

How I Stopped the Pain with Acupressure

A Study of 1148 People

by Monte Cunningham



**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 e-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

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Acknowledgments

I am grateful to my friends and teachers
who have been the subjects in this study.
Their results encouraged me to develop and share this knowledge
and philosophy of Acupressure.

Dedication

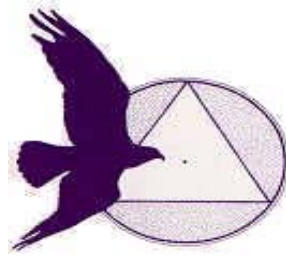
This booklet is dedicated to the awakening
of the healer within you.

May you find your Self
in your quest for health.

Learning to Balance the Energies in Our Lives

The **Stressaway Acupressure** logo comes from the study of Jungian and Egyptian symbols. The triangle represents the three aspects of our being that seek harmony: body, mind, and spirit. When these three are in balance and in harmony, we experience unity with God and the Universe. The circle with the dot in the middle represents this unity. It symbolizes the harmony, peace and freedom that are ours when we learn to balance the energies in our lives. The bird represents our striving for this unity and oneness with all things.

Visualizing and meditating upon the different aspects of the logo -- which the ancient Egyptians did in their spiritual practices -- will help bring about this state of balance and unity.



See our web site for more information on this symbol and how it led to the development of this program of acupressure. www.stress-away.com

**Ancient Wisdom
To Activate Your Body's Healing Response**

About the author

Monte Cunningham enjoyed school until he got into college. He loved his studies and maintained an A average through most of high school, was active in sports and enjoyed participating in student government. During his senior year he experienced severe shooting pains in his legs that ended his aspirations of becoming a lawyer.

Monte comments: I hurt my back playing football in my senior year of high school and it took several years to get a correct diagnosis. The pain led to my loss of a football scholarship to USC and a citizenship scholarship. After ten years I got a neurosurgeon's diagnosis of a slipped disk. After fifteen years, two surgeries and continuing pain, I was told I had spondylitis for which there was no known treatment. They said, "Live with the pain." It was at this point that I started looking for my own answers.

I first tried every avenue the regular medical community provided. Unsuccessful in this effort, I began looking at alternative systems and devoted five years to a healing quest and studied over forty different healing modalities.

Acupressure was the one modality that worked for me. Stimulation of acupressure points stopped my pain! I designed a massage tool (Stressaway Massager) and successfully treated the muscle spasms in my back. I developed something anyone could afford and designed several additional tools to stimulate the acupressure points. Following these successful efforts I began manufacturing the tools. Hurting people were eager to use my successful method. I was in a fast-growing business. Within five years I had thirty-five people manufacturing the product for close to 600 stores with my last Christmas having about 500 people demonstrating the product all across the country. Sales were great. During these first years, eighteen other products similar to mine soon flooded the market and my business failed.

When first demonstrating the massager by rolling it over the head and shoulders of subjects many reported their headaches ceasing. Several years after the first business failed I began investigating the initial consistent results I had had with pain relief. I began documenting responses in my local flea markets. Over 1150 subjects found a 78% pain reduction within a few minutes. Thirty-five percent of the users were completely pain free. Sixty-five percent of Headache sufferers were free of pain within three minutes. These documented results have precipitated market expansion to include more medical professionals and pain centers.

Wild oats stores is our newest client. Over thirty medical clinics are involved in a project focusing on repeating the results of previous studies.

Overcoming pain has been the motivating force in my life. Pain will humble any person and overcoming pain changes lives immeasurably. I know Stressaway Acupressure works! My life goal is to share acupressure with anyone who wants to learn to improve their health and relieve pain.

