

# **No More Headaches with Acupressure**

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by  
Monte Cunningham

**The Acu-Ki Institute  
Arizona**

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### **Acknowledgments**

I am indebted to all my students  
whose results have motivated me to develop the  
Stressaway Acupressure Program.

I am grateful, too, for the loving support  
and encouragement of my family and friends.

### **Dedication**

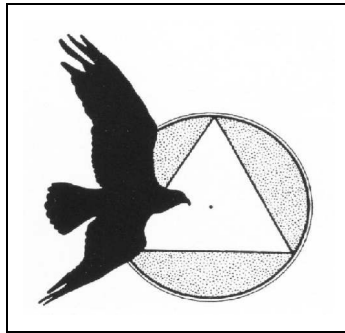
This booklet is dedicated to awakening  
the healer within you.

**May** you find your Self  
in your quest for health.

## Learning to Balance the Energies in Our Lives

The **Stressaway Acupressure** logo comes from Jungian and Egyptian symbology. The triangle represents the three aspects of our being that seek harmony: body, mind, and spirit. When these three are in balance and in harmony, we experience unity with God and the Universe. The circle with the dot in the middle represents this unity. It symbolizes the harmony, peace and freedom that are ours when we learn to balance the energies in our lives. The bird represents our striving for this unity and oneness with all things.

Visualizing and meditating upon the different aspects of the logo, which the ancient Egyptians did in their spiritual practices, will help bring about this state of balance and unity.



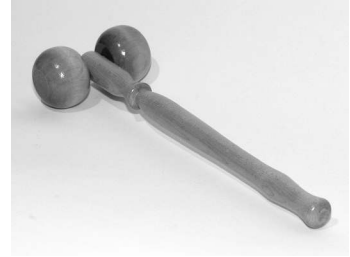
See our web site for more information on this symbol and how it led to the development of this program of acupressure.  
[www.stress-away.com](http://www.stress-away.com)

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coming

## Introduction

I became interested in headaches in a round-about way. In my teens I developed a condition called ankylosing spondylitis (a form of arthritis of the spine) which set the course of my life. Although it started when I was a junior in high school, it didn't show up as a problem until my senior year. Because of the weakened condition of my back I hurt my back playing football and started having intermittent shooting pain down my legs. I went on to a football and academic scholarship at U.S.C. but after one year the pain became more intense and more often. The team physicians diagnosed it as not standing straight enough and gave me exercises to stand straight. The pain was so bad I quit my football scholarship to concentrate on my studies. I found that whenever I studied for any length of time that the pain returned.



The pain caused me to leave school and since doctors couldn't determine what was wrong (I went to 18 different ones over several years) I entered psychotherapy to see if it was something there. After 10 years of traumatic pain and struggles I determined it must be a pinched nerve and had surgery. Three years later I had a second surgery and with still more pain I finally had a rheumatologist specialist say "OH you must have ankylosing spondylitis." They said that is why you have had so much pain in the last 15 years and there is nothing we can do for you except you must learn to live with the pain.

Since the regular medical community hadn't helped and I knew I wasn't going to spend the rest of my life living with pain I set out to find some options. I spent 5 years on a healing quest wandering around the country from one alternative healer to another and learning how to heal myself. The most important tool I learned that guided me through this journey was to listen to my heart or the still small voice within. After a while each decision about my healing was determined by that small voice within. During that time I began to listen more and more for health questions and more and more aspects of my life. The adventures one can have on a quest following that higher guidance in every decision of your life is truly amazing. In another place I will be writing about that particular part of my trip. Here I am focusing mostly on how pain dominated my life and how I found answers that relate to many other types of pain not just the pain associated with spondylitis.


After five years that small voice said "ok, now it's time to put all this to practice back in the real world". I had not healed myself completely but I was able to handle most problems with my back and knees. I got married and moved back into the life of working and supporting a family (the real world). One of the methods I had studied was called Touch for Health which recommended working on points called neuro-lymphatic release points to release toxins stored up in the muscles that causes pain. I got relief from muscle spasms but it was hard to get to the points on the back. One year after I came back I saw a small wooden hand massager in a health food store but didn't purchase it because it seemed too expensive. A few weeks later I was stuck in a traffic jam in an altered state (when I have to sit for long periods of time I usually go into different forms of meditation

that I learned while on my quest) and while meditating that little voice said “you can make a massager with the spare parts you have out in the garage”. I had some old wine racks Safeway had discarded that I used as handles and a bunch of plastic balls that I had collected from Burger King that I used as rollers. This tool allowed me to get to the parts of my back where the neuro-lymphatic points were that related to the problems I was having most. This included upper back spasms and pain when I exerted myself too much on any type of project or exercise. They worked great and I found many other people liked to be rubbed with them and so on the weekends I began selling them for \$1 at the local flea market. I had enough for 2000 of them but they sold faster than I could make them. I borrowed money to purchase a Shopsmith and began making these rollers out of wood from my garage. I called the massager ‘**The Stressaway**’ because it felt so good and it seemed to just take the stress out of people when I rubbed their back.

Now as I was thinking of how I might sell them we knew when you roll the rollers on the head it would improve circulation. If you improved circulation then wouldn’t it make hair grow. This could be a great seller. I was demonstrating in a health food store when I saw my first chance to demonstrate on someone whose hair was thinning. The lady I was working on had very thin hair. As I started rolling her head I was trying to figure out how to say diplomatically that this might help her hair grow with the massager when she said “Wait a minute! What are you doing to me? I have had a headache for 3 days and nothing I have done eased it at all and it has just disappeared. How did you do that?” I told her I didn’t know but I was going to find out. I didn’t know then that “ah ha” moment would change the focus of my life for the next thirty years.

Two other things began happening on a regular basis also. Whenever I would roll on a person’s shoulders and the back of their neck up next to the skull people would say “My headache disappeared”. This happened on a regular enough basis that I started looking into it. I began reading everything I could find on acupressure and different types of massage.

I picked up a book on acupressure for headaches called “Quick Headache Relief Without Drugs” by Howard D. Kurland. He reported that two of the most important acupressure points for headache relief were points that I was rolling over when I did my demonstration on people with the Stressaway. I realized that this was an effective tool for stimulating acupressure points. Not only were people telling me about headache relief but there were reports of all kinds of pain disappearing. One of my staff went home for Christmas and her cousin had a migraine headache that they were ready to go to the hospital for. This was the only way they had gotten any help before. She rolled on her cousin’s head and put pressure on some of the points that I had been showing people and the pain went away. They awoke the next morning and the headache was still gone.



Since I was still making my own tools out of my garage I redesigned my handle slightly so that it would be effective for putting deep pressure on specific acupressure points. A small knob on the end allowed deep pressure and made it easier to hold when you rolled on yourself by leaning against the Stressaway and a wall.

I took some acupressure courses and began studying acupressure so that I could understand better how to use this tool. I sent requests to several acupuncturists asking for help to understand what was happening and to develop a comprehensive program for people to use in



conjunction with the Stressaway. One acupuncturist, Ralph Allen Dale, corresponded more than others and I eventually went to a course he offered to train people to get certification in acupuncture. While at that course he recommended that I develop a tool for stimulating acupressure points. There were good massage tools available but nothing that gave deep penetration to the acupressure points made out of natural wood.

When I returned from the course I decided that I would make a foot massager that had the points on the end for stimulating the acupressure points. Since it was hard to turn the massager on the lathe the same way as I was making the larger piece I just turned a small piece until I had the ends the way I wanted. When I showed the first sample to my wife she liked the small piece better than the larger piece. I called this unique new tool the Acu-Ki. Acu stands for pointed and Ki stands for the energy that flows through the body that we must balance to get healing. I began developing list of points for all kinds of symptoms that people could use on themselves. This evolved into a computer program that allowed a person to get a printout of the points for their symptoms. I developed another tool (Back-eze) for use on your back against a wall and for using on your feet (Happy-feet) to stimulate the points on the foot.

I was getting such good results that I thought it warranted someone studying what was happening. I spent a whole day with my business partner at Duke University going around to different professors asking them to study the results we were getting and I found out that the way new products are evaluated is by the manufacture to come up with the money. No matter how good of results we were getting no-one had the time to evaluate them. Finally at the end of the day one of the professors said that if we could come up with \$125,000 they could probably get some research done. I was discouraged but I knew something would happen to let other people know what was happening here. At that time (1984) there were eighteen other new businesses competitors that were making a similar product like mine since the time I started. (Reword) It seemed like the market was saturated and my business went under like a lot of others.

After a few years I again started selling my left over inventory at the local flea market in the mountains of North Carolina. This was the first time that I spent a lot of time at the markets working directly with individuals. When I first made the Stressaway massager I was mostly demonstrating it and showing how good it felt. Now I was focusing on selling all the different tools. For several years I spent three days every weekend of the season demonstrating and selling all four of my tools.

There were several things that I had to do to be successful at selling in this type of market.



First I had to get people to stop. I had to roll people first with the Stressaway because it felt so good. Most everyone likes a free massage. I also got some good visuals and a new manakin I found at the flea market that I gave the acupressure dots and lines with all the meridians. These were not only good visual representations of unique information but I also used these as educational aids to explain what was going on. Once I stopped a person I had to give them a quick, clear explanation of what was happening with each tool and a general theory of acupressure and Traditional Chinese Medicine. Now as I began



using these aids not only did they make it clearer for other people, I began to understand things much better myself.

When I first developed the acupressure materials I emphasized mostly the regular acupressure points (the same points are used for acupuncture) but I didn't realize how important it is to mix all the different ways we work with the response we are trying to get. I began rubbing more feet, hands and ears and not just using the acupressure points on the meridians. I also found that I never knew which tool was going to work for which condition so instead

of trying to guess I started selling the three tools together as a Kit.

The last key to getting a giving them an experience of relief them. Once I had done that I had themselves and that they didn't I got from people was "this is or "it won't work. I can't do this was putting everything I know results they got with me by



person to start using acupressure was of their pain or whatever was bothering to convince them that they could do it need me. One of the most often phrases great but I need you to go along with it", myself." My last important development down on paper so they could get the themselves.

This is some of the information that gives you a background on how this system started. My own pain led me to look for answers which I then found others could use for their pain relief.

Headaches are one of the areas that I get the best results. As I said earlier at first I had people report that their headaches went away by accident. This serendipitous response was the key factor that let me into studying acupuncture and developing the other tools to stimulate the acupressure points. I found for treating myself with acupressure I couldn't put enough pressure on my own acupressure points and my fingers would get sore when I did it for any length of time. People have told me numerous times that they tried acupressure with other books using their fingers and they got no results but when they use my books and tools it works. Many say they won't go anywhere without their Acu-Ki because they know that is what gives them control over their pain. As I looked for people with headaches it became the symptom I knew with most certainty that I could get relief in just a matter of minutes.

There were several reasons that we got relief. The first led me to understand acupressure differently than it had ever been explained to me and in the way I made acupressure clear to others. Most of the acupuncture and acupressure text speak of balancing energies or the yin and yang, or of blocked meridians that had to be cleared before the underlying causes of pain and disease can be healed. Although these concepts are true they become clearer when you understand the principle thing we are trying to do when we apply pressure on a point.

Acupuncture and acupressure tricks the body into thinking it has been damaged by creating a small injury. In principle, this is very similar to our western tradition of vaccinations. When acupuncturists insert a needle, the body responds as if it has been cut. Most of the methods used by acupuncturists (including acupressure) simulate some kind of damage. Acupuncturists have tools to

simulate damage by cutting, pressure (acupressure), electricity, heat, ice, lasers, lights, magnets, scratching, and chemicals.

