

# **Stressaway Acupressure Tools**

Excerpts from Acupressure Comprehensive Index

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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.

Thanks to Ralph Alan Dale, Terry Oleson and Jurgen Jora, Wensel,L.O.and Visual Odyssey for permission to use their diagrams that best show different acu-points on the body. Thanks to Rob Messick for his art work.

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# **PART THREE -- USING THE TOOLS**

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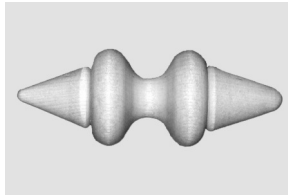
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## **PART THREE -- USING THE TOOLS**

### **Stressaway Acupressure ® Tools**

**Stressaway Acupressure ®** became an entity with the development of the tools. The four tools have been the only modalities that have given consistent results over the years. Although I have tried other tool designs, I find these four to be most effective. Comments like, “I won’t go anywhere without my Acu-Ki,” have come back to me repeatedly as evidence that acupressure is much more powerful with tools. The tools are the cornerstone of the Stressaway Acupressure Program. I am now looking at research designs to verify these insights. You may only have one tool; however, five tools come in the *Acupressure Kit* and six in *One of Everything*. Because of their importance, this book will include information about how to use the tools. You may have similar tools or you can make some if you don’t want to purchase ours. Information as detailed as you will find here is not included with any other tools I have seen on the market. The inception and development of each tool is found in Appendix D.

### **Acu-Ki ®**



The Acu-Ki (Accu-key) is the smallest of the **Stressaway®** tools. *Acu* means pointed or sharp. *Ki* is the Japanese name for the energy that flows through the meridians and is said to connect to all the energies of the universe. The Chinese name for this energy is Qi. The Acu-Ki allows you to stimulate the acupressure points accurately while sustaining the correct amount of pressure better and longer than you can with your fingers. The rolling part is a gentle roll that can also be used on the side to find points that are difficult to locate. Find the general area of an acupoint and then roll with the round side until the point is very sore. This rolling action can also be used to look for general sore points on the hand or foot just by rolling back and forth paying attention to any sore points.

There are three different points that can be used on the Acu-Ki. The sharpest point of the Acu-Ki is fine for small points in the ear and for regular acupressure points. The dull point works well on the face and for soft stomach areas that are very sensitive. Be sure to use less pressure on sensitive points. The side, or larger point, is effective for places close to the bone, like the skull (GB20), or for deep

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tissue work (Li11). Sometimes when a point is hard to find you can use the rolling action in the middle of the Acu-Ki to find the point and apply pressure.

The Acu-Ki is made of natural wood and will fit easily in your purse or pocket. Size advantage of the Acu-Ki makes it easier to use more often since repetition is one of the key principles for success. When you can carry it with you, you can treat symptoms when they are just starting without having to wait until you return to your home. There are advantages, but be careful not to drop it when using in a dark place like a movie theater. I have dropped my Acu-Ki in the movie theater but the movie people have helped me look for it during clean up.

The Acu-Ki and the Mini-Acu-Ki both have an advantage over other methods of stimulating the acupoints. When a point is sore, you are on it. When needles are used, the exact point can be missed since there is no pain. Because of the no-pain factor, you may not get the Healing Response. The same problem exists with electrical stimulation and some studies have shown that in order to get a good Healing Response you must make the stimulus so strong that the skin is damaged. Magnets and lasers are good for stimulating the points but there is a problem of knowing when you are exactly on the points. You know when you are on the points with the tools.

Your Acu-Ki is equipped with a sharp and a dull end for deep stimulation of acupressure points. Find the general area of the pressure point you are looking for and

gently press with the end you choose until you hit a spot that is very sore. Then press hard enough to make the point hurt. Hold the point for 30 to 60 seconds, until the pain goes away. It is usually not necessary to stimulate a point more than a few minutes because of the natural pain killing effects of your body's Healing Response. In some instances, the points will become very sore and it may seem like the area is injured. The point is sore because of the problem related to the point, not because of the pressure you put on it. Be more gentle with your pressure if this happens or if there is any bruising.