Preface

80 million people suffer some kind of debilitating pain every year. It is the main item that brings people to the doctors office and is one of our largest expenses (expand) There are over 16 million references to pain with a simple search on an Internet search. Everyone has something to sell you for your pain and no one believes most of the claims about how effective different remedies are. Pain treatment has become a 100 billion dollar industry. The tools I was selling got rid of my pain of over 20 years so I knew it worked. So to sell my tools I had to demonstrate that I could relieve pain. The relief of pain became my main selling device. Since I was in a market setting (flea markets, fairs, and festivals) where people only stopped for very short periods of time I had to do this quickly. Since I knew if I got rid of their pain they would want my tools and books I was motivated to get rid of their pain quickly. This strategy worked well for me for several years.

In 1990 I wanted to expand my market to professionals like doctors. One of the first doctors I spoke with turned icy cold the first time I mentioned that there were points on the foot that related to the different parts of the body. I had no data that showed the effectiveness of this system so I began collecting peoples' results. The scientific documentation which was the basis of this research was all of the collected works of Ralph Alan Dale (**quote several works and the class offered). Ralph was also the first person that gave me formal training in Acupuncture in 1983 and had recommended that I design a wooden tool for stimulating the acupressure points.

His recommendation led to the design of the Acu-Ki and the Happy-Feet which filled out the three main components of the Stressaway Acupressure Program tools. This history is in more detail in Stressaway Acupressure. He documented at that time that there were several micro-systems of the body that were miniature replications of the body and could be used to treat problem areas of the body. He later documented this in more detail in a series of articles in the Journal Of Acupuncture.

At the time I chose three of the micro-systems that had traditionally been used which were found in the ear (Auriculotherapy), and in the hand and feet (reflexology). These are fully documented in Stressaway Acupressure. These are easy to get to in the setting I was working in e.g. Fairs, and are the easiest systems for people to use on themselves with the tools. I had first encountered reflexology in 1964 and taught it in a prison demonstration project on TM in 1974. I knew how it worked but I could not find any documentation in the scientific literature. I also knew that with the tools that people could do this themselves. An essential part of my system focuses on Self-Healing. If you can't do it yourself, you lose the benefit of the constant repetition which is a key factor to success.

What is Acupressure?

The healing art of acupressure is at least 5000 years old and remains the third most popular method for pain and illness relief in the world. Based on the same principles as acupuncture, (but using pressure instead of needles), acupressure works by stimulating specific reflex points located along the lines of energy which run through the body, called

meridians. There are 14 main meridian lines and numerous secondary lines, each of which corresponds to an individual organ or physical system of the body. When the vital energies (Ki) are able to flow through the meridians in a balanced and even way, the result is good health. However, when we experience pain or illness, it is an indication that there is a block or leak in the energy flow within our bodies.

Nature's Healing Response

There is a natural source of healing power in everyone. When this healing power is activated, it triggers a series of internal processes, producing a *Healing Response*. Pain or injury act to alert the body that damage control is needed to repair the affected area. The body releases endorphins which reduce pain, and heart and blood pressure rates increase to eliminate toxins from the damaged area. Acupressure induces this *Healing Response* by simulating injury through pressure. When applied to specific points along the meridians, the pressure tricks the body into producing a healing in the organs and systems corresponding to that acupressure point. While the body is healing the point of pain, it produces a *Healing Response* all along the meridian. Through repetitive acupressure treatments, the body balances its vital energies, restoring health and promoting longevity. It learns a new and effective way to activate the *Healing Response* and increases the power to heal itself.

Can Acupressure Help You?

While acupressure can be used with conventional methods of pain relief it can also provide a cost-efficient alternative to medical or surgical procedures. Some of the other ***Advantages of Acupressure*** are:

- Acupressure is non-invasive and there are no negative side-effects.
- Acupressure is safe, easy to learn and do on oneself at home.
- Acupressure promotes and generates overall healing, along with symptom relief.
- Acupressure accelerates healing from injuries and surgery.
- Chronic conditions that have resisted other treatments are frequently relieved through acupressure.
- Sensitive acupressure points may offer early screening or diagnostic tools for conditions like breast cancer.