Acupressure is the application of pressure on specific points (using the fingers or acupressure tools) to trick the body to begin its Healing Response. Healing responses for a particular pain do not occur all over the body. We get the Healing Response just on the area of damage and along specific paths related to nerves and electrical lines called meridians. For example, endorphins (natural painkillers in the body) produce a numbing effect along these meridians. When you create pain by putting pressure on points, you are artificially starting all your body's healing mechanisms for that specific point and various symptoms related to that point. While the body is trying to heal the point of pain, it also heals specific symptoms. The more sensitive the points, and the more pain you create, the stronger the healing response (the body thinks it has been hurt more) and the better your results.

When I press a point on my hand that is sore, the body is deadening the pain at the point going from my hand into the is also producing the Healing

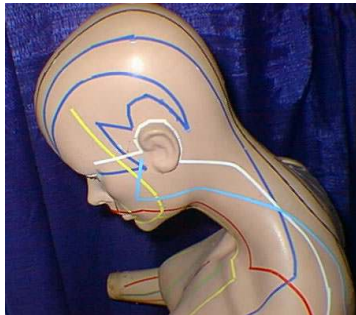
It wasn't until I made acupressure points and acupressure points on the head About this same time I saw all 1991 in Ralph Alan Dales'

Prescription Index. Comparing these two sources I could see how just rolling the Stressaway on the head would get rid of headaches.

I could see all the major meridian lines on the head that we were rolling on to get relief and when I looked at the points used for headaches there are 86 points acupuncturist use for headaches found on the head. When I roll across a persons' head with the massager, I roll across sore acupressure points that relate to headaches. The body then produces a Healing Response for headaches. Rolling on sore points of the head is a method of tricking the body that the head has been damaged and it subsequently activates all its' powerful healing mechanisms. It increases the blood flow to the head which opens up all the compressed (restate) capillaries which is known to be the mechanism of headaches. It also raises the pain threshold with endorphines which eases the pain and facilitates the body to heal itself. The Stressaway is a tool for stimulating the acupressure points and making it easy for a person to do this themselves.

If you look at the points that were giving me the unexpected relief of headaches on the shoulder and the back of the head GB20 and GB21 you can see that when I rolled on a persons shoulder or on the back of the head at the base of the skull I was activating the healing response on those points and all up along the side of the head and down

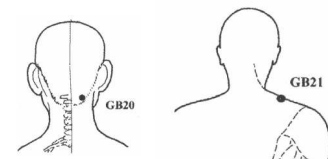
into the front of the head. Because of the way the meridian flows you get an amazing amount of coverage of the head with just these two points. This meridian can be stimulated with any of its' 44 points but some have proved to be more effective than others so those are the ones that are traditionally used. This meridian and the Urinary Bladder (UB) have the most points used for



hand that is sore, the body is at my hand, and along the meridian, elbow, shoulder, neck, and head. It Response all along that meridian.

"Dotty", (my manakin with the meridians), that I began to see all the that were related to headaches. the points related to headaches in

Acupuncture Comprehensive

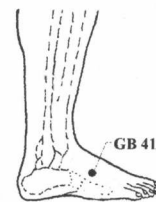


headaches.

One study on headaches used just one point GB41 and got very good results. You can see when you follow the meridian that the GB41 point on the foot goes up the leg and the side of the body and then up into the head. Although the person feels that the spot on their foot is very sore the body produces a healing response all along the meridian into the head. We don't know very much about how this works but it is a field that should be studied more intensely in the years to come. For example why do we get a healing mainly along that meridian and not all over the body? Many people say "yea, this works but why can't I just hit myself with a hammer and get a similar response." The body has several pain nerve pathways that regulate where pain messages get sent and which ones get acted upon. If I have a headache that is caused by some internal imbalance, stress or problem in the body and there is an emergency in my outside environment that could threaten the safety of my being it is important for my survival to respond to the external stimulus. So what the body does is turn the internal pain off to focus on the external one. When we can trick it into doing this we have an effective tool to ending our pain. The neatest part of this is that when we do this trick over a period of time the body turns off the internal pain for longer and longer periods of time so that it eventually stays away. In other words it has a cumulative effect so after a while you don't have to do it at all.

One important thing you must do is find the points that work best for you. Dale lists 163 different points for headaches that have been used by different practitioners. Whenever you work with a practitioner they are experimenting with a number of points that give you a good response for your particular headache. They look for the sorest points and also see what works. Once they find the right combination then they repeat the sequence a number of times to get a longer lasting effect. Sometimes people will get results in just 15 or 20 seconds on the first point but usually I have to work several points before they feel any change.

Sometimes the pain will go away slowly with the work on each point and sometimes the pain will stay intense until you find the right point and then it will disappear. When the pain goes away as you are working different points make sure you note which point gives you relief. This may be the only one you have to work. So be aware as you are stimulating the sequence of points. Other times you may have to stimulate the sequence of points six to twelve times before you see any results. Acupuncturist usually require six to twelve treatments before they expect any long term results. Looking at the headache data of 673 cases from one clinic, they treated from six to forty-eight times. (539 people had significant improvement) So don't give up if you don't get results in just a short time.



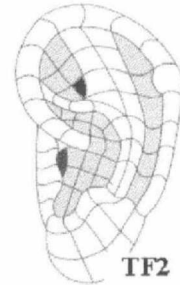
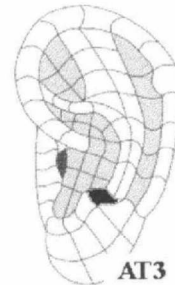
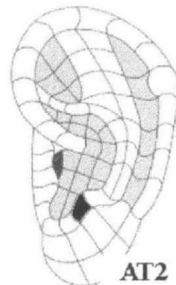
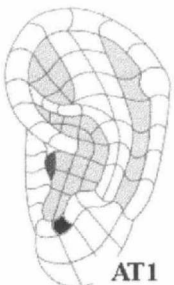
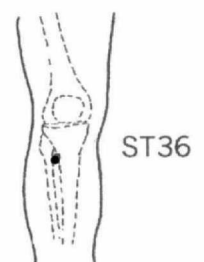
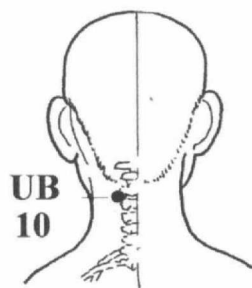
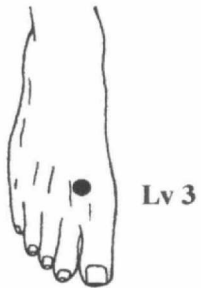
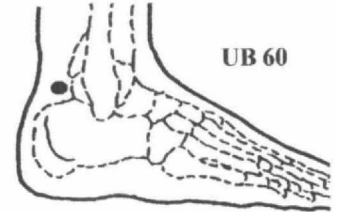
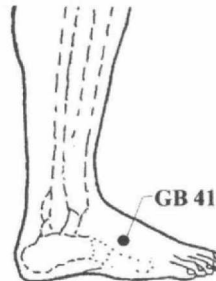
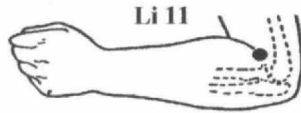
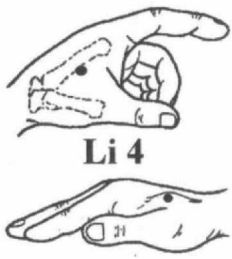
The major points I have found helpful are listed below. I use this order until I have found the points that get the best results. No matter what kind of headache you have (migraine, cluster etc.) you should stimulate these points first. Then if you still don't have results go to the other forty specific conditions listed in the appendix to try some additional points. I say this mostly because these 16 points will usually give you relief without going to the other points. Usually people will get relief with the first four points-Li4,11 & GB21,20.

So begin stimulating with these four points usually not more than one minute on each point. Then roll your head with the Stressaway massager. If there is still pain stimulate the second four points-

UB2,60 & GB1,41. Any pain left will usually clear by finding the point on the ear which relates to the head pain (forehead, temples, or occiput) and stimulating that part for a minute or so. Stimulate these points at least once a day sometimes up to three times a day until the headache has gone. Remember treatments are cumulative in effect. If you have time you can stimulate each point up to four minutes. So if you are watching a movie you can set a timer and do each point for four minutes.

Long term prevention would stimulate all the sore points on this page 30 seconds to a minute three or four times a week until the soreness goes away from the points or the headache disappears. Then once the soreness has gone from the points, stimulate them at least once a week to make sure soreness and imbalance is not returning. What works for you will happen by experimenting with the different tools and points.

# HEADACHE





- Li4 On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. 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, right 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 while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.
- GB21 On the top of the shoulder, one to two inches from the side of the neck.
- 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.
- UB2 At the inner edge of the eyebrow.
- GB1 This point is not as far back as the large hollow of the temple. It is 1/2 cun from the bony ridge at the corner of the eye.
- GB41 On the top of the foot, in the valley between the smallest and fourth toes, midway between the separation between the toes and where the foot joins the leg.
- UB60 In the hollow (or valley) behind the crown of the outer ankle.
- LV3 Two cun above the separation between the biggest and second toes, on the top side of the foot.
- UB10 0.5 cun just beneath the base of the skull, on the rosy muscles and 0.5 cun from the spine midline.
- G20 On the midpoint of the skull on a line connecting the tops of the ears.
- ST36 The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.
- AT01 Forehead, thyroid control (TSH), eye disorder 2 (MU 2)
- AT02 Temples, asthma, apex of antitragus
- AT03 Occiput, atlas, occipital lobe
- TF02 Master Point 1, (Shen Men), French Hip, Chinese Shen Men (Divine Gate), Pelvic Cavity, French Wonder Point. Located in the middle of the 2nd zone of the Triangular Fossa. This master point alleviates pain, tension, anxiety, and depression.



Some people don't do much prevention but keep their Acu-Ki handy so they always have it available. The prevention points for headaches will usually relate to other problems so keeping these points balanced will help with a lot of conditions.

This works to get rid of headaches but it also works with the underlying cause of the headaches. Research indicates that many people have three conditions related to headaches. These are neck, shoulder and back pain. I have emphasized this to each person I have worked on with headaches and have usually found one of these three conditions that exist.

We can get rid of hangover headache using acupressure but if you drink again you will get another hangover headache—same with many of the other causes of headaches. You must seek to eliminate the external cause but if you do not deal with the underlying energy problem you will have more and more things cause the headaches so your life will revolve around staying away from all kinds of things that you still may be able to enjoy every once in a while. When I have a headache it throws the energy balance off which shows up as sore points along certain energy meridians. If I get rid of the headache and the points are still sore it means the energy system is still out of balance and I am susceptible to easily getting another headache. It is like standing on one leg. The slightest pressure from someone can make me fall because I am off balance. When I put both feet on the ground in a balanced manner, it is hard to push me over.

The same thing happens with the internal energy systems in our body. The minute a small stress comes along I will get my headache again. If I use acupressure on the sore points that were related to the old headache the body will activate my healing response to fix the imbalance of my system. Then I will be standing on both feet again, balanced, better able to handle pressures that before caused internal pain, disease or the old headaches. The body is always trying to heal imbalances in the system. Mostly we refer to it homeostasis and it is a primary medical diagnostic tool. Whenever something in our body is not within a normal range we try to get it back into the proper range. Now when that small stress comes along that used to give me a headache it will no longer give me a headache.

