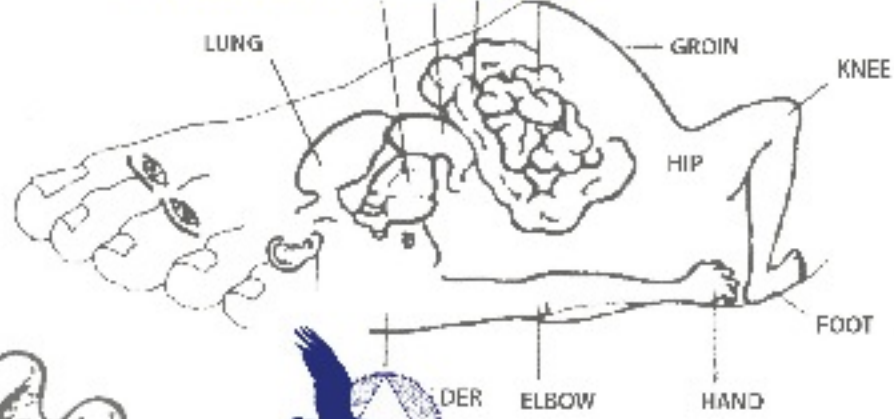
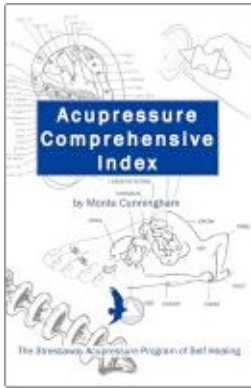


Acupressure Comprehensive Index

LARGE INTESTINE
STOMACH
by Monte Cunningham



The Stressaway Acupressure Program of Self Healing



Stressaway Acupressure can have a profound effect on your health. Learn methods for self-healing using your ears, hands, feet and regular acupressure points: how to use tools to heal over 4000 indexed conditions. History of this unique system is fascinating.

Acupressure Comprehensive Index

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Acupressure Comprehensive Index

And
The Stressaway Acupressure Program of Self Healing

by
Monte Cunningham

**The Acu-Ki Institute
Arizona**

Acupressure is intended as an adjunct to, not a substitute for, conventional medical therapy. The information and methods set forth in this book reflect the author's experiences and are not intended to replace medical advice. Diagnosis and treatment are, by law, to be supervised by your health professional. Cautions for use by special risk groups and pregnant women are found in the precautions section.

Most of the principles and acupoints in this *Manual* have been reproduced, by permission from the publications of Dr. Ralph Alan Dale. The classification system and the acupoints for each ailment in Section Five, The Prescription Index, are reproduced from Dr. Dale's book: *The Acupuncture Comprehensive Prescription Index*, Dialectic Publishing, N. Miami Beach, FL, 1991, Revised 1997.

Some of the acupoint locations are derived from Dr. Dale's book, *The Macro-Acupuncture Manual*, Dialectic Publishing, 1974, Revised 1999.

The basic acupoint vocabulary is from Dr. Dale's book, *Acupuncture With Your Fingers*, Dialectic Publishing, 1978, Revised 1998.

The principles and holograms of micro-acupuncture were discovered by Dr. Dale and published in 11 monographs, principally in the *American Journal of Acupuncture* from 1976 to 1999.

Dr. Paul Nogier, a physician in France discovered Auricular Therapy and what he later called Auricular Medicine. Dr. Nogier also discovered that the distribution of the auricular acupoints holographically reiterated the anatomy of the body.

The ear points used in this *Manual* are identified and located by Terry Oleson in his book, *Auriculotherapy Manual: Chinese and*

Introduction

I grew up a super achiever. In high school as student body president, co-captain of the football team and class valedictorian I maintained an A average and won Government Service and football scholarships to USC. My plans were to become a lawyer with a focus on a political career. I was on top of the world and everything looked great.