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 of the 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 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.

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%

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 of people who have used the Stressaway Acupressure Program, support the belief that acupressure, with these tools, offers an effective and cost-saving method of treatment that is worth studying.

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 in Acupressure: Ancient Wisdom for Modern Day Healing. They asked to see if those parts were sore. Points on the hand and feet that relate to the breast were 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. 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 Oleson. 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 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, fibromyalgia, toothache, carpal tunnel, sinusitis, ankle and heel problems and fatigue, to list just a few, but not enough to document in the short time available. This latter group was defined as part of the miscellaneous group which were too small individually to have a special category for them. 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 and we wish to document how well acupressure works for these conditions. 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 the Acu-Ki Institute.

Looking at the results it is remarkable how close these figures are with other studies that have measured the effectiveness of pressure on the ear for pain relief. One study found an 85% effectiveness in pain relief after 1-3 minutes of pressure on the acupoints off the ear.

The points at the end of this document which describe the points used in a graphic and text format you have enough information to exactly duplicate the results I have produced. The treatment points for headaches was the only area where I deviated from this application. I had seen many spontaneous healings using the Stressaway Massager and had found a few good acupressure points that worked most of the time so I only used those two systems when treating headaches in my original study. It wasn't until years later that I discovered how effective auriculotherapy can be for headaches also, so I have added those points to the treatment program that is now being used in the new research design included here.

Because several people got almost instant pain relief using points on the ear I have also changed the sequence of different systems used. Dale mentions “that if the regular acupressure points don’t give you relief then go to the micro systems to get more relief.” I now emphasize to start with the auriculotherapy points for a condition and then move on to the other systems including the hands, feet and macro-systems. The point sequence in the diagrams reflect this concept so it is recommended to go by the sequence reflected in the charts.



What actually happens when demonstrating the product is that I try to do two things for the person in the demonstration. First I put tools in their hands and show them where the points are. I usually read or point out the instructions so they can get the idea of how important it is to get the exact area and how to use the information from the books. Then they get a feel of the sensation of slight pain they are trying to create. They also learn that they can do this for themselves—self healing. They become empowered with the ability to

heal themselves in just a few seconds. As they are working on one point I work on other points just so they can get quicker pain relief and a quicker experience of what they can do. As they get relief I relate the documentation that others have normally experienced a 78% reduction of pain with this system and if others can do it that they can.

The written information and the pictures only give you an approximation of where to look to find the point that exactly corresponds to your problem. All of my point descriptions have been put in lay terms so a person doesn’t have to know medical names for parts of the body so that anyone can use it. This makes it more user friendly also. So you go to the general area and then press around until you find the sharp pain like sensation, many times feeling like a needle. You want to press hard enough to get a healing response but not hard enough to create actual damage. It is best to create as much pain as you can stand but not enough that would make a person say, “no this hurts too much for me to do.” Usually the more serious the problem the more tender will be the point the micro-system .



For some people the points will be very sore and they will get a slight shock response. (Dizzy, nausea and light headedness). You should stimulate G26 and St36 for these responses. More details on this phenomena are found in Stressaway Acupressure and the lessons that are describing how to use Stressaway Acupressure. There you will also find a description on how to use all the tools. Stressaway Acupressure has the history of my involvement with pain and all the specifics of the program. It also includes more points

for the different conditions and a listing of the most important points for over 4000 symptoms taken mostly from Ralph Alan Dales “The Acupuncture Comprehensive Prescription Index”.

The points in the present document you are reading are limited to mostly the points I used for the study and Dales classic index was not available at that time. His index does not include the points in the hands, ear and feet. He outlines those points in other manuals.

These points are listed at the end of this document.

