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.”
Acupressure Fundamentals

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

**UB17**  1.5 BI from the spine midline, along an imaginary line drawn between the bottom 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.

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**Index of Body Points and Ailments**

**PART OF BODY**

**HEALING POINTS**

**Abdomen**
- Upper  St36  C12
- Lower  Li4  Sp6  C6  St36

**Ankle**
- UB60

**Anus**
- C6,12  Li4  SP6

**Arms**
- Li4,11  P6  Lu5

**Back**
- G26  St36  UB54,60
- Mid Back  Sp21

**Bladder**
- St36  Sp6  C6

**Blood**
- Li4  Sp6  St36  UB17

**Bones**
- St36  UB11

**Bowel**
- Li4  Sp6

**Brain**
- C6  Li4  Lv3  GB20

**Breast**
- C17  GB21  Sp6  Lv3

**Buttocks**
- UB54

**Cheeks**
- Li4,11  St36

**Chest**
- C17  St36  P6  Lu7

**Coccyx**
- UB54

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- Li4  Sp6  C6

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- T5  Li4,11

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**Esophagus**
- Li4,11  P6  UB17

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- GB20  Li4,11  P6  St36

**Face**
- G26  Li4,11  St36

**Fallopian Tubes**
- C6  Sp6

**Fears**
- C6,17  H7  Lv3  St36  GB34

**Fingers**
- Li4  T5

**Feet**
- Sp6  St36  UB60

**Forehead**
- Li4

**Gall Bladder**
- Li11  Sp6  St36

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**Genito-Urinary System**

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- Grief  C6,12,17  Li11
- P6  GB20,21  St36
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UB54 UB11 UB60
(Upper) UB60 UB11
Face G26 Li4,11 St36
Intercostal P6 C17 Lv3
Joint UB11
Limb Lower GB34 UB60
Limb Upper Li4,11 T5 P6
Lu7 UB11
Neck and back of head Lu7 Li1 UB60 Lv3
(Nerve exhaustion)
P6 C6,12 GB20
Lv3 Li4 SP6 St36
Nightmares Li4 C12 H7 St36
Nocturia (Frequency of urination at night) SP6 C6
Nosebleed GB20,21 Li4,11
Overeating Li4 Lv3 C12
GB34 P6 Sp6 St36
Palpitations and fright C12 H7 P6 St36
Panic attack C6,17
Lv3 P6 St36
Paralysis GB20,34 SP6
T5 Li4,11 St36 UB54
(See appropriate part of body in index also)
Parkinsons Disease C6,12 GB20 H7 Li11 St36
Phlebitis (inflammation of a vein) GB21 UB17
Pleurisy C12 Li4,11 T5 Lu7 Lv3 St36 P6 UB11
Pneumonia C12,17 T5 Li4,11 UB11 P6 Lu5,7 St36
Poisoning GB20 St36
Poison Ivy Li11
Premature ejaculation C6 H7 Lv3 Sp6 St36
Psoriasis GB20,21 H7 Lv3
Li4,11 P6 Sp6 UB54
PTSD C6,17 G26
GB20,21 H7 P6 St36
Prostatitis SP6 C6
Puritis vulvae (itching of vulva) C6 Sp6
GB20 Li4,11 St36
Renal (Kidney) disorders Sp6 St36
Rickets C6 St36
Sciatica GB34 UB54,60 Sp6
Scoliosis Li4,11 Sp6 St36 UB11
Sea sickness Li4 T5 C12
St36 Sp6 P6 Lu5 H7
Sexual disorders Sp6 C6
Shingles (Herpes Zoster) GB34 Li4 Sp6 T5 Lv3 St36
Shock C6 G26 P6 Sp6 St36
Anxiety H7 Fainting G26
Shoulder Pain GB20,21 Li4,11 UB11
Siezures C12 GB20 P6 St36 H7 Li4
Skin Ailments Sp6 St36 Li4,11 UB17 UB54
(Support Nervous System)
Sinusitis GB20 Li4 Lu7
Smoking C17 Li4 Lu7
Lv3 P6 Sp6 St36
(To Decrease Desire & Support Nervous System)
Sneezing G26 Lu5 St36
Stomach pain Sp6 C12 St36 P6
Stress Li4 C17 GB20,21
H7 Lv3 P6 St36 T5
Stoke (Apoplexy) C12 G26 Li4,11 UB54
Sp6 GB20,21,34 P6
Stuttering GB21 Li4 P6 St36
Stye GB20 Lv3 St36 Li4
Sweats (Night) Li4,11 St36 P6 C6 H7
Tachycardia C17 GB20
P6 H7 St36
(Tachy: Excessive rapid heartbeat)
Tennis Elbow GB21
Li 11 Lu5 P6 St36
Tic GB34 Lu5,7 Lv3 St36
Tinnitus (Ringing in the ear) GB20,21 St36 Lu7 Li4 T5
Tonsilitis GB20,21 P6
Lu7 Li4 St36
Toothache G26 Lu7
(Traumatic Brain Injury)
Torticol (Stiff Neck) GB20,21
Li4,11 P6 St36
Torticollis GB20,21
Wrist Pain Li11 Lu7 UB60 T5
Traumatic Brain Injury
Worry St36 C6,12,17 G26
Weight Control see Overeating
WhipLash (Neck injury) Li4,11 GB20,21 UB60 UB11
Wrist Pain T5 Lu7 Li4,11 UB60
Record the symptoms and points on this page. If you have several symptoms count the most frequent points and focus on those.