In my senior year of high school, forty-five years ago, I began having shooting pains down my legs. Unbeknownst to me, my back had been injured while playing football in high school. My life was turned upside down with intermittent and unexplainable pain. I was debilitated and unable to function while my aspirations in sports, law, politics, and social life came to a screeching halt. I flunked out of school, lost all my scholarships and well as my friends. I felt like the rug had been pulled out from under me.

I never knew when the pain would strike or what caused it. Sometimes it kept me in bed for weeks at a time. Eighteen different doctors could not tell me what was wrong. The excruciating pain caused extreme depression, feelings of hopelessness and despair. I began abusing alcohol and became suicidal. When I found that alcohol was the only thing that killed the pain, I entered therapy. The five years of psychotherapy were very interesting, but I asked, "How can my thoughts create such intense pain? Why aren't any of the other patients having the kind of pain I'm having?"

Ten years after my injury, and unrelenting pain, I received a diagnosis of herniated disk. I could only assume it occurred while I was playing football. No, the pain was not

Acupressure Comprehensive Index

psychological! Two back surgeries later I still had pain, but though slightly different from before, it was 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) for which there is no effective treatment. You will need to learn to live with it." AS is a form of rheumatoid arthritis characterized by inflammation and calcification of the spine. It is very painful and hard to diagnose. It hurts just to write about it.

When the doctors said, I had to learn to live with it, I began searching for alternative ways of healing. I studied all kinds of diets, exercises, and meditation. Finally I focused completely upon a healing quest. I wandered the deserts of California for five years and participated in more than forty different types of therapies. I just followed my heart and listened for my inner path of healing. I listened to my dreams, my inner guidance, I prayed, communed with nature, meditated, and followed the flow. Through these modalities I found what I needed. I learned techniques and developed tools that worked to free me of my pain. The same tools and techniques that would help others.

Going back to the real world of work and family life I developed a tool I named Stressaway Massager that I used on my back. I made the Massager for my own use but soon others began requesting the product for themselves. I began making more Massagers and found that many people were getting highly beneficial results that I couldn't explain. Headaches disappeared; neck, shoulder, and back problems got better.

I then realized the Stressaway Massager was stimulating acupressure points that led to spontaneous and

The Stressaway Acupressure Program of Self Healing

mysterious healing. Over time, I was led to change the design of the tool and develop additional tools to better stimulate the acupressure points. From the time when the idea for the Massagers surfaced, I have been studying and listening for the best ways to apply the information. The knowledge I have learned in this quest is the basis of my unique system called the **Stressaway Acupressure Program**.

One night as I reflected upon the amount of pain I have suffered in my life, I realized that had I not been so intensely afflicted I would not have put my life energies into dealing with pain. The pain forced me to develop a method of dealing with it for myself, gave me empathy for the pain of others and eventually led me to set up a system for using acupressure for others. The pain drove me to understand myself and impelled me to make a connection with my higher spiritual self, an aspect that gives me a feeling of connectedness and oneness with everything around me. **The Stressaway Acupressure Program** has made my pain meaningful. My mission of healing was made possible by my pain.

I have used this system for more than twenty years. The pain is long gone. When I exert myself physically in ways that cause the pain to resurface, I treat myself successfully without any outside help. Learning to activate the **Healing Response** was the key to a 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 picture. When I am out of balance with myself, which is reflected in the body's meridian system, I experience being out of balance with everything around me. My body reflects this loss of wholeness through a sense of loneliness, pain, and

Acupressure Comprehensive Index

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. Others can help us along the way but the path we take is completely up to us. The information in this book, along with 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.

PART ONE -- BASICS

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.¹ 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

Acupressure Comprehensive Index

body acupressure points. Later we found we got 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

The Stressaway Acupressure Program of Self Healing

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.