The points for the micro systems in this study are taken from Acupressure: Ancient Wisdom For Modern Day Healing and will not be reprinted here to avoid duplication. As I studied the different systems that described the reflections of the hands and feet I found several discrepancies. I found about six different descriptions of each system and I tried to consolidate them so that the book reflected the responses I was getting in my demonstrations. Some systems were so different that I found it difficult to see any similarities. Because of the potential importance of these differences there is a whole field of research that will prove very productive. The differences of systems and American reflexology charts makes one think that there isn't much of a science at it. It is complicated and needs more research but we can get benefit from our current understanding.

The points of the ear are taken from the systematic method for locating the precise position on the ear developed by Terry Oleson called Auricular Zone Nomenclature System. Each auricular zone is represented in his system by a set of two letters and a number. The actual pictures of the ear micro system are also in the index from Stressaway Acupressure taken from The Auriculotherapy Manual by Terry Oleson. The response of the pressure on the ear with our tools has been so beneficial (many times people who were scheduled for surgery had enough pain relief in 30 seconds of ear stimulation to cancel their surgery) that I have developed another tool called The Acu-Ki Pen. It has a sharper point and can be carried in the pocket like a pen.



Because of the many times that pain has disappeared in just a few seconds from stimulating the ear points I usually begin with stimulating the points on the ear first. Then I move on from there. Each time we (because the person is also stimulating a point when I am) finish with a set of points, I ask how is the pain now. When the pain is

gone is when I usually stop the demonstration and don't use any other points. Many times this has been in just a few seconds. The words "amazing and I can't believe it." are frequent exclamations by people and makes one feel good. This is just the procedure for the demonstration and should not be a determination on whether this will work for this person.

Acupuncture and acupressure effectiveness is usually related to repetition of stimulation of the related acupressure points. There seems to be some type of learning curve that is going on which is an indication that the nervous system is learning a different response to the internal pain and healing some type of defective internal loop that is preventing the healing of the pain. The response to the initial demonstration will probably be a good predictor of the effectiveness of this system for a person in long term treatment but we have no data on this at this time.

About three percent of the participants had no positive response to the initial treatment and about ten percent had a limited response. If this is an indicator of their expected long term results then we would say that this system doesn't work for everyone. If a person isn't getting some immediate results in the first few weeks it is unlikely that they will keep up with the treatment and will therefore not expect long term results. Personally it took me over four months to get complete relief of the pain that I had had for over 20 years. More research needs to be done in this area also. I tell people now that if they don't get results in the first few weeks that they should contact me and we will give them additional points that may relate more to their condition.

When I was at Yuma, Az. recently I found that some of the people who came up to see if they had relief didn't get any response. I had read in the literature that the younger a person is, the quicker they can expect results from acupressure. There seemed to be some support of the age related factor because many of the people in the Yuma setting were older and retired. This would seem to be the case but this is also an area that needs to be documented. There were no questions about age or gender in the original study.

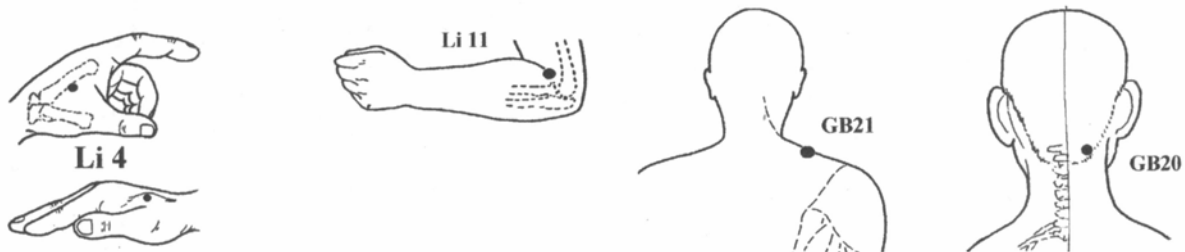
There also is the difficulty of having a control group in this type of setting. When I was demonstrating and selling the tools and information I was trying to earn a living. I gathered the data to support the results I was getting. For several weeks I tried doing a sham stimulation of the acupressure points but the results were so negative that people just walked off. So in the setting I was in it is difficult to not give the real thing. I also would get strange comments from people like they knew nothing was happening. Maybe in an academic setting where you are not losing money if you don't get results you can use the double blind controlled studies. I perceive this may be a problem in the clinical setting also. So rather than trying to do placebo type studies we will probably want to do more at comparing different systems of treatment and looking at things like cost and long term benefits. I am seeking funding to study these findings in another setting so that the results will be more scientific. The results in this study can be seen more in the survey type of study.

