

Here is where I collected all of my data on how well acupressure works. I would give free demonstration on how it works, just as I am giving you a free introduction on how to use acupressure. Once you see how others have gotten results I hope you can do the same for yourself, by using this training to treat yourself. Below are reports from two different fairs. My intent is not just to give you testimonials, but to teach you how I got my results. Good luck in your healing.



DATA SUMMARY MARICOPA COUNTY FAIR 4/11/2012

n=61

VAS scale (1 to 10) no pain to unbearable pain

average beginning pain level =6.25

average end pain level =1.75

percent pain reduction =72%

reported pain free =47%

	Begin	End	n	Percent Pain Reduction
back	6.18	2.42	19	61%
elbow	6	6	1	0%
foot	7.1	2.1	5	70%
hand	8.33	1.5	3	83%
headache	7	0	7	100%
hip	6.5	0.17	3	97%
knee	6.3	2.17	3	66%
leg	2	0	1	100%
neck	6	1.67	6	72%
shoulder	5.5	1.77	13	67%
TOTALS	6.25	1.75	61	72%

Here are a few of the comments from people who experienced the Stressaway Acupressure System

BC This is fabulous. I am a housecleaner and my hands are extremely painful and swollen, so much that I can't move them. It has gotten so bad that I went to the emergency room recently but the medications they gave me did nothing for the pain. It cost me over \$2000. Today with acupressure (mostly on the ear) the pain went down almost immediately and the swelling went down more slowly so she could open and close her hands. VAS was from a 10 to 0.5

BH Her son said "This is awesome." She has had a constant migraine headache for a year or more. The medications (15 different kinds) didn't work since 12-10 In a short time the headache was completely gone. I worked the 4 main points plus used the massage roller for complete relief. VAS was from a 8 to 0

DB He had back pain and foot pain from a car crash 26 years ago. As I worked on different points for the back there was a slight decrease in pain until I used GB30. At that point he said the pain disappeared completely. He stated "Wow, that shit works." We had a complete pain relief in the foot. The pain in the back came back quickly but I explained that repetition of treatment is the key to lasting relief. VAS back 8 and foot to 0

JD Reported hip pain. As we worked on her the pain level went from a 5 to a 3 in a short time. She commented that recently she felt the hip pain was caused by a broken heart.

She had a difficult relationship breakup and felt that the hip pain may have come from the need not to feel the loss and sadness from a couple of years ago. As long as she had the hip pain she didn't feel the sadness. She did the emotional release on C17 and in about 20 seconds felt a complete relief of the hip pain. VAS 5 to 0

MS Hand pain of 3 weeks with a brace on her hand. In just a few minutes the pain went from 9 to 2. She moved her glasses from her eyes to her forehead she said "Wow, I could put my glasses onto my forehead with no pain." VAS 9 to 2

GM She had multiple injuries and was in a wheel chair but we focused on her shoulders which went from 5 to 0 in a few minutes. As she was getting some tools she put her hand to her shoulder and commented to her friend. "Oh, My God that spot doesn't hurt. It's been sore forever." VAS 5 to 0

KA Mom of child with mosaic ring 2 genetic disorder. (not sure on exact spelling here) He was in a wheel chair severely disabled. She said her son had severe migraine headaches over his whole body. He would not hold still and did not want to have the massager rolled on his head so we tried to roll on her head so he would see that it didn't hurt and may try letting us do him. I rubbed her head for about 30 seconds with the massager and then worked on him. He quieted down and was very responsive. He took my hand and let me touch a few pressure points. His father said "Wow, he likes you. He usually doesn't let anyone touch him." His mother commented to a friend. "Did you see that. I had a headache and when he rolled that tool on my head it went away like that." And she snapped her fingers VAS 5 to 0

MW Headache. One of the vendors bumped foreheads with another person in their booth and she came to us with a 9 level headache. In a very short time all the pain was gone. VAS 9 to 0

JR Tension headache. He feels a constant headache around level 8. In 3 minutes pain went to 0 VAS 8 to 0

VM She had headache from car crash where she went through windshield. She went from 5 to 0 quickly. "Feels terrific." VAS 5 to 0

Condition

Date _____

No
Pain

[illegible]

INCREASING PAIN

Unbearable
Pain

face
spasm
pts
the

Please estimate the degree of pain or discomfort you felt during the last month due to this condition.