My own healing led me to develop spiritual qualities of myself that I had never tapped. (A more detailed description of my journey to health is found on my web page under "My Story.") And that growth helped me generate this program of acupressure. As I have developed this program, I see that healing ourselves does more than make us feel better. It also puts us more in touch with our higher spiritual nature. There is

Acupressure Comprehensive Index

a very understandable explanation for this fact, which is a fascinating aspect of the **Stressaway Acupressure Program**. So there is a strong **spiritual** aspect to this healing. All these different parts of the **Stressaway Acupressure Program** will be touched on in this book.

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, and chemicals.

Acupressure is the application of pressure on specific

The Stressaway Acupressure Program of Self Healing

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.**

This concept was first seen when I rolled the Stressaway Massager along a woman's shoulder who had a headache. When she said her headache went away I was surprised. Later I realized that I had stimulated an important point on her shoulder (GB20) that produced a Healing response there and all over her head. You can see the line on the picture below that goes through the shoulder and on to the side of the head, around the ear and into the temple. This picture also shows how rolling on the head with the Stressaway massager tricks the body into thinking that you have hurt the head. There are 86 points of the head that acupuncturist use for headaches. Just rolling on the sensitive points of the head creates a **Healing**

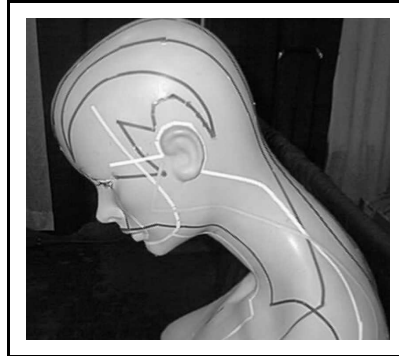
Acupressure Comprehensive Index

Response all over the head bringing more blood circulation and pain killing endorphins to this whole area and ending many headaches.

This helps us understand that if I have a pain in my neck I will look for meridians that go through that area and stimulate those meridians. This has

shown up most clearly when people have asked if this will help with cysts on different parts of their body. Key points on the meridian which passes through the cysts have been sore but those corresponding points on the other side of the body are not sore.

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,¹ etc. The



The Stressaway Acupressure Program of Self Healing

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.”²

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.”³

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.

Acupressure Comprehensive Index

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

Acupressure Comprehensive Index

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.

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 hypothesis that acupressure, with these tools, offers an

The Stressaway Acupressure Program of Self Healing

effective and cost-saving method of treatment that is worth studying.

Percentage of Pain Reduction

Average reduction within three Minutes -- 78 Percent

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

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 97). They asked to see if those parts were sore. Points on the hand and feet that relate to the breast were

Acupressure Comprehensive Index

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.⁴ 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 Oleson⁵ 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 One of the goals of our web site is to

The Stressaway Acupressure Program of Self Healing

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

The Stressaway Acupressure Program of Self Healing

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

Acupressure Comprehensive Index

more than 10 minutes for extremely painful conditions. (For more information on how long and how hard to press for what type of condition see Appendix A.) 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



The Stressaway Acupressure Program of Self Healing



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 the Acu-Ki or Mini-Acu-Ki, 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 20.

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

Acupressure Comprehensive Index

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 Stressaway Acupressure Program of Self Healing

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.

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. Use the points that are far removed from the organ or place of distress. Stimulating these points often produces 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.⁶

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. Dale⁷ 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 physics⁸ shows us one model that may explain these phenomena. After taking a picture with a laser beam, lab scientists broke that picture into many

The Stressaway Acupressure Program of Self Healing

small parts. When a laser 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..

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.

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*,⁹ he summarized points used by more than 200 acupuncturists. This massive document lists thousands of symptoms for professionals and his primary points are the basis of most points recommended in my materials. The main body of this book is the listing of the primary acupoints for different conditions which begins on page 135.