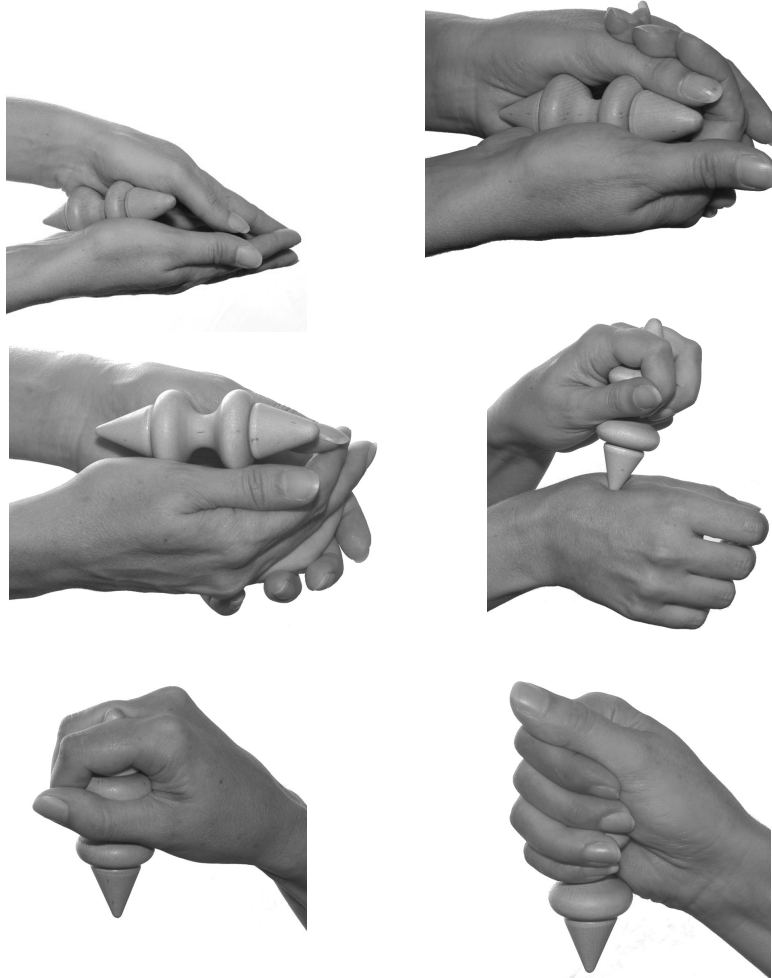
There are several ways to hold the Acu-Ki. On sensitive spots where you want the most control, hold it like a pencil. If the spot is very sensitive, you can lightly hold it like a



pen and slightly twist it. Normally you only have to hold it on a spot, once you find it. To get maximum pressure, move it in your hand toward the little finger like you would hold an ice pick. Another way of holding it is to put one end between the first and third fingers near the web of the fingers. Close the fingers and thumb around the Acu-Ki. This position allows more pressure and reach and works well behind the head and on shoulders.

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Hand Reflexology Points for neck and back





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Li 11



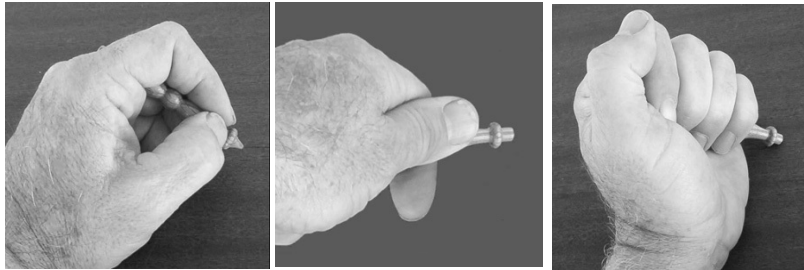
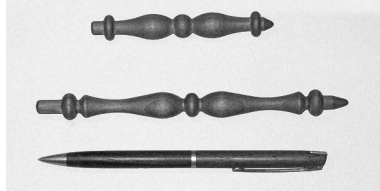
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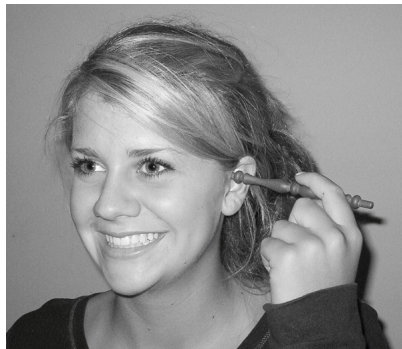
The newest modification of the Acu-ki is in the Mini-Acu-Ki and the Acu-Ki Pen. The small sharp end that used to be on the Happy-Feet is now on these two tools. They are designed to make it easier to stimulate the points on the ear. The dull end of these tools can also be used to stimulate regular acupressure points. Here are some of the ways of holding these tools.



