 Li4,11 P6 Sp6 UB54
 Neck and back of head PTSD C6,17 G26
 Lu7 Li1 UB60 Lv3 GB20,21 H7 P6 St36
 Neurasthenia (Nerve Prostatitis SP6 C6
 exhaustion) P6 C6,12 GB20 Puritis vulvae (itching of
 Lv3 Li4 SP6 St36 vulva) C6 Sp6
 Nightmares Li4 C12 H7 GB20 Li4,11 St36
 St36 Renal (Kidney) disorders Sp6 St36
 Nocturia (Frequency of Rhinitis G26 GB20
 urination at night) SP6 C6 Li4 St36 UB54
 Nosebleed GB20,21 Li4,11 (Inflammation of the nasal
 Overeating Li4 Lv3 C12 mucous membrane)
 GB34 P6 Sp6 St36 Rickets C6 St36
 Palpitations and fright Sciatica GB34 UB54,60 Sp6
 C12 H7 P6 St36 Scoliosis Li4,11 Sp6 St36 UB11
 Panic attack C6,17 Sea sickness Li4 T5 C12
 Lv3 P6 St36 St36 Sp6 P6 Lu5 H7
 Paralysis GB20,34 SP6 Sexual disorders Sp6 C6
 T5 Li4,11 St36 UB54 Shingles (Herpes Zoster)
 (See appropriate part of GB34 Li4 Sp6 T5 Lv3 St36
 body in index also) Shock C6 G26 P6 Sp6 St36
 Parkinsons Disease Anxiety H7
 C6,12 GB20 H7 Li11 St36 Fainting G26
 Phlebitis (inflammation of Shoulder Pain GB20,21
 a vein) GB21 UB17 Li4,11 UB11
 Pleurisy C12 Li4,11 T5 Siezures C12 GB20
 Lu7 Lv3 St36 P6 UB11 P6 St36 H7 Li4

Skin Ailments Sp6 St36 C6 GB20 Li4 Lv3
 Li4,11 UB17 UB54 (and important ear
 Sinusitis G26 GB20 Li4 Lu7 points listed on web site)
 Smoking C17 Li4 Lu7 Trigeminal (facial) neuralgia
 Lv3 P6 Sp6 St36 GB20 Lu7 Li4,11 Lv3 St36
 (To Decrease Desire & Intestinal Li4 C12
 Support Nervous Sysyem) SP6 GB21 St36
 Sneezing G26 Lu5 St36 Stomach & Duodenal
 Stomach pain Sp6 C6,12 H7 Li4,11 St36 P6
 C12 St36 P6 Unconsciousness
 Stress Li4 C17 GB20,21 G26 St36 C12
 H7 Lv3 P6 St36 T5 Urinary disorder SP6 C6
 Stroke (Apoplexy) C12 G26 Li4,11 UB54 Urticaria (Hives) Lu7 Li4,11
 St36 GB20,21,34 P6 UB17 St36 SP6
 Stuttering GB21 Li4 P6 St36 Vaginitis SP6 C6
 Styte GB20 Lv3 St36 Li4 Varicose Veins UB17
 Sweats (Night) Li4,11 Lu7 Li4 T5 St36 Lv3
 St36 P6 C6 H7 Sp6 UB17,60
 Tachycardia C17 GB20 Vomiting P6 C6,12,17
 P6 H7 St36 Li11 P6 Sp6 St36 UB17
 (Excessive rapid heartbeat) Weakness C6,12 Li4 G26
 Tennis Elbow GB21 Sp6 UB60
 Li 11 Lu5 P6 St36 Weight Control see Overeating
 Tic GB34 Lu5,7 Lv3 St36 WhipLash (Neck injury)
 Tinnitus (Ringing in the ear) Li4,11 GB20,21 UB60 UB11
 GB20,21 St36 Lu7 Li4 T5 Worry St36 C6,12,17 G26
 Tonsillitis GB20,21 P6 Wrist Pain
 Lu7 Li4 St36 T5 Lu7 Li4,11 UB60
 Toothache G26 Lu7
 Li4,11 P6 St36
 Torticol (StiffNeck) GB20,21
 Li11 Lu7 UB60 T5
 Traumatic Brain Injury

Record the symptoms and points on this page. If you have several symptoms count the most frequent points and focus on those.