Something else that was not studied in our program was the long term results. The only measurement that was taken was at the point that the person was introduced to the methods. The research and the methods used in acupressure and acupuncture seems to indicate repetition is important and so this will be an important component of any other studies that are able to be funded. When the original study was done people didn't have e-mail like they do now. Hopefully this will make it easier to collect follow up information in an economical fashion.

Before any research is done in clinical settings that can try to duplicate these results we must first focus our attention on teaching others how to get similar results. Once we have a number of clinics that feel they understand the principles and are getting good results then we can start measuring the benefits of this system. I usually would only have a few minutes with a person so I would show them the basics and show them how to use the tools and read the books and then it was up to them to apply the system. If a person has a lot of problems I will work with them to train them to use the tools and points better. So on a personal basis I go through the printout for each point and show the person how to find the point and use the tool. I do not treat anyone. I only share the information and teach them how to use the system. My introductory video also gives a person a good feeling of what they have to do to get results.

I used to only sell the tools individually but so many times I would think one tool would be enough for a person and they would say another tool was what worked for them that I ended up putting all my tools together into one Acupressure Kit. That allows them to find the tool that is right for them and gives them the maximum amount of information so they can tie the whole system together. For example with headaches sometimes a person will need all three tools to get the full benefits. Since headaches is the area where people have the most pain I am writing a complete book on it and I will give a little more information of how I work with a person with headaches.

The next section is taken from “No More Headaches With Acupressure”. When I work with people that have headaches, I always start on the regular macro-system body points



above. (Li4, Li11, GB21, & GB20). I have gotten excellent results and will usually get relief within three to five minutes. If the headache is not gone with the first four points, I add a few more points while we also use the Stressaway Massager on the area where the head hurts. If it is still not gone in a few minutes, I work with some of the points on the micro-systems. The points on the ear are very specific for different parts of the head and usually gives excellent results.



If it is clear that these points are not giving relief I ask more about the nature of the headache. If I find it is because of some injury to the head then we add the micro-point on the ear that relates to the area of the injury and I usually find faster relief. If they report that they usually have neck, shoulder or back pain then I add the micro-points related to these systems to the headache treatment. I have found

that the underlying cause for many headaches seems to be in the shoulder, neck and back areas.

If there is still no response to the headache points you would work with either the specific headache condition listed in the index or additional points listed under headaches. Under headaches you will find 39 different conditions, like cluster headaches, headache in back of head, or migraine headaches. I would add the points for whichever one of these is related if needed. You determine which one relates by seeing if the point is sore. Usually though, I only need to work with the first four points listed on the headache example sheet.

A few people who get no response to this sequence have found that rolling the Happy-Feet on their feet will stimulate sore points that we haven't been able to identify. This general overall body treatment will help balance the systems that may be causing the headache.

Our research results would of been even better for headaches if we had known the points for headaches on the ear which we now know. You can see from the Summary of Data Collected that headaches was the area with the largest percentage of people who had

100% pain relief. Some of the data collected on the form from each person was the estimated cost of treatment for the condition during the previous month. Ninety four people reported an average cost of \$108/month or \$1296/year for headache treatment. There are 387 people who have worked with us for their headaches. If a minimal of 60% effectiveness were gained using this system (and we would expect it to be much higher) there would be a yearly savings of over \$300,000 for this group of people. Over a ten year period each person would save over \$7,000 and there are a lot of other quality of life factors that would improve without the presence of the headaches. And this would extend out year after year at no additional cost to that person. Their initial investment of \$50 for our Deluxe Acupressure Kit would pay for itself in the first two weeks of pain relief.