So what is the underlying cause that the TCM Traditional Chinese Medicine always referring to? They refer to it as this Yin and Yan or balance of the entire system. I describe this underlying cause in this way. First we recognize that we have a closed system with no outside permanent connection to an outside source of power like a house. Everything we have working for us is inside us very similar to a car. The way energy flows through us is very balanced and everywhere is in the system. If I have a problem in one part of the system I put my attention there to try to fix it. This attention, awareness or energy is taken from other parts of the system because I only have a limited amount of energy. I either shut down an energy system (let's call this a meridian) or expand the amount of energy going into another. We are all familiar what happens when you put too much energy through a wire in a regular electrical system. If I have a toaster that is shorting out, the wire that is going to the toaster pumps more and more electricity through it and the wire becomes very hot. We have built into the home and different mechanical systems fuses to monitor how hot we let the wire get before the system shuts down altogether. We know there is a problem if the wires are hot. When we fix the toaster usually that is all we have to do. Sometimes we have to fix the

wiring also.

In our bodies we know we have a problem with a particular system by looking at the energy system or meridian system. These energy systems that go throughout the body are said to be all connected in one continuous circuit. Where they come close to the surface are the points that have been identified as acupuncture, acupressure or trigger points. When we have a problem, disease, pain or emotional disturbance these meridians pump more energy through some or slow down the energy in others. When either of these conditions exist the points where the meridians come close to the surface become sore. Sore points then tell us the system is out of balance. If the system is out of balance then we are more likely to have some type of difficulty or dis-ease.

If I have a headache there are specific points that will be sore. Pressure on those points will produce stimuli along those lines that will give us a healing response where the problem is, e.g. the headache will go away. If I get headaches frequently it tells me that the energy in that part of the system is not flowing well or is out of balance. If I find that the points that relate to these headaches are sore even when I don't have a headache then I can use that soreness to activate the healing response. The body will then use the energy or pressure on the points to heal the energy imbalance. Closed energy systems will open up and systems that are overactive will slow down as we work with the right combinations of points. Sometimes immediately but most often over time stimulating these sore points balances the system enough that the headaches stop happening. We no longer are looking for a way to fix the headaches when they come, we are trying to balance the whole system so we don't get the headaches. This is what acupuncturists refer to as fixing the underlying cause of the problems.

An interesting example of how emotions affect these meridians was a lady that came by a Jin Shin Jitso workshop that I was assisting in. Jin Shin works to balance the meridians with the energy from a light touch along critical points of the path of the meridian. We balanced all her systems the evening of the workshop and she came back the next day after being in an argument with her husband. When we looked at the flow (which you can do by measuring the pulses on the wrist with Chinese pulse diagnoses) we found all the meridians that were close to the surface were shut down but many of the deeper ones were too strong. What this represented was her body pulling back from danger or fear and shutting down to protect the deeper feelings. It was very similar to when it is very cold outside we find the body automatically takes the blood deeper within to protect the vital systems necessary for survival.

When I worked with individuals at fairs and flea markets they usually only had a little time to spend with me. Usually there were other things that partners or friends wanted to see so there was pressure to get results quickly. Husbands were not as inclined to want to spend time at this type of booth, so many times if things don't happen fast the rest of their group will put pressure on the person to move on to the other booths. Since there was a shortage of time to work with a person I usually wanted to just spend a few minutes to verify that they could see some change in their condition. All of the research indicates best results are reached with multiple treatments over a period of time. So if I could get results in a few minutes I knew that the person could expect and probably get good results as they worked on the points themselves. I think this kind of pressure led me to get better and quicker results than I have seen in any acupressure survey type of research that has

been reported in the literature.

One of the most frustrating parts of working in this setting has been when individuals come by that have had severe problems for many years that can't find help from the medical profession. I usually can get them some type of relief if not complete relief in just a few minutes but for some reason they say they will think about trying this system and walk off. If I had been trying for years to get help with a problem and someone gave me relief in just a few minutes and guaranteed that it would help I get as much information and tools so that I could do it myself. But some people don't.

Just during this last season I had two examples of this. One lady came by in Yuma, Arizona saying that she had a terrible headache that had been bothering her for weeks. She had been to several different doctors and three chiropractors. The doctors had done cat scans and found nothing and the last chiropractor she said would not even touch her the problem with her headache and neck were so bad. She had spent \$1400 and all they could do was give her knockout drugs. She was sick to her stomach from the pain and the group she was with was getting ready to leave because she felt so bad. Could I do anything? Well the first thing I had her do was start working on the Key Four points Li4,11 GB21,20. I find it is necessary to get the person involved because when they know they are doing the healing and not just me, they can do it themselves. I always tell each person that I am not diagnosing or treating them but let's just see if they can learn how to fix themselves. As she worked on these I rolled her head, neck and shoulders with the Stressaway and found some sore points especially on the lower back part of her neck. Since this is one of the three areas that could be the underlying cause of the headache I focused some attention there using the micro points on the hand and ear for the neck. She said this was one of the reasons her last chiropractor didn't want to touch her because of the extreme pain in the back of her neck. Since I was not manipulating this area in any way there was no way that there would be any damage and she could feel very secure knowing she could not hurt herself. At the end of four minutes (I usually have the person work for 30 seconds on each point which is a very short treatment but enough time to determine if they will get results with longer treatment) she said the pain was about 50% gone. I had her do another round of the Key Four and I put pressure on GB1,41 UB2,60 and the micro points on her feet that related to her neck. In another 5 minutes she reported that her headache was completely gone and that the nausea from the pain was gone also. That was the first relief she had experienced since the headaches started. I explained that she would need to do this several times over a week or two to get lasting relief and that this could just be temporary unless she kept up the treatments until all the soreness left from the points. She said she would think about this and walked away. If you had spent \$1400 with no relief over a period of weeks and then got immediate relief for a system that cost as little as \$15 (Acu-Ki Set which includes the basic book and Acu-ki) wouldn't you get something?

At another Preparedness show in Dallas a lady came by upon the recommendation of another customer with a terrible migraine headache. She said she had experienced migraines for fifteen years and the only thing that would give her relief was to go to the hospital and get knocked out with a shot. It usually bothered her so much that she would do this 4-5 times a year. She was at the point of getting ready to close her booth and looking for the hospital but wanted to try this first. The regular Key Four points were extremely sore for her and I could barely touch them so I had to very lightly

place my fingers on the points. You only put as much pressure on the point as you can stand, trying to get as much Healing Response as you can but never so much that a person doesn't want to continue the treatment. (the more pressure the more Healing Response because the body thinks it has been hurt more or you can use lighter pressure for longer periods of time). The tools are meant for the deepest pressure but at first sometimes the fingers are enough pressure to get relief. Her migraine was on one side so we focused only on that side. If you have time you may work the points on both sides but you will usually find the points on the side where the head is most painful will hurt the most when touched and those are the ones to focus most of your energy on. Besides working on her head with the Stressaway I also worked on the acupressure points for her head on the ear on the side where she was experiencing pain. In six or seven minutes all the pain was gone and she was able to go back to her booth. She said she would be back but I never saw her again. So I know it works but I also recognize that there is something else involved in getting a person to take responsibility and do something to begin healing themselves.

As I explained earlier I sought to find the best explanation that would simplify things enough that a person could understand in just a few minutes. I have been rewarded in this effort because people are saying all the time "Oh, that's how acupressure works". I am constantly improving how the material is presented so it easy for a person to pick up the material and get the same kind of results I get. That is one of the reasons for this book. Usually people get information for headaches included with other materials but I think it is better if you get everything related to headaches in the easiest format possible.

When a person who has headaches or any other kind of painful condition the first time someone touches the points that relate to the condition they will usually be very sore. After a while this sensitivity goes away. Women are usually more sensitive than men but they are also usually more responsive to acupressure than men. At first the fingers can be used to get results but people have reported frequently enough that the tools were the factors that made the difference for them that I think there is a different kind of response you get with a sharper tool than your finger. I am looking at research designs to verify this feeling.

Over the last twelve years I estimate that I have worked with 2500 people with headaches at the different places that I have demonstrated my products. There have been so many testimonials that I stopped collecting them. Some of them are listed in testimonials at our web site [www.stress-away.com](http://www.stress-away.com). The type of response I like the best came from a lady in North Carolina who worked in another building and was walking by one day and said she had migraine headaches on a regular basis and would try the Acu-Ki Set without a demonstration or anything. I saw her a few months later and she said her headaches had stopped after a couple of weeks of working on the points and hadn't come back. Her doctor told her she had the worst migraine headaches he had ever seen in a person and nothing had ever helped much. Three years after she started using acupressure she had not had any more headaches and she only worked on the points every once in a while as explained in the introductory book.

Working with this many headaches I taught people how to use these methods for all kinds of headaches. Usually the more severe cases you have to do the points longer and repeat a number of times to get results. There is about three percent of the people I work with that don't get any type of

immediate relief. I have not been in a situation where I could follow up with them so I only can say perhaps. What has always been consistent is that the points that relate to headaches have been sore even if I haven't gotten any immediate relief. This tells me that if the person would work with the points over a period of time they would see relief. This is again an area where more research will be needed to demonstrate this. A few people have reported that they got results at first but when they stopped working the points on a preventative basis the headaches came back. This is to be expected because unless you do enough work on the meridian imbalances to stabilize them and then keep that balance maintained the original imbalance and symptom may reappear.

Some interesting headache cases show some other principles that can be applied. At a show in Columbus, Ohio a lady came by that had been injured in an industrial accident. A large swinging metal bar had hit her across the back of the head and she had headaches ever since. None of the doctors had been able to find anything wrong. We gave her some relief which she hadn't gotten from her other treatments in over two years. We also found the micro point on her ear that corresponded to the place on her head and the side of the head where she was hit was extremely sore even after two years. I suggested she might want to consider working that point also because pain on the point on her ear produced a healing response for the ear and for the place that she had been hit. I don't have any research evidence to support this but everyone that has had injury to the head that has long range problems I have been able to find a sore point that related to the injury. There have been at least a dozen people where this has shown up. Another area for some interesting research.

One lady had a very unique type of headache that I questioned as I was trying if acupuncture would help. She had spino bifidia which is a condition which causes pressure on the brain from too much spinal fluid being produced in the spinal cord. She was taking medications for the condition to reduce the amount of fluid being produced but they hadn't been able to help with the terrible headaches she was having. I was surprised that in a few minutes she said the headache was gone. Four days later she said the headaches had not returned and she hadn't done anything else for them. She was very thankful because she didn't think she was going to be able to stay for the show. Her headache was so bad when she first got there.

Caution on headache..expand(\*8)do not treat brain tumor or temporal arteritis with acupuncture.. And quote from qhr.. Sinus headache)

It is always amazing how often headaches will go away in less than a minute. That's when people say "amazing", and "I don't believe it", and things like that. It emphasizes what we are trying to do. I can give you a number of points and if you pay attention to how you feel with each you may find that there is one point that will always gives you relief. This then becomes the point that you always start with when you feel a headache coming or that you always use in your prevention plan. Finding the right few points for you and stimulating them when you have a free moment will give you the results you want.