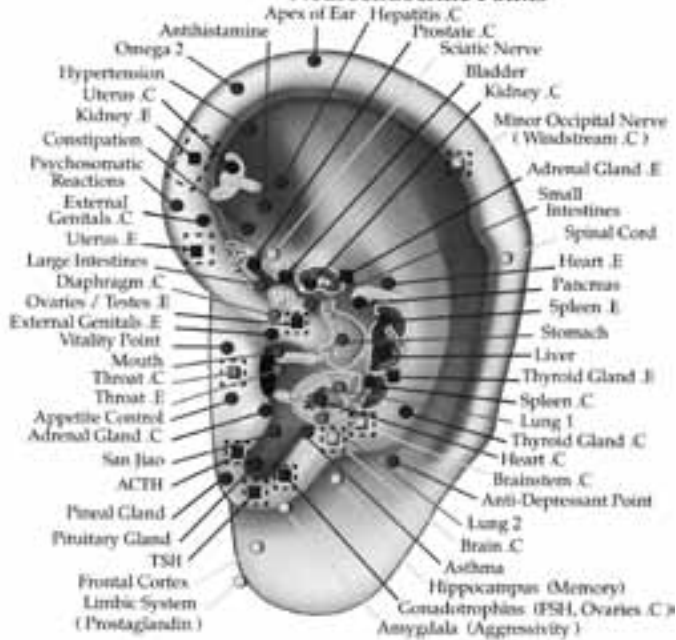
Miniature Systems Found in the EAR

A large part of the Stressaway Acupres-
sure systems' success comes from the use
of the regular acupresure points plus points
on the ear, hands, and feet. Pressure on
these miniature parts produces a healing re-
sponse in the corresponding body part. The
pictures presented here give you enough in-
formation to use in an emergency or in addi-
tion to the regular points given above.



The illustrations above show the body
mapped in the ear, much like an inverted fe-
tus. You can see how the back is inverted on
the ear in the round inner section. The neck
shows up low on the ear, whereas the low
back shows up higher on the ear. This map-
ping of the ear was completed by Dr. T.D.
Oleson at the UCLA School of Medicine.

Internal Organ and Neuroendocrine Points



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Musculoskeletal Points



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Depth View

More detailed descriptions about which points to use on the ear for several hundred problems are found in our books. This is one of the most important systems of this book. Many people have gotten a complete healing just using this information on the ear.

Miniature Systems of the Hand and Feet



In this system the right foot or hand corresponds with the right side of the body. The side of the foot or hand corresponds with the side of the body, and the insole or thumb side corresponds with the center of the body. The toes relate to the top of the body and the heels to the bottom of the spine. The hand matches the body in a similar manner. Pressure points for bones, muscles, and organs are found in these approximate areas. The soles and palms relate mostly to the back part of the body and the tops to the front. Use

this general form when finding points to supplement the regular acupressure points.

Keeping the above representation in mind, we find the spine along the inside of the foot. Since the foot is arched, we find that the spine comes up into the foot and is not restricted to the bottom. This will make it seem as if it is on the side of the foot because it comes up so high. This will be similar to other parts you are trying to find. Probe in the general area and move around until you find the most tender spot.

Summary of All Systems

This is a sample of the symptoms format found on our web site. With the points in your index and these you would have a total of 11 points that can be tried for upper back pain.

Each symptom lists the most important body points, as well as the points on the ear, hand and foot related to that problem.