When we measured how much pain a person had there were many cases that the person was on medication so we were not able to determine the level of pain relief. At other times we measured one symptom and then a person said they wanted to do some other symptom also but didn't have time to do the evaluation on the second or third condition. In these circumstances we just took down the name of the symptom and we have put that in the category of No-Data. There were 190 people in this group that we hoped to follow-up on but the time and cost of such a follow-up were too great to do so.

Summary of Data Collected

Symptom	Number	Pre-pain	Post-pain	% Reduction	% All Pain Free
Backache	209	9.72	2.06	0.79%	0.27%
Neck	159	10.08	2.66	0.74%	0.38%
Headache	131	8.66	1.30	0.85%	0.65%
Shoulder	128	9.71	1.37	0.86%	0.44%
Misc.	96	4.11	1.43	0.65%	0.35%
Foot	50	6.50	1.30	0.80%	0.36%
Hip	50	11.40	1.73	0.85%	0.57%
Elbow	46	10.33	2.53	0.75%	0.08%
Hand	39	7.36	3.57	0.51%	0.27%
Wrist	18	7.50	0.83	0.89%	0.40%
Knee	32	9.40	3.10	0.67%	0.22%
No-Data	190				
Total	1148	9.02	2.02	0.78%	0.37%

Acupressure: Can It Help Your Condition?

Many people want to join in our current research. The form to participate is below. A brief description of the books and products that are needed for some levels of the research are included here . Acupressure is at least 5,000 years old and achieves the fastest results when used for pain relief. In our recent study users had most of their pain relieved in just a few minutes. Sixty-five percent of people with headaches (387) were completely pain free within 3 minutes. Other pain studies show similar results. Any type of pain you have can be studied. The World Health Organization and others drew up a list of diseases or conditions they felt were responsive to acupuncture and acupressure. This study will focus on anyone with conditions on this list.

Alcoholism	Allergies	Arthritis
Asthma	Bronchitis	Bursitis
Colds	Conjunctivitis	Cataract
Cerebral Palsy	Cough	Constipation
Chest pain	Chicken Pox	Cramps
Depression	Diarrhea	Deafness
Dizziness	Drug Addiction	Ear Infection
Edema	Fatigue	Fibromyalgia
Flu	Gastritis	Gout
Gums Disease	Headaches	Hot Flashes
Hyperacidity	Hypertension	Indigestion
Infection	Insomnia	Meniere's
Menstrual Cramps	Mumps	Nausea
Neuralgia	Neurasthenia	Numbness
Overeating	Pain	Paralysis
Pleurisy	PMS	Pneumonia
Rhinitis	Scoliosis	Sinusitis
Stress	Sinusitis	Stroke
Toothache	Ulcers	Vertigo

Other conditions responding well to acupressure are:

AIDS
MS

Arteriosclerosis
ALS

Cancer
Diabetes.

Any condition you are most interested in we can add in our miscellaneous section until we have more participants that will define a specific study. (Our index has over 4,000 conditions)

What Can I Expect?

The program of acupressure in this setting is focused on giving you the information and tools so you can do it yourself. There are books and a video available to view or purchase which best present the material. There is also a computer analysis which gives you the best points for your condition. Depending on level of research (bottom of this page)

you select, you may be given three or four tools to stimulate the points. Sometimes when you use them your symptoms will leave almost immediately. Other times it will take several weeks to become symptom free. If after a month you still are having problems you should contact us. There are different points you may need to work with and we will individually develop a program for you. About 3% of the people we worked with got no immediate relief.