Cost of treatment and medication last month?

How often does this condition happen? 30

Other comments or questions:

Name & Address:

Fighting lessened after treatment. — Have been to General Doctors — advised that the condition is anxiety!

Dr. B. Smith
1813 Meadowview Pl.
Proham, NC
27253

Condition Fibromyalgia

Date 8-21-93

No
Pain

[illegible]

INCREASING PAIN

Unbearable Pain

extra pts
7 CFS

Please estimate the degree of pain or discomfort you felt during the last month due to this condition.

Cost of treatment and medication last month? #280

How often does this condition happen? Chronic

Other comments or questions:

Name & Address:

Relief from pain in neck (better than physical therapy).

Delores Ewing
111 Woodburn Pl.
Advance, NC 27006

Condition Severe hip deterioration
due for surgery of hip replacement

Date 8/21/93

No
Pain

[illegible]

INCREASING PAIN

Unbearable Pain

Please estimate the degree of pain or discomfort you felt during the last month due to this condition.

Cost of treatment and medication last month? *calculated for hip replacement surgery*

How often does this condition happen? always - at all times

Other comments or questions:

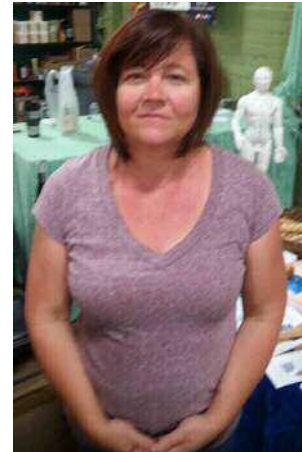
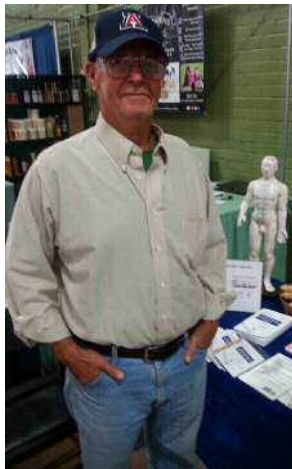
Name & Address:

Ear Treatment relieved pain in hip almost instantly

ED Surlea
P.O. Box 6443
LAKE THOSE, N.J.

Coconino County Fair 2014

Detailed description of 17 healing events at the fair



Long term chronic neck pain. Nancy said “This is great. I’ve had neck Pain for years. 1 session I & feel awesome.” I just used the standard points on the ear and hand related to her neck plus the 4 pressure points Li4,11 & GB20,21. Most of the pain was on the right side so we only did the points on the right side. I rolled the Stressaway Massager on the points on her shoulder and back of her head. I also used the Body Code since her neck was pretty sore. When you watch any of the webinars, Brady Nelson has information about how to tap into the bodies subconscious to release imbalances related to pain. This is some of the Bonus information available. All of her pain was gone in about 6 or 7 minutes.

Chronic migraine headache with shoulder pain and complete relief. Tracy had a migraine headache that was not responding to the use of the major points for headaches. As we tried different points I asked more about where it seemed to start from and she said she always had shoulder problems also. I had her stimulate the shoulder point on her hand with the acu-ki and I did the ear shoulder point. In about 30 seconds the headache was completely gone. For headaches many times we find back, shoulder and neck pain can be connected to the headache. When the standard points aren’t working you have to look for other conditions that may be causing the problems and try other acupressure points. One of my teachers found that there were 179 points that acupuncturist used for headaches. I have a printout of the 16 most important headache points. Sometimes you only need to stimulate one point and at times I have had to try all of them before the headache left. As you try each point you pay attention to how it is affecting the pain. When you can identify a point that the pain leaves you always start with that point the next time you treat.

Charmayne had a **migraine headache** that did not respond to the standard points. I asked her where the pain was and she said it was behind and around her left eye. There are two points close to the eye that usually help with pain in that area. GB1 & UB2. Stimulating these two points caused the headache to leave immediately.