I decide which modality (e.g., ear) to use based on where a problem is located, how severe it is, how much time I have, where I am, which points seem the most sore,

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and which system gives me the best results. If I have a problem with my foot, ankle or hand it is easiest to treat it first with the ear points, next with the points on the hand, and finally, on the macro-points on different parts of the body. I like to avoid the damaged area because I want to make sure I do not damage it further. Sometimes we do not know exactly what is wrong, but we want to see if a little acupressure will help our condition. Doctors must be very careful when they diagnose, because they are usually considering much more invasive and expensive treatment methods. If my back is bothering me and it is hard to bend to get to the macro-points for my back, then I turn to the micro-points for effective treatment.



Of course, the severity of the problem determines how many points I use. If I can't work because I have hurt my back I would probably use all the points I have identified for that condition. I would apply pressure every couple of hours until I get a response strong enough to allow me to begin working again. Remembering the cumulative effect law gives me the motivation to keep stimulating the points.

## Happy-Feet ®



This tool is different from other foot massagers, and its design was developed over a period of thirty years. Deep grooves with widely-spaced ridges give maximum pressure on acupressure points on the feet and hands. These grooves are spaced so they also fit comfortably in the hand, making it an excellent tool for deep tissue work and some of the points that need stronger pressure. This design also makes it easier to reach and put pressure on acupressure points of the ear, hands, feet, and the body. Even if you have learned how to work these areas with other Reflexology techniques it is sometimes difficult to treat yourself without this tool.

The large end is for deep acupressure points in muscles and against bone (GB20), and places where the sharp point may be too sharp (C6, C12). The sharp end was found to be a powerful tool for all pressure points. If you do use the sharp end to stimulate regular acupoints, remember it is sharper and may require less pressure to be effective.

Rolling on the bottoms of the feet stimulates all the acupressure points that may be sore in the meridian system. This provides a method to completely balance the body and energize ourselves. This allows us to find and treat illnesses and imbalances before they become serious health threats.

You can stimulate both feet at once with the Happy-Feet. When working on the inside or outside edges of the foot, move your knee to the right or to the left and bend your ankle so the tool rolls or presses directly on the spot. Work one or both feet at a time, sometimes using the idle foot to hold the Happy-Feet tool in

place. You can use a light, rolling action, or, when you find soreness, just hold the point.

Some people bring their foot onto the top of their knee by crossing one leg over the other and roll the Happy-Feet on their points or use the ends for deeper pressure. Both the Happy-Feet and the Acu-Ki tools can be used on the feet or hands. The ends and ridges are different, so you get a different effect. When a person has a sinus problem, I recommend using the Happy-Feet because the points on the hand and feet for the sinus are in between the bones and this sharp edge works better than the gentle rolling effect of the Acu-Ki.

Keep the Happy-Feet off the floor when not in use, so no one will slip on it. At first you may need to wear socks because the Happy-Feet is so powerful. After a while your feet get used to the pressure and you can remove the stockings. It is best to remove stockings from your feet to keep them from slipping. A short haired carpet is your best surface. Long hair carpets can catch and the tool could make grooves in the carpet. There are five sizes of points on the two tools. The Happy-Feet has the sharpest and dullest points and the Acu-Ki has three point settings in between.

If it is hard to get to an area, the Happy-Feet offers a longer reach and it is sometimes easier to reach the points. The ridges are deeper than any other roller on the market for deep pressure into the points, (remember--no pain, no gain). These ridges are also designed to fit comfortably in the hand. People with weak hands find it easy to put deep pressure onto points with the Happy-Feet rather than the Acu-Ki. This also gives massage therapists a tool for deep pressure without damaging their wrists.

At first I sold the tools individually, but I found I couldn't determine which tool would work for a specific symptom. Another reason that this tool was included in the Acupressure Kit is because I didn't know when the person would need this deeper stimulus.