With some people who have had a lot of problems and are very sensitive you can have a reaction that is similar to a light shock. This is probably less than one percent of the people of the people who first begin acupuncture but is important to know what it is if it happens to you. A person



will break out in sweating on their brow, feel hot all over, dizzy, or nauseous. One person I worked with even fainted. I found out later she had fainted several times during her life. It is similar to when a person is injured and they get a shock response but usually not as intense. It sometimes happens when you first start working with acupressure but it is nothing serious and soon wears off. Once the body gets used to the messages you are sending to it with acupressure for healing it will stop having this response. Just be sure the first time you use this technique that there is a chair nearby and don't do it the first time while you may be driving. Simple pressure on G26 or ST36 will relieve this reaction. Also some people will feel very sleepy after a treatment so be careful that you don't drive if you are affected this way.

Sometimes when I put pressure on a point it makes the headache worse. I am told by other therapist that this is a positive sign and an indication that you will get results with that point for that symptom. I don't understand how that happens so it is something that I still have to understand better. When I can't explain why something is happening I am curious but very hesitant. The point on the hand Li4 has produced a worsening of headaches on several occasions. I usually move on to other points that do not increase the pain. One lady had headaches related to epilepsy and surgery that she had had on that side of her head. Immediately her headache got worse. We stopped stimulating that point at that time. Since I didn't know what was going on at that time I felt it was best to say this may not be right for your condition especially knowing that she had epilepsy. There are specific acupressure recipes for epilepsy but in the setting I was working in I didn't want to take any chances of problems. Another time a lady was willing to continue getting the treatment for pain that she had (even though the pain got worse as we put pressure on the points) because nothing else was working, the pain had lasted for a long time and it was extensively all over her lower body. She was in a wheel chair because her legs were also very weak and she couldn't walk any distance. I did the points very softly and held them longer than normal. After about ten minutes we decided that was enough even though she had no relief. I also had many other customers come by so I didn't have time to work for a long time with her. Usually I give the person the tools and points and check back with them after working with someone else. This person left with no lessening of pain but with some increase in pain. She noticed an hour later that for the first time in years the general pain she carried was gone. She was actually driving out of the parking lot when she realized the pain was gone and was so excited that she came back into the show to tell me how much better she felt. Since that time I now tell people that it is an indication we are on the points that relate to their condition and that they should proceed very slowly knowing that they will get some relief as the body heals itself. For a lot of people this is hard to understand how making the pain worse can fix the problem. With the limited amount of time I usually have to spend or that they have to spend it is difficult to explain their unique situation. People can understand that if the pain goes away or lessens it is an indication that they can expect improvement. The opposite is harder to understand. This happens with very few people, probably less than 20 that I have worked with.

With most of the regular symptoms that people were having over time I found we got the best results when we combined the regular acupressure points with the points on the ear, hands or feet. This has been documented in several places. (Dale ) Since the regular points worked so well for headaches I haven't developed this combination as extensively. I have the points for the

combinations and have them listed here so that if you don't get complete relief of pain then you can add the points on the ear, hands or feet. It is an area that is especially important for dealing with underlying causes of headaches which many have reported as neck, shoulder, and back problems. So if you have any of these conditions try to work with as many different systems as you can including the ear, hand, foot and regular acupressure points. The points are listed here for those three conditions so if one of them is bothering you make sure you spend some time on that condition also because it may be causing your headaches.

When a person is not getting good immediate results I recommend they work with the Happy-feet on the reflex points on the bottom of their feet. Gentle rolling on the foot with this tool may show up sore points that relate to the headache. If you look at the picture of the foot that shows the possible places that could be related to headaches you find as many as twenty eight different systems. These can tell you the possible causes that you could look at. For example, headaches could be caused by intestinal problems which will show up as soreness on the foot in a place corresponding to the intestines. This would tell you that you need to focus on this area of treatment either with your diet or additional acupressure points for that area of the body. Most people will have gotten results using the regular points but the possible points of the foot may be needed.

One lady complained of a constant headache for a couple of years and reported that she had been hit on the right front temple by a steel beam at work. She had a concussion at the time of injury and the headache has lingered ever since. The micro-point on the ear that related to the temple was extremely sore on the right ear which was on the same side the beam hit her. The same point on her ear on the other side of her head was not sore. That point on her ear was added to her formula for her headache. She also studied the points for concussion and added some of them to her formula.

The next section of this book gives you a broad introduction to The Stressaway Acupressure Program. Some of the sections may duplicate the material in this basic book on Headaches but it is good to see the general picture.

## Introduction

I grew up a super achiever. In high school I was student body president, co-captain of the football team, a class valedictorian and maintained an A average. I won a government service scholarship and football scholarship to USC where I was planning on a law and a political career. I was on top of the world and everything looked great.

In my senior year, forty years ago, I began having shooting pains down my legs. I had injured my back playing football in high school but didn't know it. That pain turned my life upside down. Nothing had prepared me for the devastating pain and complete loss of everything I aspired to and loved. My aspirations in sports, law, politics, and social life came to a screeching halt with the intermittent and unexplainable pain resulting from my injury. I lost all my scholarships, my friends, and I flunked out of school. It was like having a rug pulled out from under you. I never knew when the pain would strike or what caused it. Sometimes the pain kept me in bed for weeks at a time, but eighteen different doctors could not tell me what was wrong. The pain led to depression, hopelessness, despair, drinking, and several times it was so bad I considered suicide. When drinking was the only thing that killed the pain, I entered therapy. Five years of psychotherapy was very interesting but I remember asking, "How does all this create such intense pain? Why isn't anyone else here having the kind of pain I'm having?"

Ten years after my injury I finally realized that my pain was not psychological. I was diagnosed with a herniated disk in my back which I assumed I had hurt playing football. My back injury had caused the pain. Two back surgeries later the pain had changed but it was still intense and always lurking in the background ready to completely disable me. Finally after fifteen years of suffering, doctors said, "You have Ankylosing spondylitis (AS) and there is no treatment but to learn to live with it." AS is a form of rheumatoid arthritis characterized by inflammation and calcifying of the spine. It is very painful and hard to diagnose. "Ha." It hurts just to write about this time in my life.

When they said to learn to live with it, I began searching for other ways of healing, studying all kinds of diets, exercises, and meditation. Eventually I focused completely on this healing quest. For five years I wandered the deserts of California participating in more than forty different types of therapies. I just followed my heart and listened for my inner path of healing. By listening to my dreams and inner guidance, by prayer, communion with nature, meditation, and following the flow, I found what I needed. I learned techniques and developed tools that have worked for me and have helped others.

At one point in my search I realized that I had learned many of the techniques I needed to heal myself. I only needed to apply what I knew and to continue following my inner guidance. Going back to the real world of work and family life I developed a tool for working on my back (Stressaway Massager). It was for my own use but as others requested products for themselves I began making more of them. Many people got results I couldn't explain. Headaches would disappear; neck, shoulder, and back problems got better. I realized the Stressaway Massager was stimulating acupressure points which led to spontaneous mysterious healings. Over time, these healings of others led me to change the design of the tool and develop other tools to better stimulate the acupressure points. From the time when the idea for the first tool surfaced, I have been studying and listening for the best ways



to apply this information. The knowledge I have learned in this quest is the basis of this unique system I call the **Stressaway Acupressure Program**.

One night I reflected on the amount of pain I have had in my life. I realized that had I not been so intensely affected I would not have put my life energies into how to deal with pain. Without the pain I would not have developed the knowledge on how to deal with it. Without the pain I would not be as driven to help others learn this knowledge. Without the pain I would not have developed the questioning that drove me inward to understand myself. Without the pain I would not have made any connection with my higher spiritual self that gives me a feeling of connectedness and oneness with everything around me. It has been the lemon that forced me to make lemonade. I can empathize with the pain of others. **The Stressaway Acupressure Program** has made my pain meaningful. Otherwise, it would have no meaning and no purpose. My mission of healing was made possible by my pain.

I have used this system for more than twenty years. The pain is gone. When I do things that bring it back I am able to treat myself successfully without any outside help. Once I learned how to activate the **Healing Response**, there was nothing that disturbed my health or sense of harmony with the world. As each bit of information and each new tool was revealed to me, the knowledge led me to understand that I am a part of a larger meaning. There is a unity in all things that transcends my individual sense of separateness. When I am out of balance with myself, I experience being out of balance with nature and the universe. My body reflects this loss of wholeness through a sense of loneliness, pain, and disease. Being quiet and paying attention to my inner voice leads to the knowledge of what I must do to heal myself. As I reestablish my inner sense of balance and harmony, I begin feeling again my natural birthright -- a sense of beauty, oneness, and harmony with the universe.

Each of us must make this journey back to oneness and wholeness. No one else is going to heal us or fix us. Others can help us along the way but the path we take is completely up to us. The information in this book and the tools I have discovered can help us to heal ourselves. This book is a good map of one path to better health and happiness -- a path that has been around for thousands of years.

## **Stressaway Acupressure Program**

There are several unique features of this program that make it unusual and exceptionally powerful. These particular factors developed over the last twenty years with the sole criteria of what works the best. This system of acupressure began with the development of the **Stressaway** massaging tool, so it seemed fitting to call it by its origins.

One of the main functions that acupressure has is to affect the body's ability to handle Stress through the autonomic nervous system.<sup>1</sup> By constantly exposing ourselves to "fight or flight" situations, where we produce the chemicals for these events and then do not respond in physical ways to deal with these chemicals we build up stress reactions in our bodies. The Stressaway was named for the response that people reported, again and again, of feeling the stress leave their bodies. Some experts have estimated that 80 percent of our current illnesses relate to this factor.

Over the course of ten years, three other tools developed which

expanded the effectiveness of the Stressaway Massager to stimulate and heal this imbalance of the autonomic nervous system. Time and again people testified that acupressure never worked for them until they started using these tools. So **tools** are an important part of the program. Tools make it easier to stimulate the points with deep effective pressure in a manner that fingers cannot do. They make it possible for self treatment to be effective.

At first we worked with massage with the Stressaway and body acupressure points. Later we found we got the better results by also working with points on the hands, feet and ears. So this system includes the use of **eight different avenues of treating** a symptom: (massage, body, head, back, ear, feet, hand and neuro-lymphatic release points.)

It was clear that ending symptoms was important but even more important was preventing the problems from happening. So **prevention** is an integral part of the program.

As I studied different books on acupressure and acupuncture (they both use the same points) and tried to learn the theories behind the systems it was very confusing. Many new terms were used that didn't make sense to me and when I tried to explain them to others I saw blank stares so I translated all the information into more **user- friendly terms, explanations and theory**. Ease of understanding is critical for a person to effectively apply this material for their own personal use. Much of the difficult terminology came from eastern explanations of why this was working from their perspective. To me it became important to phrase things in western terms so I could understand it better and share it with others.

This system was developed with an empirical emphasis. Something wasn't changed or added unless it was thoroughly **researched** and tested out. Research on eleven hundred people was responsible for expanding the system to treat eight areas and is one of our main areas of interest. My web site encourages the development of research projects and will post any research that is done in this field. Research is important for each person also because you are given several points for different problems and you must decide which points work for you. You must also determine which tool works best for your condition.

The need to experiment with each tool led me to put three tools and the books (this present book is a consolidation of my first three booklets) into one Acupressure Kit. Thanks to my mentor, Ralph Alan Dale, I have been able to summarize recommended acupressure points for more than four thousand conditions from 250 different experts. This list is found here under the "Formulas" and is posted to a **computer program** that will give you a free printout for the condition of your highest interest. This computer program is available for your use and is one of the keys for this user-friendly system.

