Acupressure Fundamentals
Short version
Introduction

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

This event let to my life work and is why I'm writing this today. I had discovered an ancient form of healing, acupressure. To learn more about how it worked I took several courses in acupuncture. One acupuncturist recommended that I make a good acupressure tool out of wood because there wasn't a good low-cost tool on the market. I designed a tool I called The Acu-Ki.

With these tools and books I worked with thousands of people in fairs, flea markets, conferences and home shows and any kind of booth where I could demonstrate how this works. The tools and short books that I designed produced great results. Over the course of 33 years a program was developed from hundreds of volumes of ancient and modern texts in

order to bring you an affordable, understandable, effective, and easy-to-use acupressure system. The Stressaway Acupressure program uses unique tools and stimulates regular acupressure points plus points on the ears, hands and feet. Using acupressure relieves most chronic and acute pain conditions.

The results were so good that I did research to document what people were experiencing. The word we hear most often to describe peoples results is "Amazing." People who have used this system report getting relief for the conditions listed in this book. Over the course of two years 1150 people reported an average of 78% reduction in pain such as headaches, neck, back ache with an average of five minutes acupressure treatment.

In this book you will learn the secret of healing yourself and others with age old, safe, easy to learn and fast acting methods. Most people get pain relief within minutes of starting this program. You can end that pain, stop those sniffles, reduce your medical costs, stop using those expensive drugs, get your life back. Help yourself, your ailing family and your friends and begin a new healthy future. By simply applying the principles in this book you can heal yourself. You can reduce the need for expensive insurance programs, drugs with serious side effects and invasive surgeries. Take your health care into your own hands. I have. Others have. You can. Thousands have gotten relief with acupressure. Join us. You have nothing to lose but your pain and ill health.

So how does acupressure work? Acupressure is a development from the 5,000-year-old Chinese healing system of acupuncture. It makes use of the same points and meridians as those used by acupuncturists, but the difference is that no needles are needed. Instead the fingers or small tools are used to put pressure on specific points. The effect is the same, and by applying pressure on the correct points many problems can be alleviated. By this method pain can he relieved, the period of many diseases shortened, addictions can be dropped, weight can be lost, and malfunctions can he put right. Also the effects of stress, anxiety, depression and tension can he dissipated.

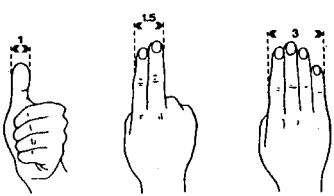
Locating the Points and Meridians

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

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

In this program you get 20 major points for 200 common symptoms and all the parts of the body. A formula or recipe gives us one or more points along these energy lines or meridians that are commonly used for a specific problem.

Here is a summary of how to work with the charts included here. More detailed information is included in the book of this material, either Kindle of e-book. To find the appropriate point, look up the points for your affected body part or the symptom. Read the point description and look at the diagram illustrating the location of the point. Find the general area on your skin. Gently probe the area until you find the place on your skin which gives you a "funny bone" feeling or is sensitive, tender or sore. Press hard enough to locate the



sensitive spot. You can use a steady pressure or a five seconds on and five seconds off rotating pressure for the time you stimulate the point. Thirty seconds to one minute is usually sufficient for most points.

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

When only one point is given, you might begin with the point on the same side as the afflicted organ. If complete relief is not achieved, stimulate the opposite side too. The charts sometimes list more than one point for a part of the body or for an ailment. For pain syndromes, it is best to try the first point given. If the pain is completely relieved, do not go on to the

second. If there is some pain remaining, stimulate the second point, and if need be the third, and so forth. In ailments that do not provide an immediate feedback of the effectiveness of the treatment, you may use all the points suggested.

The material is presented in this short format so it can be easily applied. It is intended for people who are: camping; traveling; uninsured; seeking self reliance healthy lifestyles; and on a limited budget. This format makes it easy to carry with you for any type of emergency situation. For more treatment options see the points on the ear, feet and hands after the Symptom Index and in more comprehensive materials at our web site. There are more than 4000 symptoms in the Index and 365 major acupressure points. More extensive information is found at **www.acupressurefundamentals.com** including training videos, more points for more conditions, printouts for the specific points of the different symptoms; e-books and hardback books, more low cost tools to increase the effectiveness of this system; blogs and forums where you can ask questions; web sites documenting acupressure research on specific symptoms; and information on how you can learn more and even earn some money sharing this information with others. You have access to over a 1000 pages of information on how you can get the best results using acupressure.