Beth had scoliosis and her back hurt every morning when she awoke. I thought the Back-eze would work the best for her but she reported that when she used the Happy-Feet at night before going to bed that the pain was gone in the morning. This example

and many others like it, led me to combine the tools into the Acupressure Kit with three tools and different combinations of books.



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**Inside of the foot for  
stimulating the back.**

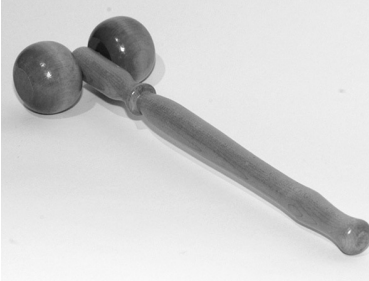


**Outside of the foot for  
stimulating the wrist,  
elbow, shoulder and  
arm.**

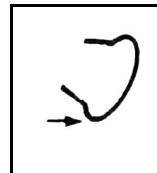
**Stressaway Massager**

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This massager is scientifically designed to release stress by deeply massaging muscles and by activating key acupressure points that send signals to relax and heal all the parts of the body. Grasp the handle about two inches behind the two rollers and roll the massager over the desired area with a firm pressure. Light pressure may be necessary in sensitive areas but strong pressure is recommended for most muscle tissues. Ten to fifteen pounds of pressure, that can be determined by pressing on a bathroom scale, can be used effectively for treatment. Just press until you get fifteen pounds to know the correct pressure.



The end of the handle is designed for stimulating specific acupressure



points. Many people get relief using this tool for conditions that have not responded to

other therapies. Positive results reported by users led to the development of all the other tools with the major emphasis on acupressure. The **Stressaway®** massager rolls away stress through deep massage of muscles and



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through activation of acupressure points in deep muscle systems and on bones. This is the tool that feels good while it activates the Healing Response. This is the first tool I developed thirty years ago and I am still amazed at all the different kinds of relief that individuals report after using it. Often just rolling around problem areas will stimulate pressure points that cause healing.

In the town where I first started selling this tool I purchased a car and the car salesman asked me what I did. I showed him the Stressaway and he said he got one for Christmas from his son. He had had open heart surgery and the tube they put in his arm to monitor the surgery caused nerve damage and there was nothing that could be done for it. It bothered him for several years. He rolled the Stressaway around the different parts of his arm that were bothering him and the pain left. He gave me a very good deal on the car. This photo is not the car salesman, but you can see how it is rolled on the arm.



I once rolled this on a woman's head and her headache of three days' duration went away. Just by rolling on the head and stimulating sore points, the body is tricked into thinking we have hurt ourselves. The resulting Healing Response gets rid of many headaches. This tool is also powerful when used on other points. The head is a Micro-System of acupuncture. By rolling the Stressaway all over the head we are stimulating points that balance the

total meridian system. This leads to better health and a renewed sense of well-being.

**Headaches** Muscle tension from constant stress often results in migraine and sinus headaches. For sinus headaches, massage the forehead and the front of the scalp. For headaches on the back of the head, roll the massager across the base of the skull and vertically along the neck. There are 86 acupressure



points on the scalp that have been used to treat headaches. Just rolling in a sore area stimulates the Healing Response. A list of the most important points for headaches is used as the sample for the Computer Analysis on page 46. "**No More Headaches**" is one of my books that lists points for 39 different types of headaches and underlying problems. It also gives the history of how headache relief was so important in creating the whole system of Stressaway Acupressure and the Acu-Ki Institute.



**Neck and Shoulder Pain and Tension** Stress contributes to tension in the muscles of the neck and shoulders. A tapping vibration and a deep muscle massage bring relief. Tap the muscles lightly with the side of one roller. Increase to a vigorous tapping motion.

Follow with a rolling motion applying as much pressure as is comfortable. When you roll your massager on the top of another person's shoulder, use one ball only. Deep pressure with the one ball penetrates the acupoints on top of the shoulder rather than missing



the important acupoints by trying to roll with both balls. Another effective application is to grasp the roller in both hands and roll them against the neck and head. For shoulder treatment, place the massager between the upper back and a wall as described in "Self-use on your back."



A lady from Asheville, NC said, "I got more relief in 10 minutes with these tools than in a year of physical therapy, three times a week, for a car injury to my neck."

(N.W.)