The possession of a list of points for your condition plus a tool to easily stimulate the points makes it easy for you to do it yourself. I teach you how to do it for yourself and this **Self-use** is critical for you to get the best results, especially because frequency of use is an important factor. Self responsibility for your health is an important factor in the success of this program. Self-use for self treatment reduces the need for someone to always be around to fix you. Eliminating that need reduces your medical costs tremendously. Besides not needing someone to fix you, I keep my cost as low as possible so everyone can afford this system. So the word **affordable** states this aspect of the program.

## Your Healing Response

Pain is a warning of danger and a way to alert us to fix damaged parts of our body. Physical or emotional pain is an important message for health and survival. In response to pain we produce endorphins to numb the pain, increase the heart rate, change the blood pressure, increase the flow of toxins from the damaged area, and initiate a long series of internal healing processes. I call this the "**Healing Response**." Most of us take this process for granted. But, there is a revolution just ahead in medical science as we open these avenues of self-healing. We are truly self-healing organisms, who possess capacities and potentials that we have only begun to tap. These tools and techniques will allow you to begin exploring this healing process for yourself.

By creating a small injury, acupuncture tricks the body into thinking it has been damaged. In principle, this is very similar to our western tradition of vaccinations. When acupuncturists insert a needle, the body responds as if it has been cut. Most of the methods used by acupuncturists (including acupressure) simulate some kind of damage. Acupuncturists have tools to simulate damage by cutting, pressure, electricity, heat, ice, lasers, lights, magnets, scratching, tapping, and chemicals.

Acupressure is the application of pressure on specific points (using the fingers or acupressure tools) to trick the body to begin this Healing Response. Healing responses for a particular, localized pain does not occur all over the body. We get the Healing Response just on the area of damage and along specific paths related to nerves and electrical lines called meridians. For example, endorphins, the body's natural painkillers, produce a numbing effect along these meridians. When you create pain by putting pressure on points, you are artificially starting all your body's healing mechanisms for that specific point and various symptoms related to that point. While the body is trying to heal the point of pain, it also heals specific symptoms. The more sensitive the points, and the more pain you create, the stronger the healing response (the body thinks it has been hurt more) and the better your results. When I press a point on my hand that is sore, the body is deadening the pain at the point in my hand, and along the meridian, going from my hand into the elbow, shoulder, neck and head. It is also producing the **Healing Response** all along that meridian.

Research for the past three decades has documented the many different ways the Healing Response is activated by acupressure. Initially it was thought that the autonomic nervous system (thought to be the seat of the Healing Response) was stimulated because of the number of favorable responses to treatments of diseases whose origins were considered to relate to disequilibrium in this area (essential arterial hypertension, peripheral arteriopathy, gastric duodenal ulcers, bronchial asthma, etc.) This was supported by Ionescu-Tirgoviste who documented the effect of the stimulation of these acupoints on certain physiological parameters: hemodynamic indices, gastric acid secretion and motility, endogenous insulin secretion, nonadrenergic modulation of pain sensitivity,<sup>1</sup> etc. The relationship between acupoints and blood vessels with rich autonomic endings, as well as the lower electrical resistance of the skin at acupoints supports the hypothesis that the acupoints may be considered "autonomic concentration areas."<sup>2</sup>

The way the autonomic system heals pain is best described by Terry Oleson in *Auriculotherapy Manual*, "Most pain problems are due to myofascial pain related to chronic restimulation of sensory neuron feedback

from a muscle in spasm that reactivates interneurons in the spinal cord to restimulate motoneuron excitation, which leads to more neural impulses going to the muscle, causing the muscle to stay in spasm. Muscles do not stay in spasm without a neuron causing them to contract. Auricular stimulation” (one aspect of the **Stressaway Acupressure Program**) “serves to disrupt the sensory neuron-motor neuron feedback loop which keeps a muscle in contraction.”<sup>3</sup>

Another way of saying this is, “The feelings of sleepiness and relaxation that people feel when stimulated through the Stressaway Acupressure Program is because the body activates the Healing Response through the autonomic nervous system. In effect it is healing or taking away past stresses to the body, i.e., it is taking the Stress-away.”

One key to making acupressure work is to know which points create the Healing Response for a particular problem. Knowing what the problem is determines which meridians are related and which points might help. If a point that relates to a problem is sore, pressing the point will create the Healing Response for that problem. The diagrams in this book contain the points most recommended and reported by more than two hundred and fifty acupuncturists.

The points that work best and how long it takes to get results differ with each individual and will relate to how well you apply the principles defined here. Most often, **only a few points will be needed to get results (even though many more are listed)** but you must determine which points produce the best results. Some people are more sensitive to acupressure and will get a quicker response than others, and will need to use fewer points.

## **Research With the Stressaway Acupressure Program**

As I demonstrated the Stressaway Acupressure Program tools at different events using micro-system pressure points, more than 20,000 people consistently reported very positive results in pain reduction over the course of several years. Since there are few scientific studies supporting the hypotheses that there are miniature representations of the body in the ears, hands and feet, I decided to quantify the results of these acupressure demonstrations. When people came to my booth, I asked them if they were in pain, and if they were, would they participate in a small study? Here is some data I gathered to determine how well the Stressaway Acupressure Program tools are working. It also tells us how many people can expect to get positive results with these tools.

Different micro systems in the ears, hands and feet are said to correspond to different body parts. **There is a miniature mapping of the body represented in these external parts. By stimulating these micro system points with acupressure I wanted to determine if there was a reduction of pain.** I also wanted to determine if people could expect results with self treatment. Three different sets of data were gathered to test the above hypotheses. First we asked: "Are the pressure points that correspond to the pain sore?" This was measured in two different ways. In the first, a point was described that related to their condition and they were asked to verify that it was truly sore. In the second method, we asked them to rank the soreness of two different points. One point was a control and the other matched their problem condition. Next we asked, "Does brief stimulation of this point give any pain relief?" This would be a third indication that the

pressure point matches that specific part of the body.

I measured more than eleven hundred people at several different fairs. Pain levels were measured using a visual analog scale (numbered scale) before and after a short treatment. Frequency, intensity of symptoms, and costs of medications and other treatments were measured. I, or the participating person, applied pressure on the sore points for less than three minutes.

In the first study, sore points related to problem areas identified by participants 99.8 percent of the time. The second study comparing 92 control points and real points found differences that were statistically significant ( $p < .01$ ). The last study showed a reduction of pain averaging 78 percent within three minutes. The chart below indicates percentage of pain reduction levels recorded for each different category. In three minutes 37 percent of the group was totally free of pain; 43 percent were free of more than 50 percent of their pain; and, 2.5 percent reported no change in pain levels. Sixty-five percent of the people with headaches (387) were completely pain free.

### Percentage of Pain Reduction

Average reduction within three Minutes -- 78 Percent

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Wrist	89%	Back	79%
Headaches	87%	Elbow	76%
Shoulder	86%	Neck	72%
Hip	86%	Knee	67%
Foot	80%	Hand	57%

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**All three sets of data in this pilot study support the hypothesis that there is a miniature mapping of the body represented in these external parts and that stimulation of these points with acupressure results in a reduction of experienced clinical pain. These positive results, together with the dramatic testimonials (Appendix E) of people who have used the Stressaway Acupressure Program, support the belief that acupressure, with these tools, offers an effective and cost-saving method of treatment that is worth studying.**

The most-recent development in this effort to document results is the potential this information has for prevention and health screening. This research found that soreness on the micro systems reflects the level of health of different parts of the body. One disease that needs better screening methods is cancer. Since there is usually no pain associated with early-stage cancer, we don't know we have a problem until the cancer is more advanced and therefore more difficult to treat.

Some women who were experiencing health problems in the breast saw the pictures of the breast points on top of the foot. (Page 27).(\*68) They asked to see if those parts were sore. Points on the hand and feet that relate to the breast were significantly sorer ( $p < .05$ ) for women who had cancer, or

fibrocystic changes (benign lumps in the breast) than for women who had no such problems. **Can this information be used as a pre-screening for breast cancer (and other types of cancer) and perhaps augment the mammography in many cases? Could it eventually reduce the need for mammography?** The Acu-Ki Institute is conducting research on this question.

Current medical examination procedures and diagnostic tests in the medical industry are being questioned today. One study recently found that 20% of the patients who died in ICU were mis-diagnosed and not treated for the condition that caused their deaths.<sup>4</sup> Though current research has not documented enough the use of acupressure for diagnosing problems the potential is great and the cost is minimal. Some of the research on diagnosis using these micro systems is presented by Oleson<sup>5</sup> in Appendix C. As stated in our research 98.8% of the subjects felt sensitive pressure points that related to their problems. Sore points on the micro systems indicate a problem with the corresponding organ or body part. This statistic has been personally duplicated in working with thousands of other users of this method. There is more information on how to use this as a diagnostic tool in our principle section.

This and other controlled, long-term studies are now being conducted to verify that people are getting lasting results. If you want more individual information or are in a setting (business, hospital, school, health center, doctor's office, etc.) where you can help us evaluate the validity and reliability of these results, we would like to hear from you. Contact us at [www.stress-away.com](http://www.stress-away.com) One of the goals of our web site is to gather research on acupressure and make it more available to the public. We are also working to encourage acupressure research in Universities. One of the difficulties with this area of health research is there is no physical corporate entity that will gain from positive research results so there is no money available from the private sector.

These studies dealt only with pain because we do not have the funds to measure the effects of these tools on diseases that require lengthy healing times and more extensive follow-up. There were many individual cases of relief of coughs, colds, nausea, infections, allergies, arthritis, paralysis, and fatigue, to list just a few, but not enough to document in the short time available. The World Health Organization lists general health conditions that are known to respond to acupuncture (or acupressure). Most of these problems are listed in this book. We also have more than four thousand conditions on our computer system.

These results and others are confirming what medical historians have documented in cultures all over the world. Mild, short-term pain reduces more severe pain problems. People can continue to treat and get results for pain and illnesses. The three critical factors needed are: intensity of pain stimuli (correct tools), accuracy of finding the correct point (provided in our manuals), and frequency of stimulation (up to each individual). One of the most important features of this research is to answer the question, "Will this acupressure program improve my condition?" If others have gotten these excellent results why can't you? Another important question that research must answer is the areas for which acupressure works best. That is one of the goals of our web page.

## Stressaway Acupressure Program Principles

For the best results it is important to understand the following principles of Stressaway Acupressure:

**No pain, no gain.** You are looking for sore points. If a point is sore, it needs work. If a point is not sore, you do not need to treat it. Finger pressure will work, but most people get a better Healing Response using acupressure tools because they are sharper and allow more pressure to be applied. Also some points cannot be stimulated with the fingers like they can with the tool. The sharp point of the Acu-Ki can stimulate the points of the ear much better than the finger because some of these points are very small. It took me ten years to learn how to work with the ear (Auriculotherapy) effectively. If a point is very sore, press only as hard as you can tolerate. You must be the judge. Light pressure for a longer period will give you the same results. Some people who are larger or less sensitive than others, may need more pressure to activate the healing response and very sensitive people may get a healing response just by holding lightly the points. If a point is not sore, study the diagrams to be sure you have located the right spot. If you bruise easily, find the acupressure points for bruising and see the caution section.