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

The Stressaway Acupressure Program of Self Healing

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

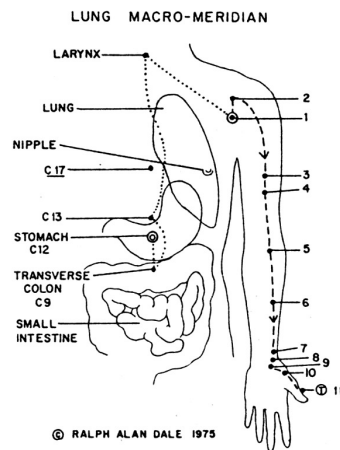


Fig. 20.
The Lung Macro-Meridian.

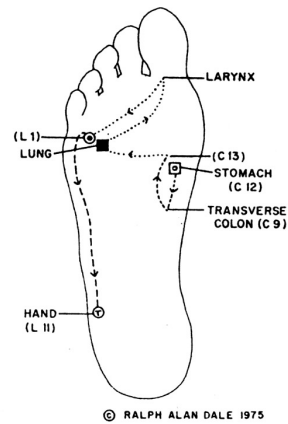


Fig. 21. The Lung Meridian of the Foot.
Right foot, plantar aspect.

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 part of this program as was described in the Principles section. A good general prevention formula (sequence of points for

The Stressaway Acupressure Program of Self Healing

treating a condition) for body energy and health is found on page 131.

This complex meridian system in the body is reflected in each of the smaller Micro systems. These pictures, produced by Dale¹⁰, 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 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 bottoms of the feet you can activate Healing Responses throughout the body.

The sore points on your foot reflect the sore acupressure points of the body and imbalances of the meridian system. The easiest ones to work with are described in the prevention section. People report being restored to good health just by working with one of the systems, such as the foot. Many of these reports concern problems for which western medicine has not been helpful.

This knowledge and these tools will become important components of preventive medicine. Dale¹¹ states, "Even more significant are the possible implications for the usefulness of both macro- and micro-acupuncture as preventive medical modalities. We now know that imbalances in the meridian

Acupressure Comprehensive Index

system of the body can be corrected or modified by macro- or micro-meridian therapy. There seems to be mounting evidence that there may be an important relationship between the sustenance of imbalances and the onset of disease, and conversely, between the maintenance of balance in the meridian system and immunity to disease. Regular periodic correction of pre-pathological energy imbalances might be developed as a basic health maintenance program in future medical practice."

Acupressure seems 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 and may inhibit the body's ability to heal itself.

There are many theories about how acupressure works. Researchers and scientists are beginning to confirm what the ancients have long known: that within each of us a healing power exists, and that 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 upon different aspects of healing and homeostasis, or balance.

Traditional Chinese Medicine (TCM) focuses on balancing the energy, and on the level of that energy, in the body. Practitioners are taught to focus on the underlying cause of the disease (energy imbalances), rather than to fragment healing by treating only the symptoms. They determine what to treat by looking tongue color and texture, and analyzing the pulses.

It took me many years to learn this system because it

The Stressaway Acupressure Program of Self Healing

was very complicated. I found it to be a very good system of prevention and balancing and I also learned to work with specific symptoms that were bothering me. After my initial work, I saw it is unnecessary for a person to learn the whole system in order to immediately begin treating their pain.

Qi flows through the meridian system in the body. There are twelve meridian channels measured with the pulses in TCM. In addition there are two main channels (on the front and back of the body) and a number of extra channels. There are more than a thousand points that come close to the surface of the body that reflect this complicated network of flowing energy.

Imagine a large field or plantation that you are trying to irrigate with all these channels and you can get a feel for what is happening.

Everything works well as long as the water flows smoothly. Stress or damage in one part of the field demands more water that must be taken from somewhere else in the system. The water doesn't flow evenly and over time if this flow stays out of balance we end up with parts of the system dying or becoming diseased because of too much or not enough water. Carrying in water to fix a dying plant, without repairing the flow of water to that plant, will result in permanent weakness.