Another person who had neck problems responded with the “Healing Response” almost the second I touched her neck. She had an immediate shock response and felt very faint. She explained that she had been in extreme pain for twenty-eight years from an automobile accident. No therapy had been able to relieve the pain because the minute anyone touched her she became faint and the pain increased.

We worked with the G26 point to deal with the fainting feelings and while she stimulated the points on her hand that related to the neck with the Acu-Ki, I worked on her neck and shoulders with the Stressaway. I started very lightly just to let her body get used to the light pressure. I asked her constantly, “Is this too hard?”, “Does that feel ok?” After a few minutes of working all over the neck and shoulders I increased the pressure slightly and went over the same area again. After doing this sequence several times over the course of about ten minutes she looked up at me with a smile and an amazed look in her face saying, “This is the first relief I have had in twenty-eight years, thank you very much.” She made my whole day.

**Back Pain and Tension** Arthritis, muscle spasm, injury, stress, weakness and over-exertion can contribute to back pain and tension. Tapping the sore muscles and massaging against the wall helps to increase blood flow and bring energy into the area while aiding in relieving

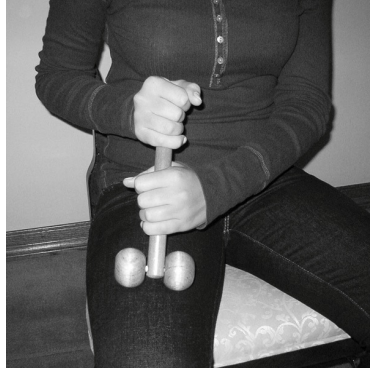
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pain. Regular use of the massager helps restore and maintain muscle tone and strength.

One lady bought a Stressaway for her husband who was home in bed with back pain. The doctors couldn't find anything wrong but he was suffering with intense muscle spasms that were so intense he was unable to work. She said the spasms were so bad that he allowed her shop without him there to monitor her purchases. When she got home and saw the



Stressaway, he told her she had been "taken again" because the doctors told him nothing would help except rest. She told him to be quiet and turn over so she could roll his back. In two days he was out of bed. He came to see me the next month, at the show, just to thank me and tell me, "This was the best purchase she has ever made. I wouldn't trade the Stressaway for its weight in gold." The Stressaway Massager worked for him without using any of the other tools.



### **Muscle Cramps and General Aching**

The Massager is especially effective for releasing muscle spasms and cramps in muscles. When I get that nagging upper back muscle spasm, this is the tool that helps the most. If no one is around to help me, I use the Back-Eze for the deepest

effect. Overexertion can contribute to muscle cramps and overall aching. Use the massager to roll away discomfort and improve circulation in the painful areas. Athletes find the massager most helpful in relieving cramps and tension in their legs.

**Tired and Sore Feet** To aid in bringing circulation to tired and sore feet, roll the massager across the bottom of the foot. Place the massager on the floor and roll one or both feet back and forth along the length of the foot and from side to side. For a deeper massage to specific sore areas, apply pressure in a rolling motion with the end of the handle. For deepest pressure into the points of the feet, use the Happy-Feet.

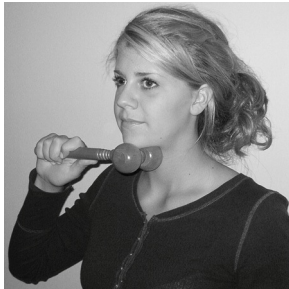




**Stomach Discomfort and Muscle Tone** To help improve muscle tone, relieve gas pains, constipation, and stomach spasms, place both hands on the end of the massager handle and roll up and down from the

ribs to the pubic bone. Use as much pressure as comfortable.

**Cellulite** deposits tend to center in the thighs and buttocks. To aid in dissolving deposits and restoring muscle tone and circulation, vigorously massage these areas. Use an up-and-down motion then a brisk horizontal massage.



### **Double Chin**

Lack of muscle tone and circulation contribute to the double chin problem. To aid in restoring circulation and tone to this area, roll the massager horizontally along the base of the chin. Contact the chin with just one roller at a time. Use a comfortable amount of pressure. A

Japanese lady told us this was how they massaged the chin in Japan. Massage has the same effect on muscles

as exercise. It increases the circulation and brings the youthfulness back into the muscles. It has the same effect on the underside of the arms that sometimes become flabby as we age.