**Repeat, repeat, repeat.** Treatments have a cumulative effect. Sometimes lasting results are immediate, but most often it takes a while. Each time you activate the Healing Response it brings the system closer to normal. If you do not get a response quickly, you can increase the frequency of treatment. Three or four times a day or even once an hour is OK. You cannot overdose. If the pain comes back, it does not mean that the treatments are not working. This is normal; eventually however, you will reach a point where the pain does not return. Some acupuncturists report treating people 160 times and some think using needles is three times as effective as acupressure. But, you can repeat Acupressure treatments at no additional cost.

As you repeatedly stimulate the points over time, the nervous system learns a new response to the problem. Sometimes it is like teaching puppies a new trick. At first you must coach them frequently and then one day they know the new trick. Sometimes this is learned for life, but most often you will need to remind them of the trick you want them to remember. As you know, each puppy is different and the more difficult the trick the more you must work to get the learned response. Long-term results with acupressure depend on repeated use. If you have difficulties getting results, be patient and keep trying.

A health food store owner reported that I had shown her one point on her ear to press for TMJ at a large distributor conference. She did that point once an hour for one minute and at the end of twenty days the pain was completely gone. She had suffered for ten years and had tried all the most expensive treatments and nothing had worked.

The specific sequence we recommend consists of three different stages.

**Phase One: Get rid of the pain.** At least three times a day do acupressure treatments using all the points you have identified (including five or more systems). Treat for 30 seconds to a minute. You can treat longer (two to three minutes) but not more than 10 minutes for extremely painful conditions. Learn the points so you do not have to refer to the pictures. During this phase use any two of the prevention routines for at least five minutes each day and whenever you have a free moment for treatment. (See section on Prevention). Do this phase until the pain or symptom (infection,

cough, etc.) stays away.

Another sequence strategy is to treat the points until the pain leaves. You may have selected eight points that relate to a headache. In this strategy the first time you stimulate the points for one minute each you feel half the pain has gone. Then you would treat the same points again and you may feel 75 percent of the pain has gone. Treating the same points again may have gotten rid of all the pain. If the pain returns, you'll know it's time to use the treatment sequence again. Over time, the pain usually will stop for longer and longer periods. Be careful with this because if you do not do any of the other phases the problems may return with their original intensity.

**Phase Two: Get rid of the sore acupressure points.**

At least once a day, treat any of the sore body points you have. Also work any one of your eight miniature systems (Micro-Systems) of the body (ear, feet, hands, head, or back) once a day for about five minutes and whenever you have a free moment. Working here means to roll on that system with one of the appropriate tools. To work the head, you roll the Stressaway over all the parts of the head looking for and focusing on any sore points.



To work the back, you either use the Stressaway against the wall or the Back-eze massaging up and down two to three inches at a time and then moving the tool so you have done the whole back. You work the hands and feet by rolling with the Happy-Feet or Acu-Ki. The ear is worked by using either of these two tools, preferably the Acu-Ki because it is not quite as sharp, and pressing on different parts of the front and back of the ears. Use whichever tool you have and it will stimulate the whole body and treat any energy imbalance of your system in a similar way that we have described working with your foot on page 22.

**Phase Three: Keep your system balanced.** Use the treatment sequence or a few of the critical points whenever you have a spare moment. Work any one of the four micro systems at least every other day. The easiest one for me is just to roll the Acu-Ki in my hands on a regular basis while working on the computer or talking on the phone. If you want more energy and better health, work one of the micro systems each day or whenever you feel tired or under stress. Also, check out the specific points listed under body energy and health. Stress, a re-injury, muscle overuse, or normal daily life will sometimes bring the pain back to warn us of imbalances. Move back to the other more-intense phases as needed.

**Scale of response.** This principle relates to the cumulative effect. First, if the points are sore, you are on the right spots. Some people report that the points become very sore at first, so go slowly. You may get a lessening of pain or dis-ease with treatment. The pain will go away for short periods, then for longer periods, and finally the pain will stay away and the pressure points will lose their soreness. This is most often the case. Sometimes you must do several treatments to get any effect. This is the reason most acupuncturists usually schedule six to twelve treatments to get results. I am a large person and I found that it took me about four months to get complete freedom from pain using the acupressure points but I had to overcome twenty years of pain.

**Prevention.** You can fix a tire by putting more air in it but that is only



a temporary fix. The same is true with the imbalances in our body's energy system that underlie all illnesses. Stress in our lives will cause the points to become sore again, so stimulate them regularly. This heals imbalances caused by the stress we normally accumulate. Distressed areas of the body or out-of-balance parts are reflected in the energy system (acupressure points) of the body as painful points. All parts of the body that are miniature representations of the whole body can be used. Stimulating these points may prevent pain and illness before it occurs. Any sore points on these miniaturizations will activate the Healing Response for the stressed area. Roll the **Happy-Feet** tool on all parts of the foot to work out any soreness. The **Acu-Ki** tool is easiest to use for prevention by rolling between the hands and some people enjoy the sharper effects of the **Happy-Feet** rolling in the hands. Your **Stressaway Massager** is the best tool for rubbing the head, which is also a miniaturization of the body. If you have a partner it also works wonders on your back. The **Back-Eze** will give you the deepest stimulation for the miniature system of the back. The body point S36 is your most powerful point for prevention of illnesses. It increases your energy and may add years to your life. Ancient texts site it as the most important point for increasing your life span. Add it to all your treatments and use it daily.

People continually tell us how energized they feel when using these different programs. If you work with these tools only to get rid of pain or illness, you are missing the most powerful potential benefit of acupressure -- prevention of illness, better health, a sense of aliveness and connectedness with others and the universe.

**A few good points.** The goal is to find the fewest points possible that give you effective results. Treating the sorest points usually gives the best results. But, it is critical to find the correct point. This is why we have developed such good diagrams. By looking in the general area and finding the tender spot you will know you are on the point related to your problem. A computer listing of the points for your condition comes free with the purchase of this book. Several points are offered so you can choose the best ones for you. You choose which is best for you by seeing which is sorest and/or which one gives you relief as you stimulate it. Whenever you are stimulating a point pay attention to what is happening to your symptom. You may find only one point is needed to get relief. Pay attention more to the points that are far removed from the organ or place of distress. Sometimes stimulating these points will give you the most benefit.

**A free moment.** You do not have to use all of the points recommended. Using just a few of them when you have a free moment can be effective. Work points while watching TV, in a movie theater, waiting in a line or for an appointment, in class, in meetings, in your car, before going to bed -- anytime. I even use mine while I'm waiting for things to download from the internet or while I'm thinking of what to write on my computer.

**Diagnosis.** You can determine what part of the body is in distress by looking for sore points on the micro systems of the ear, hands or feet. These points cannot tell you what type of problem there is, but their soreness will indicate that there is a problem in that organ or part of the body. When working with something like a headache, we know that frequently they are caused by neck, shoulder or back problems. By finding which one of these places are sore (using the micro systems described later) and stimulating the points of that system you begin treating the underlying cause. Dale describes how to work with these techniques of diagnosis.<sup>6</sup>

## Micro-Acupuncture

Ancient acupuncturists identified parts of the body that were small or miniature models of the whole body. To date, 18 different miniature systems have been found. Dale<sup>7</sup> refers to these systems as "Micro-Acupuncture systems" (small systems), in which a specific part of the body, such as the ear, sends reflexes to main meridians and parts of the body. In our recent research, each of the eleven hundred people we asked verified that there was a sore spot on their ear, hand, or foot that matched a sore point on their body. As we put pressure on these points, we had a 78 percent reduction of pain, usually in less than three minutes. How does this work?

Recent research in quantum physics<sup>8</sup> shows us one model that may explain these phenomena. After taking a picture with a laser beam, lab scientists broke that picture into many small parts. When a beam shines thorough one small part, the entire image of the whole still appears, although in less refinement and detail. Thus, each small part contains information about the entire image. You are already familiar with the idea that a seed has all the parts of a whole tree. As the tree grows, all the parts manifest. In the same way, as we grow from a small cell (which has all the maps for the whole) all the parts are representations of the whole.

This information gives us a way to heal the whole by treating the smaller part. If I have a problem with my foot and I'm not sure what it is, I work with my ear. I find the part of my ear that is the holographic image of my foot and see if it is sore. If it is, I then put pressure on my ear with my Acu-Ki. If it is the correct point to help my foot, I will feel a sharp, needle-like pain. The body records the pain in my ear. As it produces the healing response to fix the damage there, it will produce the Healing Response also in my foot. This book illustrates (in detail) the ear, hands, and feet because they respond so well to these tools, and they are easy to work with. All of the research results reported in this book were produced with the points illustrated in this book.

All the Micro Points are found in "Acupressure: Ancient Wisdom for Modern Day Healing".

## Macro-Acupuncture

According to Ralph Alan Dale, the Macro-Acupuncture system, (large system), is the "classical system, with points throughout the whole system or body." Dr. Dale has taught and treated thousands in the practice of acupuncture, including me. In his book, *The Acupuncture Comprehensive Prescription Index*,<sup>9</sup> he summarized points used by more than 200 acupuncturists. This massive document lists thousands of symptoms for professionals and is the basis of most points recommended in my materials. The main body of this book is the listing of the acupoints for different conditions which begins on page (\*58)

Many practitioners use different points for the same symptom. For example, more than 163 points are used for headaches. I have selected the points that are most important and the easiest to find. Sometimes one point will work. In other circumstances it is necessary to use more points. If you are not getting a response within a month, write us and we will send you a list of more points relating to your symptom.

Acupressure is a branch of acupuncture. The core ideas, which are the same as acupuncture, are as follows: Energy flows within the body along lines known as meridians. There are 14 main meridians and many subsidiary ones, (some associated with an organ of the body). The state of a person's health is dependent on the system's balance of energy and the total level of energy. When treating a disease or condition, pressure is placed on classical acupuncture points located on the meridians. This restores the balance of energy flow, and so can restore the patient to health. The points on the meridians that make up the Macro-Acupuncture System are located all over the body. The flow of energy and balance within the body is a very complex process, but a simplified analogy makes it a little clearer.

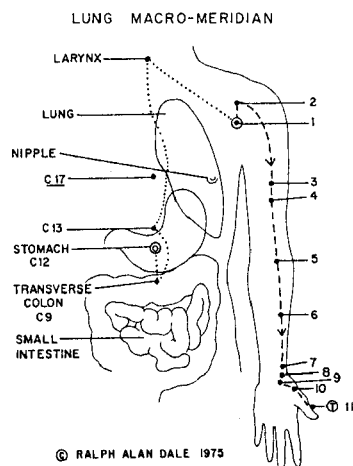
Our body is like the wiring system in a house. When a toaster shorts out, it causes the wiring to get hot, because it cannot handle the extra electricity. A fuse will blow, keeping the wires from overheating and burning down the house. Our bodies have complicated wiring and communication systems that use electrical energy. Any injury or strain on the system requires more energy. We cannot replace fuses in our body, like in our home, so we make the wires or meridians bigger. In this expanded mode they can handle the extra demand on the system from any damaged parts. We make it easier for energy to flow by chemically reducing the resistance so the system can handle more electrical charge. When we measure the points connected to problem areas, we actually find that their resistance is lower than normal. This is a result of an inner chemical change. We also find that these points may become warmer than they were before the problem occurred. These meridians in our body become more sensitive at the points where they come close to the surface.