When I first started using the stressaway massager on others I noticed how quickly headache pain was relieved just by rolling on the head in the area of pain and on key points on the shoulder and back of the head. Recent research on scalp acupuncture has indicated we may be able to effect healing in the brain by stimulating the scalp. This may lead to methods of healing for many central nervous system disorders like MS, PTSD and fibromyalgia to mention just a few. I came across this research searching for support material for my MS webinar. As I was reading the reports on how quickly people were reporting healings I realized that the stressaway massager may be able to perform this same type of healing on the scalp. I made this connection because many people report an immediate healing when I use these tools which is what the scalp acupuncturist were reporting. I am excited about this new possibility. As Sandra’s daughter came by with a bad **migraine headache** I had her roll on the area of her pain while I worked a couple of points on her shoulder. I demonstrated how much pressure to use and used a little bit more than normal since I had been doing this research. In about 15 seconds she complained of nausea. This is one side effect that 1 out of 50 people have usually to point Li4. I had her hold the point right under her nose which overcomes this response. (G26 This information is found here: http://www.stress-away.com/special_intro.html in the introductory training program) As the nausea left she reported that the headache pain was completely gone. She also had pain in her

eyes and she reported that her eyes opened easier and wider. Total time was about 45 seconds.

Fred came by complaining of **wrist pain**. Working solely on the wrist points on his ear and one on the hand and elbow the pain was gone in about a minute. He then asked what could I do for **achilles pain**. I worked two points on the foot and one on the ear and that pain left also.

Usually the texts recommend not drinking if you want to get good results with acupressure but this was a fair and beer was available. JD came by pretty high and he proclaimed that he had pain all over the body and nothing helped him. I said let's see if we can get rid of your **shoulder pain** as a starter. In a few minutes the pain was gone from his shoulder. When there is pain all over the body or if there is a problem that no one can determine the cause I usually like to have the person try the 8 most important overall points for 3155 different symptoms. (Found in the power point training :http://www.stress-away.com/special_intro.html **Stressaway Acupressure Program of Self Healing**) Some of these points may relate to their problems and give them some relief. While working on the overall balancing of the body they can also work on healing specific problem areas, like the shoulder in this case. My webinar on pain gives general points for overall body pain and specific points for 110 pain conditions.

SJ came by with **back pain from several years**. She originally hurt her **back** carrying military gear that was designed for men in the army. Later she was in an accident while serving in the police force. It bothers her all the time. I began with her rolling on her hand with the happy-feet while I was working briefly on the point in her ear for her back. After about 30 seconds I asked her to begin on the acupressure point G26 on her upper lip. In about 15 seconds she reported that all the pain was gone from her back. She was astonished and full of smiles. It is unusual to find the most important point for your condition this quickly but it happens often. Usually repetition is an important part of getting long term success but many people have reported that it only took one stimulation on one point for complete lasting relief.

HM came by who had a pain in his side and around into his stomach. He was waiting for a medical diagnosis but they were not sure what was wrong. He said they thought it related to his **pancreas**. When we found the point on his ear that related to his pancreas it was extremely sore. There was soreness also on his hand for the pancreas. This is a system used for diagnosis using the reflexology points. Even if we don't know the exact problem we can get a healing response in the problem area by producing a light sense of pain in the reflexology points of the body. I suggested that when he finds out what is wrong from the doctors I would give him the suggested acupressure protocol for that condition.

CL had **heart surgery** and when she woke up it was hard to breath. It ended up that there was **damage to her diaphragm**. The doctors said it would correct itself over time but there was nothing they could do. She asked if this would help. I said I don't know but we can find the points that relate to the diaphragm and see if they are sore. If they are sore it is an indication that we will be producing a healing response in the corresponding organ. I would expect that she will get a faster healing of the organ by stimulating points related to it. I also will give her a printout

on the internet that she can download for the diaphragm regular acupressure points.

JR had pain **in his ears and around the ear** on his head from loud machine noise where he worked. Stimulating the point on the ear for the inner ear on the painful side and the acupressure points related to ear problems (Li4,11 & GB20,21) his pain was gone in about 5 minutes. At one point he reported it gone and another 75% gone. He did not speak English and we were working through an interpreter. He was smiling when he left.