**For Self-Use on Your Back** The most effective manner of using the massager on your back is against the wall. This was the original intention of this tool for my back. (I used it to stimulate the Neuro-Lymphatic release points on the back that I couldn't reach.<sup>13</sup>) With the handle pointed downward, position the rollers on the sore area of your back. Now lean against a wall, (not wallboard because it will leave marks). In order to create a rolling action on your back move your hips forward and back or flex your knees or raise yourself up and down on your toes. Two to three inches is enough at one spot. Place one foot in front of the other for balance. If the massager slips on the wall, a light pressure upward on the handle will hold it in place or you may have to change the angle of your back to the wall. When you locate the area of greatest pain or tension, put more pressure on that spot by pressing harder against the wall. Move your feet away from the wall to produce more pressure on the back.





Light and then heavy pounding on the muscles with the side of the roller is also very effective in treating a tense back and muscle spasms. The Back-Eze evolved from this tool to allow the rollers to be mounted onto the wall more permanently.

### **For Using on the Back Of Another Person**

Have the other person lie down and relax. Place the fingertips of one hand on the spine near the top of the massager. This allows you to keep the massager centered and always working on the deep muscles along the spine. You don't need to do this if the person is undressed because the finger pressure just allows you to feel the spine when you can't see it under a blouse or shirt. Feedback from the other person will help you judge the pressure desired. To apply greater pressure, hold the massager closer to the rollers or use both hands on the massager for extra deep massage and apply your body weight. Care should be taken not to rub directly on a bone or delicate area.

Be gentle and build up to deep tissue work. One large farmer purchased the Stressaway because he said his wife couldn't ever get enough deep pressure for a good massage. When he got home, he kept telling her to go deeper and she worked on him for about two hours. He said it was great but the next day he could hardly move. Start slowly. Be gentle with yourself.

### **Neck and shoulders**

To get the best pressure on your neck and

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shoulders hold the massager as seen in this picture. When massaging the left shoulder and neck it is best to hold the Massager with your right hand near the rollers and the left hand near the end. To get leverage and pressure on the rollers you pull toward the neck with the hand near the rollers and push away from the neck with the hand near the end. This gives you leverage like digging with a shovel. Then with that pressure applied you roll the Massager back and forth.





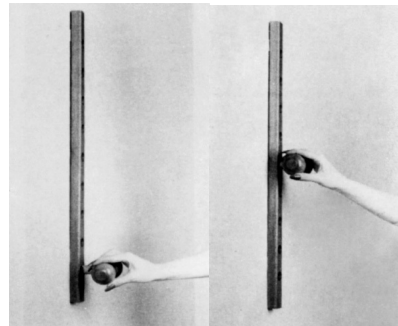
### **Back-Eze®**

This tool was designed to give a deep massage to the muscles of the spine. You can now ease muscle spasms, improve circulation, and reduce tension and stress in your back and shoulders without anyone's help. The back is



another Micro-system that can treat any meridian imbalance. Stimulating points on the back can treat the whole body. Most conditions treated with acupressure that have important points on the back are easily stimulated with the **Back-Eze**.

The **Back-Eze** is designed for stimulating muscles and energy points on your back which are hard to reach. To use the **Back-Eze**, place the insert or roller assembly at the height of the wall mount where you feel soreness or tension and lean against them with light or



heavy pressure depending on the amount of pain you feel and the intensity of massage you desire. When you locate the area of greatest pain or tension, put more pressure on the spot by pressing harder against the wall. The more pressure you use the better your results. **The most penetrating pressure is applied by moving your feet away from the wall as you roll.** You will get amazing results by placing your feet one or two feet from the wall and slowly rolling up and down, as you flex your knees, one or two inches at a time. Never use more pressure than is comfortable on any spot. You can work all over the back but most relief will be found along the spine because of the large muscles and important energy release points found there. Move your hips forward and back or flex your knees to create a rolling action on your back. If you prefer, place one foot in front of the other for balance and stability. As you do this exercise, your legs will get stronger, and your back will be strengthened.

When working long hours on a computer or any desk job it is invigorating to start massaging at the base of the spine working up for 30 seconds to a minute at each position. Massage at each position two to three inches at a time rubbing and heating the soft tissue along the sides of your spine. Doing the whole spine will very likely adjust your spine. Muscles, tendons and compressed nerve roots will be relieved of long held tensions to facilitate the flow of energy and help the body regain optimal function.