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

of the body these points treat.

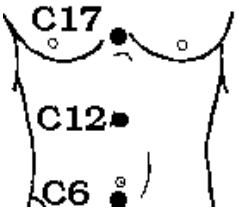
20 Points Chart

BI=body inch

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

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

C6 1.5 BI below the navel.

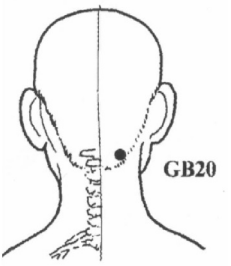


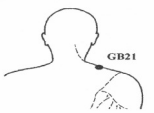
G26 Midway between the nose and the upper lip.



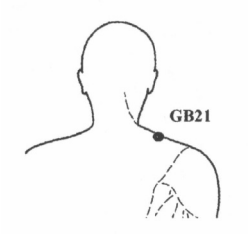
G 26

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





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



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

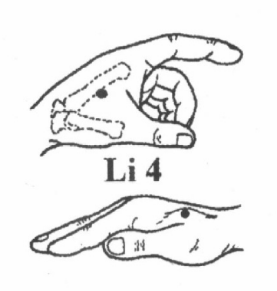




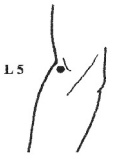
H7 Palm facing you, on the wrist crease closest to the hand, in the hollow directly in line with the inside of the little finger.

Li4 On the back of the hand 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, on the bone.



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



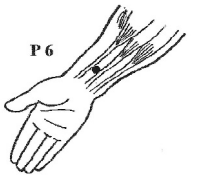
Lu7 On thumb edge of the wrist, 1.5 BI toward elbow from wrist crease nearest hand. A difficult point to find, but easily found by linking the hands (in picture), find point beneath index finger lying along top of wrist, deep in a small hollow.



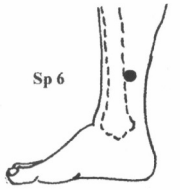
Lv3 Two BI above the separation between the biggest and second toes, on the top side of the foot



P6 The width of two thumbs (2 BI) above the most prominent crease on the inner wrist, in line with the middle finger.



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

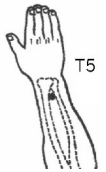


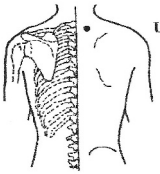
St36 The width of one hand (3 BI) below the bottom of the kneecap and width of one thumb (1 BI) toward the outside of the leg (direction of the small toe.) In the trough or valley between the most prominent bones of



the calf where they come together.

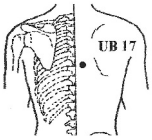
T5 The width of two thumbs above the most prominent crease of the upper wrist, in line with the middle finger. On the outside of the forearm.



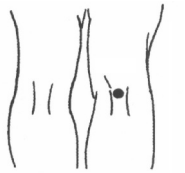


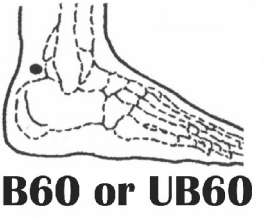
UB11 1.5 BI from the spine midline, 1 BI below a line level with the top of the shoulder blades. Easily stimulated with the Back-eze.