JD had **chronic neck pain** from work. He worked with the crew who set up all the rides and equipment on the fair grounds. He came by the first day and got relief. The last day of the fair he came back to again thank me because the pain had not returned after the first session.

LS had **chronic neck pain**. He was another vendor and we were never able to do a full session because he was always busy. His only report was he could turn his neck each time we did a minute or so. Some people get quicker results than others. The points were sore and he did get some relief so it was an indication that with repetition he could expect improvements. It took me three months of using the acupressure points before I noticed one day the my pain of 22 years was gone. I have found there are about 5% of the people who we work with that don't get much response in the first session. There are specific points that can help with this no response which in in the training film. I did this when I measured everyone who came by in the research that you saw posted at the fair.

JS reported that she had **fibromyalgia**. I have had very good results for fibromyalgia in the past and emphasize treating the systemic condition and specific pain conditions associated with fibromyalgia. While making my webinar for this condition I saw recent research of acupuncture on the scalp also had good research and I want to add their protocol to my program with the stressaway massager on the scalp. I need to verify that the points they use can also be stimulated with the massager. There are two points right on top of the head that are used. When we find sore points related to a condition it indicates we can expect a healing response. When I rolled the massager on her head to test to see if the points were sore, they were very sore. This was exciting to me because it indicated that this is an additional area that can increase the effectiveness of this program for fibromyalgia.

TW had a **tightening in her jaw** that was difficult for doctors to determine the cause. We found the point in her ear that relates to her jaw and it was very sore. Many times people with TMJ have gotten relief just by stimulating the TMJ point on their ear every hour just for 30 seconds or a minute. If I don't know the cause of some problem I find the reflexology points related to the area and then I do the Most Important Points that I have identified relate to 3155 symptoms. These points are identified here http://www.stress-away.com/images/Most_Important_Points.swf Some of these points are bound to relate to this problem. The assumption that if a point is used for several symptoms it will be beneficial to do it more frequently is something I have not tested but is also the basis of my computer acupressure program. If you have 10 symptoms and 1 point is used for 6 of those symptoms, that point should be stimulated more frequently than other points.

JS had just broken up with her boyfriend. As I was rolling her shoulders she expressed that one was **sore from anger and the other sore from sadness** and she began crying. I asked her to hold C17 on her chest and visualize the energy from these emotions leaving. We have many emotions and we can make the choice about how much energy we use to hold onto each emotion. When we release the energy, around an emotion, using this key balancing point then it is easier to release different emotions and many times pain associated with the emotion. In a few moments she stopped crying and was happy and bubbling with energy and the pain in her shoulders was gone.

I call this technique **Central Meridian Release (CMR)**. Close your eyes, breathe slowly and deeply, and apply steady gentle pressure to this point. Imagine that you are releasing tension, emotion or whatever thought is upsetting you with each breath, and that any anxious feelings are leaving your mind. This method is described briefly here

http://www.stress-away.com/special_intro.html in The Stressaway Acupressure Program of Self Healing. It is described in more detail for any type of emotional problem in the program for PTSD [www.stress-away.com/Sym-pdf/PTSD short art 9.pdf](http://www.stress-away.com/Sym-pdf/PTSD_short_art_9.pdf) In another example using this method a lady had **hip pain** that was only partially relieved with acupressure. When she said it started when she split up with her boy friend we used the **CMR** to release the sadness and the pain was gone in about 30 seconds.

BL had a headache that had been present for several days. He only had a few minutes so I just showed him the main points for headaches. I didn't hold the points more than about 5 seconds each. His headache was gone in about 30 seconds.

Recently I have learned of a system called The Emotion Code and The Body Code by Brady Nelson. He uses muscle testing to ask your subconscious where imbalances may be that are related to your problem. Once you have honed in on the particular imbalance then you stimulate the Governing meridian to release the imbalance and the related problem. Your link to the power point training has an important link to this method.

http://www.stress-away.com/special_intro.html I used this method three times for difficult problems and there was a very quick release for each symptom. I will be doing this more in the future and trying to document it better.