So, sore points relate to a problem, just as a hot wire in my home might relate to a defective toaster. When we replace a fuse and fix the problem at home the system is fixed. In our bodies, however, we sometimes still find sensitivity on the points that relate to the problem even after the injury is repaired. This happens because the channels have remained enlarged. Extra energy flowing through these channels can destroy the balance of the whole system. Activating the Healing Response will help these "wires" return to normal and restore balance to our system. If these "wires" remain expanded, the whole system is weakened and we are susceptible to the problem

condition. This is the main reason for focusing on prevention and not just symptom relief.

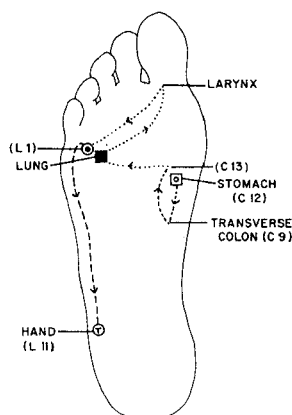
Imbalances in this communication system can become very complicated. Since we are a closed system when we need energy for a problem, we borrow from another system by constricting the flow of energy in that system. Chinese Medicine views long-term imbalances in these systems

as the underlying cause of disease. For this reason regular balancing tuneups are usually a part of acupuncture treatments and are an important



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**Fig. 20.**  
The Lung Macro-Meridian.



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**Fig. 21.** The Lung Meridian of the Foot.  
Right foot, plantar aspect.

part of this program as was described in the Principles section. A good general prevention prescription (sequence of points for treating a condition) for body energy and health is found on page (\*57)

This complex meridian system in the body is reflected in each of the smaller Micro systems. These pictures, produced by Dale<sup>10</sup>, show where the body meridian points for the Lung meridian are found in the foot Micro System. Many people know about the miniature representations of the body in these areas, but few know how the meridians are also reflected there. An understanding of how the body meridians flow in these miniature systems is critical to balancing our body. Sore points tell us when and where there are imbalances in our system that will respond to the Healing Response. These sore acupressure points are also reflected as sore points on the foot (and other Micro-Systems). By using the four tools of the **Stressaway Acupressure Program** we now have a method of completely balancing our energy systems. Just by rolling the Happy-Feet on the bottom of the feet you can activate the Healing Response throughout the body.

### **Introduction**

When the Stressaway tools were first conceived, it became apparent that they worked because of their ability to stimulate acupressure points. As each special tool was designed there was more need for a text to explain the location of the special points. At first I developed a computer program that collected the different recommendations by acupuncturist's for specific symptoms. This list is available. Preliminary research showed strong evidence that the Stressaway tools could effectively stimulate the body's Healing Response through the acupuncture system. One of my major goals is to make the information available to everyone at a low cost.

This booklet is an aid for research and will provide a base to work from. Organizations that provide health care services may want to add acupressure as one treatment option. The Acu-Ki Institute can provide a booklet written for your area of interest or special needs.

The *Acupressure Recipes* and, *Acupressure: Ancient Wisdom for Modern Day Healing*, are included in all of our Stressaway Kits. These two books cover major body points and the miniature systems of the body found on the ear, hands, and feet. They are the base for the book outlining our complete program, "*Stressaway Acupressure*".

## What Is Acupressure and How Does It Work

Knowledge of natural healing methods has been in existence for thousands of years. One of the oldest of these natural systems of medicine is known as the art of acupuncture. Acupuncture involves the stimulation of specific reflex points by inserting thin needles into the skin. These reflex points are located along energy lines--called meridians--on the body that relate to specific organs in the body. Acupressure is derived from acupuncture. It involves applying pressure on the points, as opposed to using needles. The body automatically uses these stimuli to balance its own bio-electrical energy to heal itself.

Energy flows within the body along lines known as meridians. There are 14 main meridians, some associated with an organ of the body. There are also a number of subsidiary meridians. A person's health is dependent on the balance of energy in the body's system's and on the overall level of energy. In the treatment of disease, pressure is applied to classical acupuncture points located on the meridians. The goal is to restore the energy flow to a state of balance, and so, to restore the patient to a state of health.

Acupressure appears to induce the body to produce natural substances similar to many chemically-produced prescription drugs. Some theorists believe acupressure works precisely because of the production of these substances. Some believe that the use of chemical substances will greatly reduce the value of any therapy, because they inhibit the body's ability to heal itself.

There are many theories about how acupressure works. Researchers and scientists are now beginning to confirm the ancient theory; there is a healing power within each of us, and we can learn to use at least some of this power to help ourselves and others. Though researchers have focused on different areas of interest, they all seem to center on different aspects of healing and homeostasis, or balance. A detailed description of this healing process is found in the companion booklet, *Acupressure: Ancient Wisdom for Modern Day Healing*.

Traditional Chinese Medicine focuses on balancing the energy and on the level of energy in the body. Practitioners are taught to focus on the underlying cause of the disease, rather than to fragment healing by treating only the symptoms. Traditional practitioners often refer to books like this one as "Cookbook Medicine" and degrade them as harmful because they do not treat the whole person. They may be right in the long run. This type of book should be seen as an emergency kit or spare-tire kit. I recommend consulting a trained acupuncturist for long-term, serious illness.

For instance, if I know that I have a slow leak that might soon result in a flat tire, it is sometimes necessary to just fill the tire with more air until I have time for a proper repair. In a similar way, *the Acupressure Recipes* can provide an emergency quick-fix that allows me to continue with my life until I can deal with the underlying causes of my disease. I would never think of rebuilding the engine of my car without some help or careful guidance, but I should give more thought to what I can do to maintain the engine in good working condition. In my view, the basis of healing is learning to take responsibility for one's own health and in responding to the body's messages of illness, stress, and imbalance,

As I work with small repairs, I learn more about the general workings of my body and how I interact with all the levels of my spiritual, mental, emotional, and physical being. Learning about the parts gives me a greater understanding of the whole. As I fix the different parts they have an effect on the whole also. Since this book focuses on the simple use of acupressure points for a variety of problems, it seemed appropriate to call it what it is --a recipe book. This book might help you to become a better acupressure "cook" and facilitate your understanding of different acupressure principles, thus enabling you to live a more healthy life. Acupressure is just one way of stimulating nature's own dynamic power centers to revitalize, regenerate, and repair our own bodies.

Each disorder listed in this booklet has a number of points which, when stimulated, have been found to relieve the condition. May your healing be a joyful discovery.

## Finding the Points

Finding the right point can be very confusing because different authors recommend different points for the same condition. To add to the confusion, a single author may list between 20 and 30 points per condition!

We've eliminated this confusion by taking only the consensus points from hundreds of top experts in the field of acupuncture. (See *The Acupuncture Comprehensive Prescription Index* by Ralph Allen Dale.) So, for each condition listed in this book, you will find only those points that the experts agree on and that are easy to find. When looking for these points, find the general area in the illustration and look for a place that is sore to the touch. Sometimes you need only a few points to get results. The points for each condition are also listed by importance. Use a 3x5 card to list the recommended points for a symptom, and then find the descriptions for each point. After a while you will only need to refer to the card from time to time, and soon you will know the points by heart. To find the appropriate point, read the description and look at the diagram illustrating the location of the point. When you find the general area on your skin, gently probe the area with your **ACU-KI** until you find that point which gives you a "funny bone" feeling or is sensitive, tender, or sore. Then press hard enough to make the point hurt. I use steady pressure on the point. Others use five seconds on, five seconds off, or rotating pressure for the time they stimulate the point. See what works for you. A more detailed description of points for symptoms is available through our computer analysis. The *Acupressure Comprehensive Index* also lists over 2800 recipes.

This booklet is a companion to *Acupressure: Ancient Healing for Modern Day Use*, which covers in detail the holographic images of the body found in the ear, hand, and foot. It usually comes in a kit which includes the Happy-Feet and Acu-Ki tools. To double your treatment effect you can use both these tools at the same time on different points.

## Why Stimulate the Points?

The following analogy may help you understand the concept of body energy and of acupressure: Energy in the body flows in a way similar to electricity in the home. If the electricity in your home short-circuits, the wires will overheat and a fire may result. However, the home is protected by fuses which will blow before a fire can start. The body also has fuse-like areas -- the places where the meridians come to the surface -- that allow it to deal with short-circuits. They are the acupressure points we've been talking about. When these points are sore, it is an indication that there is a "short" in your circuitry. When you put pressure on these tender points you activate the body's Healing Response. Your body then does everything it can to heal the condition causing the symptom and repair the wiring problem related to the imbalances in the system.

Finding a sore point with acupressure indicates that you've located the right point. If the point is really sore, you can expect excellent results with acupressure. If the point isn't sore, you usually don't need to work on it. Some people feel less pain than others, but the body will respond even to touch or pressure to activate the Healing Response.

Acute or persistent pain usually requires more pressure on the points and more frequent treatment.

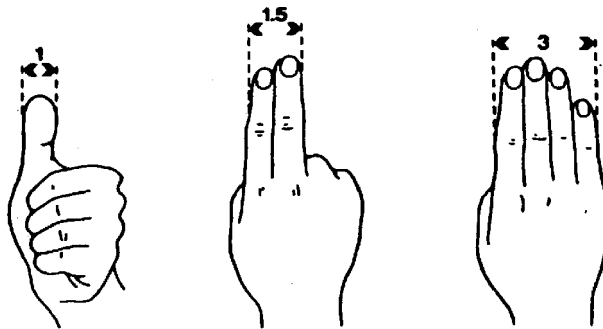
Breathing deeply--in through the nose and out through the mouth--will help to reduce the pain on the point, which makes it easier to treat.

### Acupressure Measurements

The measurements of acupressure relate to the body inch. One body inch -- or cun -- equals one thumb width. 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.)

#### How To Stimulate Your Body's Own

Apply steady pressure  
point, until the pain at  
usually takes about 30  
Remember that



#### Healing Power

to the sensitive or tender  
that point subsides. This  
to 60 seconds.  
pressure creates the best

results and that the pain at the pressure point will neither last long nor cause damage.

For most general conditions treat both sides. For a cold I treat points on both sides but if I have a headache only on one side I only need to treat the points on that side unless it moves.

In sensitive places like the face, use your finger or light pressure with the corner of the blunt end of your ACU-KI to avoid bruising or hurting the area. (If you bruise easily, you may have a vitamin C deficiency--check with your doctor before continuing with acupressure. Pressure points for bruising are listed here also.) If the disorder is unusually severe or the pressure points are very tender, use alternating pressure--increase and decrease the pressure once or twice a second throughout the treatment period or massage using small circular movements around the point.

Find the points that are sore in any symptom group and work these points until the soreness is gone. Also work the sore points more often than those that are not sore. Sometimes this means you will only need to work a few points to get results.

Acupressure is 90 to 95 percent effective in the treatment of many common maladies and treatment can be applied as often as needed. 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 for five to ten minutes may be necessary. Or treat more frequent, 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 relief. Prevention treatment should be done once a day or more to keep stress and imbalances from developing. See the specific treatment schedules in *Acupressure: Ancient Wisdom for Modern Day Healing*.

Since the **ACU-KI** is so small, you can work with it almost anywhere -- standing in a line, watching TV, while waiting for someone, sitting in a traffic jam, or whenever you think about it. As you practice taking responsibility for your own well being, you'll be amazed at your new-found energy, vitality, and enthusiasm for life.