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



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





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

PART OF BODY
Healing Points

Abdomen	
Upper	St36 C12
Lower	Li4 Sp6 C6 St36
Ankle	UB60
Anus	C6,12 Li4 SP6
Arms	Li4,11 P6 Lu5
Back	
Upper	St36 G26 UB54,60
Lower	UB54,60 G26 St36
Bladder	St36 Sp6 C6
Blood	Li4 Sp6 St36 UB17
Bones	St36 UB11
Bowels	Li4 Sp6
Brain	C6 Li4 Lv3 GB20
Breast	C17 GB21 Sp6 Lv3
Buttocks	UB54
Cheeks	Li4,11 St36
Chest	C17 St36 P6 Lu7
Coccyx	UB54
Colon	Li4 Sp6 C6
Ear	T5 Li4,11
Elbows	GB34 Li11
Esophagus	Li4,11 P6 UB17
Eyes	GB20 Li4,11 P6 St36
Face	G26 Li4,11 St36
Fallopian Tubes	C6 Sp6
Fear	C6,17 H7 Lv3 St36 GB34
Fingers	Li4 T5
Feet	Sp6 UB60
Forehead	Li4
Gall Bladder	GB34 St36 C12 P6
Genito-Urinary System	Lv3 Sp6 C6
Grief	C6,12,17 Li11 P6 GB20,21 St36
Gums	Li4,11 St36
Hair	GB20 Li4,11 Sp6 St36 UB54
Hands	GB21 T5 Li4,11 P6
Head	Li4
Heart	H7 P6
Hips	UB60 UB54
Intestines	C12 Li4 Sp6 St36
Jaw	GB20 Li4 St36
Kidneys	Sp6 St36 UB54
Knees	UB54 UB60 GB34
Leg	GB34 UB54,60 Sp6
Limbs (pain or weakness)	St36
Liver	Lv3 C12 St36
Lumbar	Lv3 GB34 UB54 G26
Lung	Li4 P6 Lu5,7 UB11 St36
Mouth	G26 Li4,11 St36
Muscles	Sp6 UB54 GB34
Neck	GB20,21 Li4,11 Lu7
Nervous System	Lv3
Nose	G26 GB20,21 Li4,11
Ovaries	Li11 Sp6 C6 Lv3 St36
Pancreas	P6 St36 C12 UB17
Pelvis	C6,12 GB34 Li11 Sp6 St36
Penis	Sp6 C6
Pharynx (throat)	Li4 Lu5 P6
Prostate	C6 GB20 Sp6 St36
Pubis	C6 Sp6
Rectum	Li4 Sp6 St36
Respiratory System	GB20 Li4,11 Lu5 T5 P6
Sexual Organs	C6 Sp6
Shoulders	GB21 Li4,11
Skin	Li4,11 Sp6 St36 UB17,54
Spine	
Cervical (Neck)	Lu7
Thoracic (Upper back)	UB60
Lumbar & Sacral (Lower)	UB54
Spleen	Sp6 P6 C12 St36
Stomach	St36 C12 Sp6 P6

Teeth G26 Li4,11 P6 St36
Testicles C6 Sp6 St36
Thigh UB54
Throat P6 UB54 Li4 Lu5
Toes UB60
Tongue G26 H7 Li4,11
Tonsils GB20 P6 Li4,Li11 UB54
Trachea (windpipe) C17 Li4 Lu7
Ureter Sp6 C6
Urethra St36 Sp6 C6
Uterus Sp6 C6 UB54
Vagina Sp6 C6
Wrist Li4 Lu7 T5

AILMENT
HEALING POINTS

Abdominal pain C12 G26 Sp6 C6 Li4 St36
Acne Lv3 UB17 Li11 P6 Sp6 St36
Addictions C17 GB20 Li4 Lv3 P6 Sp6 St36
(To decrease desire and support nervous system)
- Food GB34
- Tobacco Lu7
- Alcohol Lv3
- Drugs Lv3

Allergies UB17 Li4,Li11 St36 Sp6
Amnesia H7 Lv3 P6 St36 Lu7
Anger C6,12,17 Lv3 P6 Sp6 St36
Anxiety C17 H7 St36
Appetite C12 Sp6 H7 St36
(Deficient or Excessive)
Arteriosclerosis GB20,21 UB17 St36 Li4,11 SP6 H7
Arthritis GB20 P6 T5 UB11,60 Li4,11 St36 SP6
(See part of body affected)
Asthma C17 GB20 Li4 Lu5,7 St36 T5 P6 UB11,17
Back pain
- Low back (Lumbar and sacrum) UB54,60 St36
- High back (Thoracic and neck) UB60 G26 GB21 Li4