The whole TCM philosophy of treating the underlying causes by keeping the system balanced is based on this analogy. We cannot see the places where the energy is out of balance, but we can feel the points that are tender to the touch and reflect an imbalance. Sore points on the meridians indicate a problem of imbalance in the same way a hot wire on a defunct toaster does. Problems are revealed by sore points. By studying the points recommended for different dis-ease, instances of too

Acupressure Comprehensive Index

much or too little energy flowing in the system, is reflected.

By systematically applying any combination of the six systems (foot, hand, ear, head, back or body points), I can balance the system. Prevention is the cornerstone of this subtle and powerful program.

When I first studied with Ralph Alan Dale he related that many of the refinements of the more advanced Traditional Chinese Medicine were valid but people were able to get very good results just by knowing the points and applying pressure. This system is called the formula school and emphasizes finding the points that work and using them. By applying pressure moderately, (not-too-long sedation, and not-too-short tonification, but in a moderate way-- see appendix A) people can get good results. The reason for the moderation, he stated, was that the body takes the energy from the outside stimulus and applies it where it is needed. Outside energy is like turning on a hose that flushes water into a channel that is not flowing well. The body can begin to heal the defective parts once the system is balanced and resumes the proper movement of energy.

The results I have observed support this statement. I am amazed at the stories that come back to me from people who have taken this information, applied it to their condition, and achieved miraculous results.

If you can afford it, I recommend consulting with a trained acupuncturist or specialist in the different microsystems in Reflexology or Auriculotherapy for any long-term, serious illness. You can continue using this program of self-help while working with the specialist to accelerate your healing. See what works for you.

One lady asked me if Acupressure would help chronic

The Stressaway Acupressure Program of Self Healing

fatigue and chemical sensitivity. She had spent a \$1000 for acupuncture treatments and wasn't sure she felt any different. I felt it was worth a try and she bought a kit. She began working with the ten points that were recommended for the ten conditions that bothered people most often. (see page 132) She reported getting more significant results with this system than with the \$1000 she had spent on acupuncture.

Another person I worked with said told me he had taken acupuncture treatments for tennis elbow but had not received any relief. One simple treatment with the ear, foot and some macro acupoints and he began raving about how great he felt.

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 *Stressaway Acupressure Program* 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 can give more thought to what I can do to maintain the car in good working condition. In my view, the basis of healing lies in learning to take responsibility for one's own health and in responding to the body's messages of illness, stress, and imbalance.

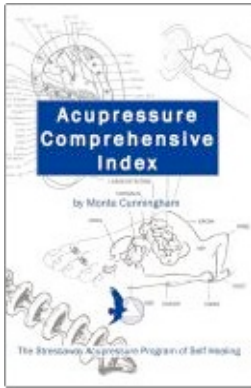
As I work with small repairs, I learn about the general workings of my body and how I interact with all the levels of my spiritual, mental, emotional, and physical being. Learning about the parts gives me more understanding of the whole. As I fix the parts, they have an effect on the whole. Acupressure is just one way of stimulating nature's own dynamic power-centers to revitalize, regenerate and repair our own bodies.

Acupressure Comprehensive Index

As previously stated, the **Healing Response** can be activated with a number of different methods. We emphasize the tools you can use yourself, without the need of an outside professional. Low power lasers, magnets and electrical devices are systems that work for some people. Using your fingers to stimulate points will cost nothing but you may be missing some of the effectiveness of the sharp points afforded by the tools.

The smaller lasers have the advantage that they don't inflict pain, but it is difficult to tell if you are on the exact spot related to your problem. Studies have shown similar results with electrical devices; however effectiveness varies from person to person. When you move up to magnets your costs are much higher.

We are studying the advantages of different products and you can follow that development there with our newsletter. Disorders listed in this book have a number of points which have been found to relieve the condition. The points will stay the same no matter which tools you use so the information will always be helpful.



Stressaway Acupressure can have a profound effect on your health. Learn methods for self-healing using your ears, hands, feet and regular acupressure points: how to use tools to heal over 4000 indexed conditions. History of this unique system is fascinating.

Acupressure Comprehensive Index

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