### **Precautions**

Acupressure is safe. Side effects are very rare. The following precautionary measures should, however, be observed:

- ! Since one can become very relaxed, sleepy, light-headed, and even faint, it is advisable to sit or lie down during treatment. Also be careful of this factor when driving.
- ! Do not administer acupressure after meals.
- ! Pregnant women should avoid using SP1 to 10, K1 to 10, L14, ST36 and points on the lower abdomen and back.
- ! Do not use on individuals with serious cardiac problems. There are no serious side effects, but a slight drop in blood pressure could create an undesirable effect.
- ! Do not apply to skin which is inflamed, infected, scarred or has a rash.
- ! Consult a medical doctor or professional acupuncturist for the following conditions: stomach or duodenal ulcers; contagious diseases; advanced heart, kidney, liver or lung diseases and cancer.
- ! Should you consider stopping current treatment or delaying surgery while you try acupressure, be sure to do this after consulting with your doctor or a qualified acupuncturist. In any event, find out about safer treatments before taking dangerous drugs or having expensive surgery. Acupressure is often safer and more effective than drug therapy or surgery. It should not be used as a substitute for conventional treatment when doing so could do harm or hide symptoms important for proper diagnosis.
- ! Pressure on the points can cause what seems like a very sore point, as if you have bruised the area. This only seems sore because you are on the right points. Go slowly and use gentle pressure 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.

- ! Pain is a warning that something is wrong. Do not use acupressure to mask pain. A condition may not necessarily be healed just because the pain is relieved. Try to determine what causes the pain. The underlying cause may require a simple dietary change, more rest and sleep, or a complete change of lifestyle. Whatever the cause, don't ignore it by just treating the pain -- you could be ignoring a cancer. If you suspect that you have a serious medical problem, we urge you to seek competent professional help.
- ! This booklet is intended only as a guide to help the average person tap into the body's innate ability to heal itself with natural means. It does not make you a doctor capable of treating other people, nor does it replace your own doctor.

### **Your Checklist for Achieving Better Results**

Don't become discouraged if there isn't immediate recovery. Some conditions, headaches for example, usually respond immediately, but chronic conditions may need repeated treatment for cumulative effects to take hold.

If you are not getting the results you want, consider the following:

- ! You may need to stimulate more frequently. Remember that the effects of acupressure are cumulative.
- ! You may be off the point. Carefully read the instructions again, and make sure you are on a sensitive spot.
- ! Are you stimulating the point hard enough? You may need to stimulate the point for a longer--or shorter--period or use an alternative form of pressure.
- ! You may need to use different points. Make sure you are using these points in conjunction with the microsystem points in *Acupressure: Ancient Wisdom for Modern Day Healing*. If you do not get a response, within a month, write us and we will send you a listing of more points relating to your symptom.
- ! Other treatments may be inhibiting acupressure results. For instance, acupressure will not work if you are taking narcotics, Valium, Darvon, or Talwin. (Check with your doctor, though, before discontinuing any prescription drugs.)
- ! Correct diagnosis is important for you to select the right points for your condition. Check around and study your condition. A different type of health practitioner may have a more accurate diagnosis that will pinpoint what acupressure points may help better or another form of treatment. You may also find an acupuncturist who can stabilize your condition so that acupressure will be more effective.



## Appendix A

This is the list of extra points for different headache conditions. Pictures of each of these conditions are found at \*\*\*\* in the same sequence that you find these beginning on page. This list is 110 mb and deemed too large for this ebook. Books that have a complete list of points and how to find them are Acupressure Recipes and Acupressure Comprehensive Index.

HEADACHE G4,13→26 GB1,3→21,41 H2→6 K1 Li1,4,11,14,20 Lu6,10 Lv2,3 Si3,4,7,9  
St2,36 T1→5,8→23 UB1→14,54→67

CHRONIC G15,20 **GB20,21 Li4** Lu7 UB11,15,18,20,23,38,47,62

CLUSTER GB21 GB39 Sp6 St1 St2 St35 T23 UB2

FRONTAL G14 G23 Lv3 Si1 St4,40,44 UB2

with MYOSITIS Li4 UB10,62

OCCIPITAL H. T15 UB10,60

SUMMIT H. G19,20,21 Si3

TEMPORAL H. GB40 T3,23 UB20

UNILATERAL H. G4,5,41 St8

from COLD G12,14,16,23 GB20 Li4,20 T5

COLD AND HOT UB2

COLD IN LEGS, BACK, HANDS AND ARMS, COUGHING PHLEGM

C4 G16,20,23 GB15,16,20 K7,10 Lu5 St8 T23 UB23,25,47

without SWEATING G14 T4 UB10,12

CONGESTIVE UB62

behind one EAR T10

over EYE T23,UB2

from EYESTRAIN GB1

EYEBROW AREA T23 UB2

FACIAL Li4,19,20 St1,2,3 UB2,62

FEAR and TENSION K5 Lu6 (with fever) UB23

FRONTAL G14,23,24 GB14,20 Li4 Si1 UB2,63

HEMIPHLEGIC G14 GB20,21 H7 K3 Lu9 Si15,19 UB62

with INSOMNIA UB18,19

INTERMITTENT H. aggravated by touch or movement C4

INTERNAL H. GB7 St8

LATERAL (*Sides*) G26 GB8,14,20,41 Li20 P6 St2,7,8 T3,23

CENTRAL GB20 T23 UB62

from MASS (*Tumor*) C16,17,18 GB19,20 UB6,9

from MENTAL STRAIN K27

MIGRAINE C4,12 G19 GB1→44 K3,5 Li4,10,11 Lu6,7 Lv3 Sp6 St8,36,44  
T3,10,18,22,23 UB2,7,10,62,67

**EAR:** Temple (AT 2, PG 1), Forehead (AT 1, PL 2), Shen Men (TF 2), Autonomic Point (IH4), Thalamus Point (CW 2), Minor Occipital Nerve (IH 10, SF6).

with FEAR and TENSION K5 Lu6

with FEELING OF HEAT Lv2 K2 Sp2 St44

HEPATIC GB40 Lv8

NERVOUS G16,20 GB4→7,20,44 Li4 Si3 T9,23 UB60,62,67

OCCIPITAL (*far back*) **G15,19** GB8,12,15,**20,25,40** Li4,11,15 Lu7 **Si3,13**

St37 UB8,**10**,51,60,62,65,66,67  
 PARIETAL (*upper back*) G4 G20 GB20 K1 Li4  
 SAGITTAL (*midline*) **G16,20** GB1,2,5,**20** K1 **Li4,20** St8 UB10,**12**  
 SEVERE G4,18 G23 K1 P9 St8 UB62 UB63  
 UNBERABLE G18  
 SINUS Li4 Si8 St2,3,6 UB2  
 TEMPORAL (*temples*) G24 GB8,20,39,40,41 Li4 St37 T3,5,23 UB20  
 TENSION UB62  
**EAR:** Occiput (AT 3, PL 4), Forehead (AT 1, PL 2), Temple (AT 2, PG 1), Cervical  
 Spine (AH 1, AH 2, PG 2), Point Zero (HX 1), Shen Men (TF 2), Thalamus Point (CW  
 2).  
 THROBBING G4,6,20 GB40 K3,23 Lv2 St8,36  
 TOXIC Li4 Lv3 P3 UB4 UB5 UB8 UB9  
 UNILATERAL C15 G20 GB4→8,20,21,38,41 T3,5,8,9,10  
 VERTEX (*top*) **G20** GB11,**20**,21 K1 **Li4** Lu7 Lv2 T12 UB60  
 with ALLERGY C24 GB1 Lu9 Lv3 Lv4  
 with ANXIETY C6,12,14,15 GB20,21 H7 Sp6 St40 UB13,14,15  
 with ANEMIA G22 T2  
 with CHILLS UB11 19  
 with DEPRESSION C6,12,15 GB20,21 H7 Li4 Sp6 St40 UB13,14,15  
 with DIZZINESS G20 GB20 Lv3 St36  
 with FEVER P1  
 with HYPERTENSION G14 GB20,21 H7 Lu9 Si15,16 UB62  
 with INFLUENZA G15,20 St8 UB8  
 with LOW ENERGY C12 G20,26 GB4,14,20,41 Li4,20 Lv2 St36  
 with MAXILLARY SINUS and TEETH involvement Li4 Si8 St2,3,6  
 with POOR digestion, constipation, appetite and tired arms  
 C6,12 G16,20,23 GB20 Lu7 SP5 St25,40 T23 UB13,20  
 with SPASM Si1

## Product Information

### Stressaway Books and Kits

**ACUPRESSURE: ANCIENT WISDOM FOR MODERN DAY HEALING:** This book is the introductory manual for the proper use of the Acu-Ki and the Happy-Feet. It is written in a clear format simplifying the concepts of Acupressure. Summary points are included for 10 of the most common conditions encountered in our studies to date. Besides regular body acupressure points, three other acupressure systems found in the ear, hand and feet are critical for the relief of many problems. Detailed descriptions are included here for using of all these miniaturizations of the body for treatment. (48 pages)

**ACUPRESSURE: RECIPES.** This book has the eight most important points for 150 of the most commonly-known-conditions that respond well to acupressure. It is a summary of more than 250 different acupuncturist's recommendations for treating these symptoms and diseases. The complete detailed body pictures and point descriptions make it easy to find 360 body points for treatment. (44 pages)

**ACUPRESSURE COMPREHENSIVE INDEX:** Here is a combination of the two books above plus the primary points for more than 4000 common symptoms and diseases found in the literature. The system of acupressure that has developed over the last 20 years called "Stressaway Acupressure" is clearly stated here for the first time. All of the latest methods that have been successfully used on thousands of people are clearly outlined. (376 pages)

**ACUPRESSURE VIDEO:** This is a class given by Monte Cunningham outlining the most important concepts of **Stressaway Acupressure**.

**ACU-KI SET:** Contains the basic introductory book (Acupressure: Ancient Wisdom for Modern Day Healing) and tool (Acu-Ki). This is the starter system and gives the most general introductory information. 13% off individual selling price.

**MINI ACUPRESSURE KIT:** contains 2 books (Acupressure: Ancient Wisdom for Modern Day Healing and Acupressure Recipes) and 2 tools (Acu-Ki and the small Stressaway Massager 7"). 20% off individual selling price.

**ACUPRESSURE KIT:** Contains book and 3 tools. (Stressaway Acupressure and the large Stressaway Massager 10", Happy-Feet and the Acu-Ki and printouts for three symptoms) 20% off individual selling price.

**COMPUTER ACUPRESSURE ANALYSIS PROGRAM:** A computer program that gives you a picture and point description for more than 4000 symptoms. Critical points are listed for each symptom summarized from 240 experts in acupressure and acupuncture. This is ideal for professionals, businesses, large families and people who want to be self-reliant. Find the symptoms easily and view or print the points listed in the easiest format to use for just that condition.

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## Acupressure: User Friendly Self-Healing Web site and newsletter

The Stressaway Acupressure Program was developed over decades of continuous research by the Acu-Ki Institute, a nonprofit educational organization, dedicated to self-healing through acupressure. Our web site [www.stress-away.com](http://www.stress-away.com) will give you free information on how to use acupressure for your condition, either with your fingers or a number of different kinds of products. We will gather articles, research and testimonials on acupressure and answer any questions. You can use the information there to begin immediately or you can get a more detailed free computer analysis of the points experts agree relate to your symptoms (more than 4000 on file). Other good web sites on acupressure and related health issues are also linked there. Members will have new information sent to them on a regular basis via e-mail from *The Acu-Ki Institute Journal of Acupressure* plus other advantages. Membership (is free) and sales supports this free ongoing effort.