Bleeding and Blood diseases UB17 St36 T5 Lv3 Sp6
Body energy Li4,11 Lv3 Sp6 St36
Breathing difficulty (dvspnea) P6 St36 UB17 Li4 C17
Bronchitis P6 Lu5 St36 UB11 H7 C17 Li4
Bursitis
- Shoulder Lu5 Li 11
- Knee Lu5 UB60

Cerebral Palsy C12 G26 P6 GB20,21 H7 Li4,11 St36
Childbirth Li4 Sp6
(Do not stimulate Points during pregnancy)
Cholera Li4,11 C12 St36 P6 Lu5 UB54
Coccyx UB54
Common Cold GB20 Sp6 Li4,11 St36 Lu7
Colitis C6 St36 Li4 UB54
Collapse G26 P6 H7 St36 C6
Concussion Li4 Lu7
Conjunctivitis Li4
Constipation St36 SP6 C12 C6 Li4 Li11
Convulsions Li4,11 G26 GB20 H7 UB54 Lu5
Cough GB20,21 St36 Lu5,7 P6 Li4,11 C6,12

Cramp GB20 Li4 Lv3 St36
Foot Lv3
Calf UB54 Sp6
Menstrual Sp6 C6
Writer's cramp Li4,11 T5 Li 11 L7
Cystitis GB26 St36 C6 Sp6
Deafness GB20 Li4,11 T5 St36
Deficiency of energy C6 St36
Depression Li4 Sp6 Lv3 P6 St36 C6,12,17 G26 H7
Diabetes Sp6 St36 C12 P6 UB17 G26
Diarrhea Sp6 St36 P6 Li11 C6,12
Digestive disturbances Sp6 St36 P6 Li4 C12
Dizziness GB20 T5 C12 St36 Li4
Dreaming (*Excessive nightmares*) Li4 C12 H7 St36
Drowning G26 Li4 P6 Sp6 St36
Dysentery Li4,11 Sp6 C6,12 St36
Dysmenorrhea C6,12 GB26 P6 Sp6 St36 (*Difficult or painful menstruation)*
Dysuria (*Painful Urination*) C6 Sp6
Ear infections (*Otitis*) Li4,11 T5 St36
Eczema Li4,11 St36 Sp6 UB17,54
Edema C6 Lu5
Elbow pain GB34 Li11
Emotional disorders H7 Sp6 Lv3 P6 Li4 St36 C6,12
Energy deficiency St36 C6
Enterocolitis (Inflammation of intestines) Sp6 St36 C6
Epilepsy C12 GB20 H7 Lv3 Li4 St36 P6 G26
Exhaustion
Mental Li4,11 St36
Physical St36 C6
Facial nerve paralysis Li4 St36
Fainting (Syncope) G26 St36 Li4 UB17 Lv3
Fatigue C6 GB20 Li4,11 Sp6 St36
Fear C17 H7 Lv3 St36
Fever H7 Lu5 Li4,11 T5
Fibromyalgia GB21 Lv3
Flatulence Li4 Sp6
Flu Sp6 Li4,11 Lu7 St36 T5
Fractures UB11
Frequent urination Sp6 C6
Frights H7 P6 Lv3
Frigidity C6 GB34 Li4 Sp6 St36
Gastritis Li4,11 C12 St36
Gas (Stomach or Colon) C12 St36 Li4,11 SP6
Gastritis (Inflammation of stomach) Li4,11 C12 St36
German measles (Rubella) Li4,11 Sp6 St36 UB60 GB21
Glaucoma GB20 Sp6 Li4 T5
Goiters GB20 H7 Li4,11 St36
Gynecological disorders GB26 Lu5 Sp6 C6
Hangover GB20 St36 C12 UB60
Hardening of Arteries UB17 St36 Li4,11 Sp6
Headache Li4,11 GB20,21 St36 Lv3 UB60
Heart ailments Li4 P6 H7
Heartburn C6,12 H7 P6