AcuPoint Analysis HIGH BACK STUDY



- | | |
|------|---|
| EAO2 | Lower cervical vertebrae, torticollis |
| EAO3 | Upper thoracic vertebrae, heart .F, mammary gland .C |
| H157 | Upper spine. Below second joint of thumb. |
| F157 | Upper spine. On the inside of the foot. |
| UB60 | In the hollow (or valley) behind the crown of the outer ankle. |
| GB30 | Near the "ball-joint" of the hips. Squeeze the buttocks together tightly, place the Acu-Ki in the depression formed at the hip, relax the buttocks and begin the stimulation. |
| UB54 | In the center of the crease at the rear of the knee, between the two ligaments. Do not use this point if you have varicose veins. |

Precautions

Most of us do not need to be concerned with these precautions but for some they are appropriate so it is good to review some of these items.

When serious disease is present, it is suggested that professional acupuncture and other appropriate therapies be sought. It must be emphasized that there is no implication here that acupuncture, let alone this 20-point system, should replace all other forms of therapy. It should be especially noted that in some of the serious ailments listed in Ailments Chart, the stimulation of the acupuncture points is intended only as an adjunct to other appropriate therapies. In most cases people find acupressure speeds their recovery. Should you consider stopping current treatment or delaying surgery while you try acupressure, be sure to do this after consultation with your health practitioner or a qualified acupuncturist.

Since one can become very relaxed,

light-headed, and even faint or dizzy, or you may experience profuse perspiring and feel nauseated it is advisable to **sit or lie down during treatment**. If you do have these responses stimulate G26 and/or St36. If you have these responses, begin your acupressure treatments slowly and with light pressure. As the body becomes accustomed to the treatments you can progress to the regular treatment schedules recommended here. Very few people have this experience but if it does happen it is good to know that nothing is wrong and this is just normal sometimes.

Do not administer acupressure after meals, drinking alcohol or if you are using narcotics, Valium, Darvon or Talwin. Some of the energy needed to heal the body will be lessened. **Pregnant women should avoid using SP6, SP4, LI4, S36 and points on the abdomen.** Do not put pressure on skin that is inflamed, scarred or that has a rash or if there is a serious injury in that area. Consult a medical doctor or professional acupuncturist for the following conditions: stomach or duodenal ulcers; contagious diseases; ad-

vanced heart, kidney, liver or lung diseases.

Do not use acupressure on individuals with serious cardiac problems. There are no serious side effects, but a slight drop in blood pressure could create an undesirable effect.

Pressure on the points can sometimes feel like you have bruised or injured the area. The reason it seems sore is because you are on the right points. **Go slowly and use a more gentle pressure.** If points actually become black and blue, use a gentler touch, just holding the points with your fingers.

Sometimes a condition will worsen the minute you touch a point. This is an indication that you have located the point that relates to the problem. Move slowly with confidence that you can soon expect relief.

A proper diagnosis is sometimes critical to get the results you want because you may not be using the right points.

Certainly, it is time for us all to begin to

learn more about our own bodies and to take some responsibility for healing ourselves. Many of you have been given this book and tool on acupressure treatment options by your health care practitioner. Their goal is to heal you in the most natural way as possible . One of our major research goals is to demonstrate that by using acupressure you can reduce your use of expensive drugs and/or surgery. This is our goal but by law a licensed practitioner or doctor is the only person qualified to advise when you can use this option instead of other treatments. Please use this option in conjunction with your health care provider. This program is dedicated to a healthier and longer life.

The acupoints just presented are 20 simple and effective alternatives. Enjoy them and use them together with good nutrition, exercise, positive thinking, productive work, emotional integration, and social commitment to improve the quality of life.

Product Information

The acupressure tool (Mini Acu-Ki) included with this book and other tools in the Stressaway Acupressure system allows for more effective stimulation of the acupressure points. Many people reported limited success with other forms of acupressure that used just finger pressure. When they tried our tools there was a significant improvement in their results. These tools are the newest effective aids The Acu-Ki Institute has developed to stimulate acupressure points. We feel the use of these simple tools are a cornerstone of why we get such good results.

