

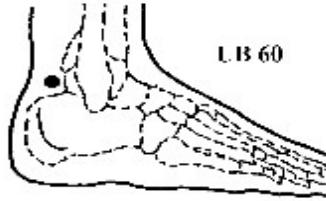
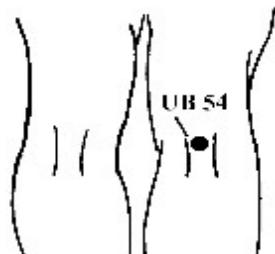
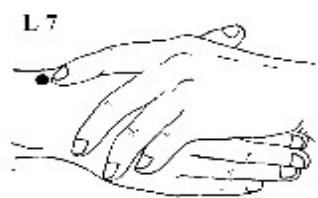
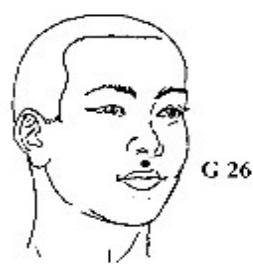
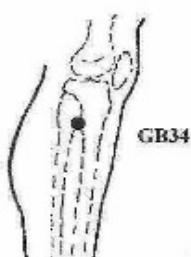
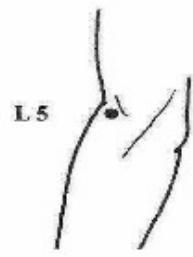
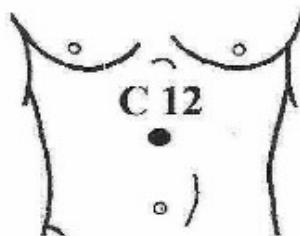
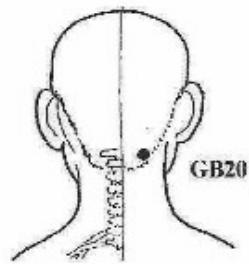
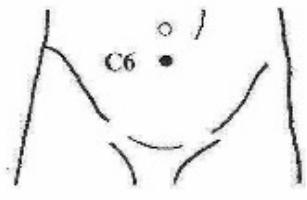
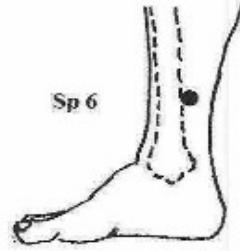
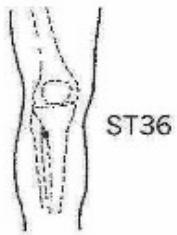
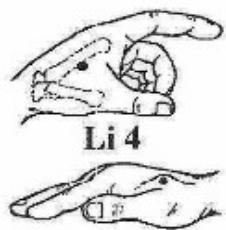
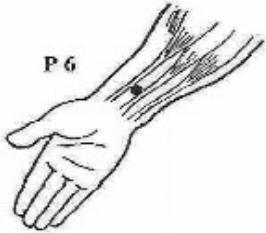
## Stressaway Acupressure Master Points For 4030 Conditions

The most effective and powerful use of acupressure is for prevention. Whenever you use one of these points, it has a healing effect on potential imbalances in the body that can be the underlying cause of disease. Besides prevention, whenever a person is not sure what their illness is, these points used on a regular basis may help with that condition. The Health Screening System can also help identify potential problem areas.

Just as you will have the same points for different conditions we found these points relate to a number of symptoms. We counted how often each point was used in our *Acupressure Comprehensive Index* (more than four thousand symptoms) and found these points the most frequently used. Stimulating this sequence of points will help you prevent illnesses from happening. The more balanced the energy system is the healthier you will be. This whole sequence can be done in a few minutes while watching the news at night or just before going to bed. Fifteen to thirty seconds on each point once a day we believe will keep you healthy. These master points are the primary points of the body, and, according to some authorities, they are used more frequently than other points. Generally, they will all be tender to the touch and the effects from stimulating them are usually pronounced. Here is the list of the number of times these points are recommended for different symptoms. Protocols for specific symptoms are found in Acupressure Comprehensive Index or the Computer Acupressure Analysis program which every **Accupressure Co-Op** member has access to. The major points are in the attached report below which you can print out and are presented in the members' video training format at [http://www.stress-away.com/webinar\\_list.html](http://www.stress-away.com/webinar_list.html)

Point	Frequency
P6	636
li4	628
st36	565
sp6	430
c6	290
Lv3	243
gb20	209
li11	154
h7	125
c12	125
Lu5	110
GB34	100
Lu7	99
gb21	89
G26	77
UB60	66
c17	49
UB54	36

# Master points 4030



**AcuPoint Analysis**  
**MASTER POINTS 4030**  
 (DESCRIPTIONS)

Point	Description
<b>P06</b>	The width of two thumbs (2 Cun) above the most prominent crease on the inner wrist, in line with the middle finger.
<b>LI04</b>	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.
<b>ST36</b>	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.
<b>SP06</b>	The width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg.
<b>C06</b>	1.5 Cun below the navel.
<b>LV03</b>	Two cun above the separation between the biggest and second toes, on the top side of the foot.
<b>GB20</b>	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.
<b>LI11</b>	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.
<b>H07</b>	Palm facing you, on the wrist crease closest to the hand, in the hollow directly in line with the inside of the little finger.
<b>C12</b>	4 cun above the navel, along the mid-line.
<b>LU05</b>	In the hollow, but more toward the outside (direction of the thumb) of the inner elbow crease.
<b>GB34</b>	Slightly below the level of the bottom on the kneecap, on the outer side of the leg, in the slight depression formed when the knee is completely straight. Forward of a line to the crown of the outer ankle.
<b>C17</b>	In men, on the mid-line of the chest between the two nipples. In women, on the mid-line of the chest between the fourth and fifth ribs.
<b>G26</b>	Midway between the nose and the upper lip.
<b>GB21</b>	On the top of the shoulder, one to two inches from the side of the neck.
<b>LU07</b>	On thumb edge of the wrist, 1.5 Cun toward elbow from wrist crease nearest hand. A difficult point to find, but made easier by linking the hands (in picture), find point beneath index finger lying along top of wrist, deep in a small hollow.
<b>UB54</b>	In the center of the crease at the rear of the knee, between the two ligaments. Do not use this point if you have varicose veins.
<b>UB60</b>	In the hollow (or valley) behind the crown of the outer ankle.