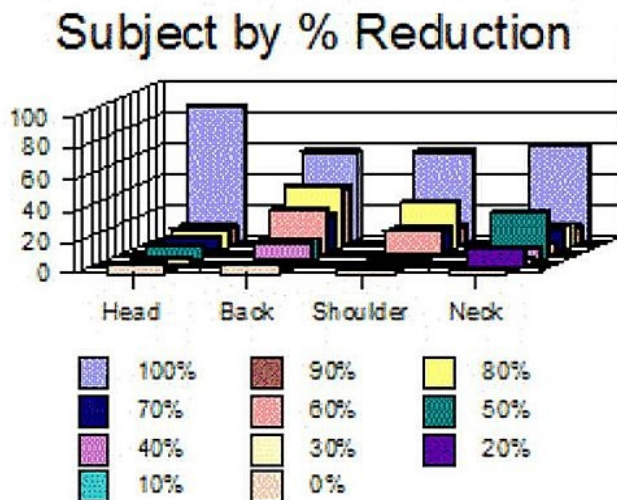
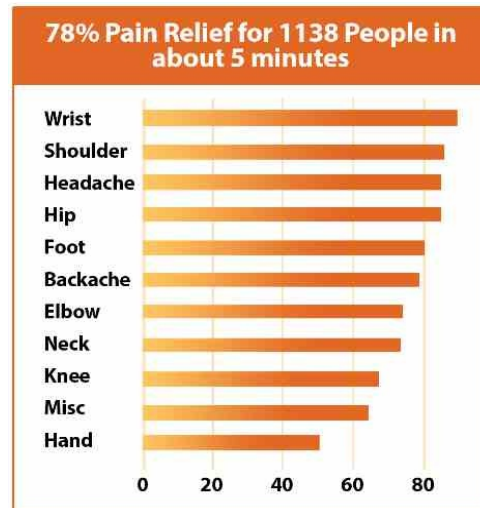


Imagine how different medicine will be when you get Pain Relief like this in less than 10 minutes!



This report outlines how you can do that and how this will lead to a revolution in medicine that can happen today.

**Stressaway Acupressure
for lowering
the cost of medical services
and improving
the quality of care and life**

As medical costs keep rising, many communities are looking for options. The national cost of chronic pain has been estimated to be close to \$6200 per person per year. It is more expensive than heart disease, cancer, and diabetes. On top of that, treating people for addiction to the drugs that treat pain is astronomical and pain medications are the main drivers of our heroine epidemic. The focus of this proposal is to provide communities a low cost, effective health alternative that has the potential to lessen the cost of these health care services and improve the quality of the care.

Stressaway Acupressure is based on a 5000-year-old healing method that is in many cases as effective as acupuncture. Our initial studies show a 78% reduction of pain in about five minutes using this **unique combination of reflexology and acupressure**. It accelerates healing and ends pain and has the potential to lessen medical costs by reducing unnecessary tests, invasive procedures, and addictive drugs.

In traditional Chinese medicine, healing method's range from the most natural to the most intrusive. The most down-to-earth natural healing methods, such as breathing exercises, dietary therapy, acupressure, and herbology, are used as a form of hands-on, organic healing. If more treatment is needed, more complex and manipulative approaches such as acupuncture and chiropractic care can be used. These methods are typically followed by expensive drugs and surgery. These are the most drastic interventions and are accompanied by the most severe side effects and costs. These latter approaches are last-resort medicine.

Sustainable Health Alternatives, Inc. (501(c)3) has developed a very low cost and effective method (Stressaway Acupressure) of reaching out to people and teaching them how to use acupressure early in the above treatment

sequence. Expensive procedures can be avoided, and significant health benefits gained. At www.stress-away.com I propose a demonstration program where I teach a sustainable and self-reliant health modality to patients and caregivers. Free and extremely affordable (\$1 & \$5) on-line information is offered as the first option of treatment. Also a flyer and small book with an acupressure tool (\$9.95) is available to patients when their pain is first reported to their doctors. The patient can then begin internet training wherein they learn how to treat their pain on their own. When the patient discovers that this program ends their pain, the more expensive and invasive procedures with potential side effects can be avoided.

Ninety-five percent of our users report some immediate benefits. Our research reveals that 37% of the pain sufferers are completely free of their pain in less than 10 minutes. See attached graphs. Some people will still require standard and conventional treatments, but the focus for everyone should be, "What is the least treatment necessary to resolve the medical condition?" in other words, "First, do no harm."

Key benefits of the program are:

- Easy and inexpensive
- Incredibly fast and effective
- Focused on prevention
- Empowering for individual self-help
- Non invasive with no side effects
- A list of ninety more benefits is found here www.stress-away.com/benefits.html

These benefits will produce reduced medical cost with fewer doctor visits, less time needed with a patient, fewer expensive medical tests and therapies, fewer surgeries, reduced drug use and addictions, less and shorter hospital stays, reduced readmission rates, less negative medical side effects and reduced medical errors.