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Miniature Systems Found in the EAR

A large part of the Stressaway Acupressure systems’ success comes from the use of the regular acupressure points plus points on the ear, hands, and feet. Pressure on these miniature parts produces a healing response in the corresponding body part. The pictures presented here give you enough information to use in an emergency or in addition to the regular points given above.

The illustrations above show the body mapped in the ear, much like an inverted fetus. 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 mapping of the ear was completed by Dr. T.D. Oleson at the UCLA School of Medicine.
Internal Organ and Neuroendocrine Points

Hypertension C
Uterus C
Kidney E
Constipation C
Psychosomatic
Reactions C
External Genitals E
Uterus E
Large Intestines C
Diaphragm C
Ovaries / Testes E
External Genitalia E
Vitality Point E
Mouth C
Throat E
Throat E
Appetite Control C
Adrenal Gland E
San Jiao C
ACTH C
Pineal Gland C
Pituitary Gland C
TSH C
Frontal Cortex C
Limbic System C
(Antidepressant Point)
Heart C
Brainstem C
Hippocampus (Memory)
Commissurality (FSH, Ovaries E)
Amygdala (Aggressivity)

Musculoskeletal Points

Heel E
Ankle E
Toes E
Knee E
Hip E
Sacral Spine E
Lumbar Spine E
Thoracic Spine E
External Ear E
Muscle Relaxation E
Inner Nose E
Inner Ear E
Cervical Spine E
Temples E
Forehead E
Eye Disorder 1 E
Eye Disorder 2 E
Dental Analgesia E

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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.

<table>
<thead>
<tr>
<th>AcuPoint Analysis</th>
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<td>HIGH BACK STUDY</td>
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<table>
<thead>
<tr>
<th>AcuPoint</th>
<th>Description</th>
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<tr>
<td>EAH02</td>
<td>Lower cervical vertebrae, torticollis</td>
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<tr>
<td>EAH03</td>
<td>Upper thoracic vertabrae, heart .F, mammary gland .C</td>
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<tr>
<td>H157</td>
<td>Upper spine. Below second joint of thumb.</td>
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<tr>
<td>F157</td>
<td>Upper spine. On the inside of the foot.</td>
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<tr>
<td>UB60</td>
<td>In the hollow (or valley) behind the crown of the outer ankle.</td>
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<tr>
<td>GB30</td>
<td>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.</td>
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<tr>
<td>UB54</td>
<td>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.</td>
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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-
advanced 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

Stressaway Acupressure
Monte Cunningham
1265 W. Coy Dr
Flagstaff, AZ 86001

Ph: 888-853-0646
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