Muscle spasms are the quickest symptoms to experience relief from this remedy. As I stated earlier

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people experienced so much relief from stress that we called our first tool “The Stressaway”. I am always surprised how quickly upper back tension leaves with just a few moments on my Back-Eze.

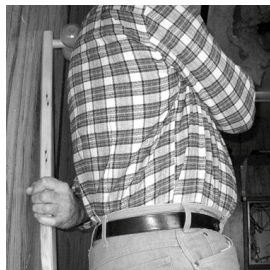
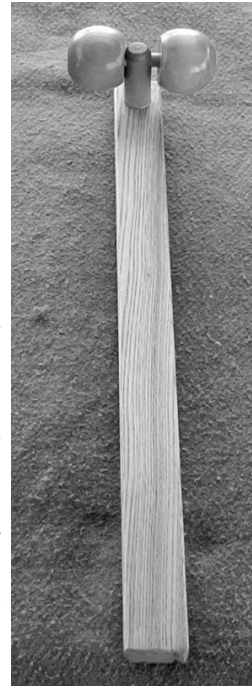
We recommend concentrating on the muscles along the spine where acupuncture points are most dense. Also considering the spine is the pillar of the human body, because it's connected to all internal organs, muscles and nerves. As we spend more time on our computers many people find it effects the curvature of the spine and hump-like deformities and bad postures can be prevented with regular use of this tool.



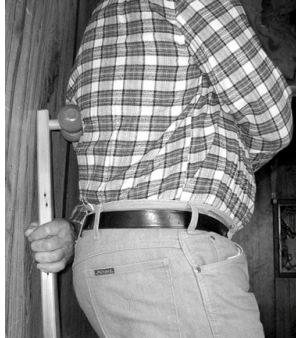
## **Mini Back-Eze**

This is our latest model of the Back-Eze. There have been five other designs that have been used since 1980. I am very excited about this item. Back pain sufferers can get relief on their own anywhere. It

is easy to carry and use without any complicated equipment. It does not need to be mounted on the wall with any devices. Simply place it against a solid wall, tree, post or truck and lean against the rollers. Then holding the Back-Eze in place move your feet away from the wall to put more pressure on the rollers. Then to get soothing, deep pressure move your back up and down by bending your legs up and down or move your hips backward and



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forward. Use strokes of about 2 to 3 inches in one area and then move to another spot on the back. When holding the handle with your hand, just hold it tight enough so the handle does not slide while the back is rolling on the rollers. To use on the lower part of your back turn the Back-Eze over with the rollers on the bottom. Then just place them over the part of the back you want to massage and let the handle lie flat against the wall. The Back-Eze will stay on the wall here because the pressure is directly against the rollers instead of up and down as in the other parts of the back. See the pictures below for the different ways to hold your Back-Eze.



If you look closely at these pictures you will see some small dark spots on the side of the handle. These are holes made from nails that held wooden pallets together for four wheel gocharts. These pallets are thrown away by the local stores. One of the things that is destroying our planet is our throw-away society. One aspect of developing a Sustainable Society is to start designing products that can be used from recycled materials. Although it is quite a lot of work to get this used wood and

make it into a usable product it is worth the effort. The first two thousand of my Stressaway Massagers (which was the first model used against the wall) were made out of items that were being thrown away. I probably have enough wood to make a few thousand of these Back-Eze. Although it will not solve the larger problem of how we are destroying our forest and planet it is something that I can do personally. Each of us can make our own contribution to building a better society. A thousand mile journey is made just a few steps at a time.

Below I have listed the points on the back that relate to specific organ systems. Anyone having a disease with a particular organ system will usually find that the corresponding point on the back will be sore.

Four key longevity points are UB22,23,24, and UB25 found on the diagram on the page 92. Another critical longevity point is St36. The Acu-Ki Institute is currently conducting research to measure the effects of these tools have on longevity. If you wish to participate in this evaluation contact us through [www.stress-away.com](http://www.stress-away.com)

Using these points daily, along with the other points on the back, is known to balance all the meridian systems, your basis of a more healthy and longer life.