The Mini Acu-Ki has a round top that is ideal for stimulating small points on the ear and regular pressure points. Hold items as shown in pictures. Here you see the Mini Acu-Ki being used on different regular acupressure points and on a point in the ear. For some this small diameter makes the Mini Acu-Ki slip in their fingers. This can be fixed by simply wrapping a small rubber-band

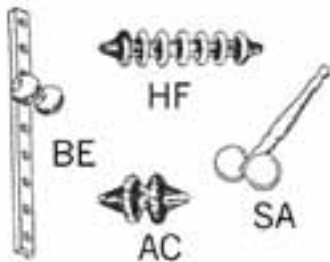
around the middle of the tool.



Pictures 1,5 and 6 above show the tool between the index and middle finger. Place the small diameter of the tool all the way up between the web of the two fingers and then bring the fingers together. Then bring the finger tips and thumb onto the tool. Pressure of the two finger bones held together like this keeps the tool from slipping. To put more sharper pressure on sensitive points like the ear turn the tool at a 45 degree angle and use the edge of the tip.

The design of this tool is much less expensive than our regular tools because we want to make it more affordable for people. We encourage you to explore using our other tools so you can maximize your benefits.

Stressaway Acupressure tools have been developed over decades of continuous research by the Acu-Ki Institute, a non-profit educational organization dedicated to self-healing through acupressure. The products and instructional materials we offer were collected from hundreds of volumes of ancient and modern texts in order to bring you an understandable, effective, and easy to use acupressure system. Stressaway Acupressure offers the **Only** complete Acupressure Kit on the market today.



The Acu-Ki Institute offers 4 tools, all made of natural wood and designed for deep, effective stimulation of specific

acupressure points. **Happy-Feet (HF)** has widely spaced ridges and smooth pointed ends, for rolling under the feet, on the hands and reaching points in the ear. **Stressaway (SA)** massager can be used all over the body, activating acupressure points deep in the muscle systems and on bones. **Back-Ez (BE)** provides a complete spinal massage, by pressing the body weight against adjustable rollers mounted onto a wall. The **Acu-Ki (AC)** is small enough to fit in a pocket or purse and allows you to apply accurate pressure while stimulating points throughout the body. In addition to the tools, AcuKi Institute offer videos, and a wide range of user friendly books containing instructions, techniques and complete lists of acupressure points for 4000 conditions.

Many health care practitioners are now prescribing Stressaway System tools for use by their patients and over 15,000 users enjoy the benefits of the Stressaway Acupressure system. **Experience pain relief the Stressaway Acupressure way!**

Tools and books are conveniently packaged as follows:



The **Acu-KI** Set contains the basic introductory book and **Acu-Ki** tool. 10% off individual price until 1/1/14 \$22 Price (shipping included).



The **AcuPressure Kit** contains the **Happy Feet**, **Stressaway** and **Acu-Ki** tools and 2 books containing points for treating over 200 conditions. 15% off individual price until 1/1/14

\$61.95 (shipping Included).

Help us document your success. The Acu-Ki Institute focuses their research on 300 different conditions and asks you to try

the acupressure on yourself and tell us how it works for you. The study you can be a part of will give us an indication of how successful you are by using acupressure on your own symptoms on a long-term basis. You can join the research for free. Just go to our web site and join. Thanks.

The mission of our Acupressure coop is to improve the health of our community and reduce our current medical costs by offering a full program of acupressure for self-healing. This includes program development and expansion, marketing, education, job opportunities, research, and tool development. If you are interested in these goals and would like to join our coop contact us at www.acupressurefundamentals.com

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Acupressure can have a profound effect on your health. The author teaches you methods for self-healing including how to use your ears, hands, feet and regular acupressure points for healing: and how to use the Stressaway Acupressure tool effectively.

- **20 Primary acupressure points for over 250 symptoms and parts of the body.**
- **Points Selected from over 350 teachers**
- **Great format for campers and people on the move**
- **Reduce your medical costs**

Our studies show most of our users are pain free in just a few minutes. Thousands are getting relief. Research and testimonials all say the same thing. This works!



Monte Cunningham has developed a unique powerful system of acupressure that has helped thousands of people heal themselves.

www.acupressurefundamentals.com