Heatstroke C6 G26 GB21 Li4,11 Lv3
Hemorrhage Li4 UB17 St36 T5
Hemorrhoids(Piles) Sp6 UB60 C6
Hepatitis Lv3 UB17 GB34 C12 St36
Hiccough UB17 P6 C6,12 GB20 St36
Hives Li4,11 UB17 St36 Sp6
High Blood Pressure or (Hypertension) GB20 Lv3 C12 Li11 St36 UB54 Sp6
Hot Flashes GB20 Li4 Sp6 St36
Hypoglycemia Sp6 C12 St36 UB17
Hypothermia C6 GB34 Li11 Lv3 Sp6 St36
Hyperthyroid GB20,21 Li4 P6 UB11
Hypotension (Low blood pressure) Lv3 St36 C6 UB17 H7
Hysteria P6 G26 H7 Li4 Sp6
Impotence C6 GB34 Li4 Sp6 Lv3 St36 UB17
Incontinence Lu5 Sp6 St36
Indigestion C6,12 St36 P6 Sp6 Li4 UB17
Infection St36 Sp6 Li4,11 UB17
Influenza Li4,11 Lu7 St36 T5
Insomnia Sp6 P6 C6,12 GB20,21 Li4,11 Lv3 H7 St36
Intercostal neuralgia C17 P6 St36
Intestinal disorders Sp6 C6
Jaundice GB20,21 Li4 Lv3 St36 C12 UB17
Joint pain St36 UB11
Kidney disorders UB54 Sp6 St36
Knee joint pain UB54,60 GB34 UB11 St36
Laryngitis Li4 G26 GB20,21 P6 T5 Lu5,7 UB60
Lingual paralysis H7 Li4
Lumbago UB54,60 G26 Lv3
Mastitis Lv3 P6 (Inflammation of breast)
Meniere'ssyndrome C12 GB20 Li4 P6 St36 T5
Menopause C6 Li4 Sp6 St36
Menstruation
Excessive (Menorrhagia) P6 Sp6 C6 Lv3 Li4
Insufficient (Amenorrhea) Sp6 C6 Lv3 Li4 St36 UB60
Painful (Menorrhea) Sp6 C6 Lv3 Li4
Mental Illness C12 H7 St36 Sp6 Li4,11
Metritis (inflammation of the uterus) SP6 C6,12 Li4
Migraine headache GB20,21 Li4,11 C12 Sp6 St36 C6 Lu7 Lv3
Motion sickness P6 G26 Li4 T5 C6,12 St36 Sp6 Lu5 H7
Muscle spasm Sp6 GB34 St36 UB54
Nausea C12 P6 H7 Lv3 Lu5 St36
Neck Pain GB20,21 Li4,11 Lu7 UB60
Nephritis St36 SP6
Nervous anxiety with Palpitations H7 Lv3 St36

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

Stroke (Apoplexy)

C12 G26 Li4,11 UB54
St36 GB20,21,34 P6
Stuttering GB21 Li4 P6 St36
Stye GB20 Lv3 St36 Li4
Sweats (Night) Li4,11
St36 P6 C6 H7
Tachycardia C17 GB20
P6 H7 St36
(Excessive rapid heartbeat)
Tennis Elbow GB21
Li 11 Lu5 P6 St36
Tic GB34 Lu5,7 Lv3 St36
Tinnitus GB20,21
St36 Lu7 Li4 T5
(Ringing in the ear)
TMJ Li4, Lv3 T5
Tonsilitis GB20,21 P6
Lu7 Li4 St36
Toothache G26 Lu7
Li4,11 P6 St36
Torticol (StiffNeck) GB20,21
Li11 Lu7 UB60 T5
Trigeminal (facial)
neuralgia
GB20 Lu7 Li4,11 Lv3 St36
Ulcers
Intestinal Li4 C12
SP6 GB21 St36
Stomach & Duodenal C6,12
H7 Li4,11 St36 P6
Unconsciousness
G26 St36 C12
Urinary disorder SP6 C6
Urticaria (Hives) Lu7 Li4,11
UB17 St36 SP6
Vaginitis SP6 C6
Varicose Veins UB17
Vertigo C6,12 GB20,21
Lu7 Li4 T5 St36 Lv3
Sp6 UB17,60
Vomiting P6 C6,12,17 Li11
P6 Sp6 St36 UB17
WhipLash (Neck injury)
Li4,11 GB20,21 UB60
UB11
Worry St36 C6,12,17 G26
Wrist Pain
T5 Lu7 Li4,11 UB60

If you have several symptoms count the most frequent points and focus on those in your frequent treatments.