The back is one of the Micro-systems of the body that Stressaway Acupressure Program works with, especially in the prevention mode. As we said earlier, a micro-system means that the Back is a miniature representation of the body, or a hologram. The entire whole is represented in each of the parts. Practically, this



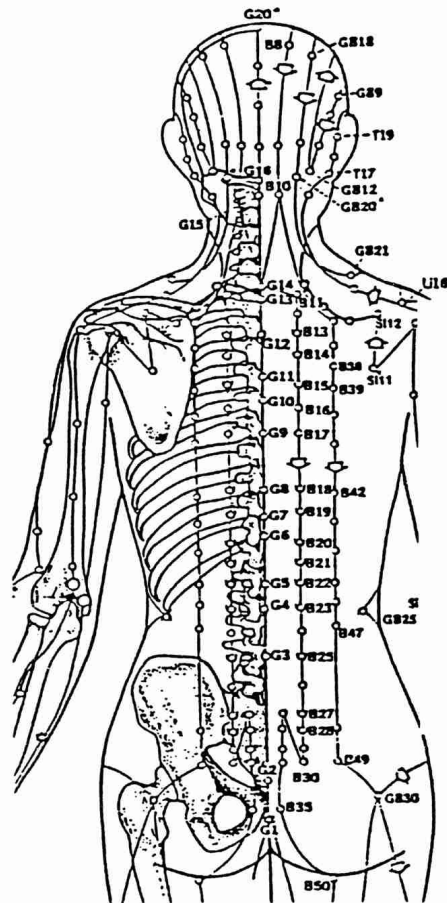
*The Stressaway Acupressure Program of Self Healing*

means all the parts of the body can be treated and balanced by treating the back. Work with the Back-Eze daily to balance the whole body. Any sore points indicate an imbalance in your meridian system which, according to Traditional Chinese Medicine, is the basis of all illness. When I first started working with points on the back I was looking for Neuro-Lymphatic release points. Using these points gave me the first relief from pain that I had suffered for fifteen years. I have included a condensation of those points in Appendix H.

The other four Micro-Systems we use to balance the energy system for prevention are found in the ear, head, hands and feet. The Stressaway is used to roll the head: the Acu-Ki and the Happy-Feet are used to roll on either the ear, hand or the foot. Each tool is slightly different in design and intensity allowing a different effect on the energy system.

Working with each of these systems a few minutes each day gives us a way of creating harmony and balance. All of our books and tools are designed to assist you in relieving pain or disease. These conditions are indications of imbalances in your body. Once those conditions have been dealt with, it is critical to then begin the work of prevention. Exercise, diet, clean environment, meditation and lifestyles that heal daily stress and keep us balanced are important ingredients of a balanced and healthy life.

### Yu or Back Micro-Acupuncture System



- B13** (T3) Lung
- B14** (T4) Pericardium
- B15** (T5) Heart
- B18** (T9) Liver
- B19** (T10) Gall Bladder
- B20** (T11) Spleen-Pancreas
- B21** (T12) Stomach
- B22** (L1) Triple Warmer
- B23** (L2) Kidney
- B25** (L4) Large Intestine
- B27** (S1) Small Intestine
- B28** (S2) Urinary Bladder

B=UB

Home

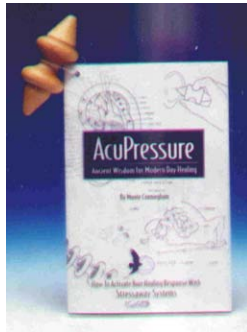
Up



# Acupressure: User Friendly Self Healing

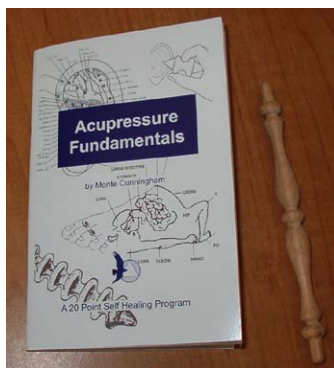
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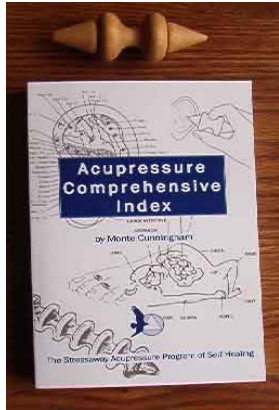
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