Our initial study is to determine if you can get results on your own and maintain those results over a period of one year using these materials. We ask you to fill out the research form for each condition that is bothering you after you finish this page. At specific intervals during the course of the year similar forms will be sent to your e-mail address. Some levels (1) of this research do not require any deposit and are completely free.

We tried to evaluate these techniques by just giving the books and tools to people and asking them to return them when the study was done but found they just don't respond to our requests for returning the loaned materials or paying for keeping them. We are a small organization and cannot afford to give away this equipment. Because of this problem we require a deposit on some levels of the program. At the end of one year or any time during the study you may return the items for a full refund. Those people who decide to keep the materials (because they are getting good results) will be the people who are funding this research. This seems like a fair way of documenting the results that people are getting. We would like to work with people in other research settings who can design more controlled studies.

On this first offering of this information it will be mostly survey research only. At a later time, when the bugs of getting the information and knowledge to those interested is worked out, we will do more controlled research. We want to be sure we are measuring the benefits of acupressure and not how well we were able to share these methods. Anyone participating in this study will get copies of the different studies that come out of the Acu-Ki Institute and the results of their individual study.

Research seems to be one of the criteria for the medical community to consider new treatment methods. Although acupressure is not new, it has not met the current scientific criteria to be accepted by our western system of medicine. One goal at the Acu-Ki Institute is to initiate and support research that the medical community can use to determine how well and under what circumstances acupressure works.

There are four levels of involvement in the research. A acupressure printout comes with each level.

- Level 1 Fill out the Acu-form and we will send you the points for your condition. How to use your fingers to stimulate the acupressure points is found under fingers. Free.
- Level 2. This level includes two books and an Acu-Ki tool for deep stimulation of the Acupressure points and the Mini Stressaway Massager. The books "Acupressure: Ancient Wisdom for Modern Day Healing" and "Acupressure Recipes: A Handbook for Pressure Point Healing" are included in this program. This gives you our 2 best tools and two introductory books which will increase your understanding of acupressure. Price includes S&H in USA \$29.95
- Level 3. This program includes 3 tools and 3 books (Deluxe Kit) for maximum use of prevention techniques. This program includes all the versatility of the three different tools and points for over 2000 conditions that may relate to your condition

under review. Price includes S&H in USA \$48.50

- Level 4. The Back-study includes the use of the Back-eze which mounts on the wall for deep pressure into points of the back. All item for level 3 are included plus the Back-eze. This tool is designed specifically for back problems. Price includes S&H in USA \$84.60

If you wish to get started right away using the tools you may pay for levels 2,3 & 4 using your credit card above or send us the appropriate deposit in the mail. A description of the products is in this booklet. All deposits are refundable at any time during one year after you begin the research. Once you have determined what level you think you want to start with, fill in this short form below or go to the bottom of this web page to complete the form. <http://www.stress-away.com/Present.htm> You can use paypal on the web page to get stated right away.

This research is intended to expand the completed research reported earlier.

To participate in our research submit this form. It is designed to help us determine how acupressure has worked for you. Describe as best you can your condition. Each section is described below. If they don't seem to relate to your condition write any additional notes that would help clarify your situation.

Problem ()

This term describes the type of symptom you are having. This could be pain, depression, infection, fatigue, numbness, disease, or anything else that describes your condition. Be specific e.g. tension headache, high back pain, menstrual cramp pain, etc.

Severity ()

Please use the following number scale to rank how severe your problem was during the last month. Use any number between 0 to 10 (0 for none to 10 for unbearable). This number will be called severity. Enter it in the box above.

0 1 2 3 4 5 6 7 8 9 10

|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|

0 None 2 Mild 4 Bad 6 Very Bad 8 Excruciating 10 Unbearable

Location ()

Where is this problem bothering you? Your upper back, bottom of foot, all over etc. ?

Frequency ()

How often during the last month did it bother you? Estimate the number of days during the month or actually keep track. Give us a number here from 0 to 30.

Cost ()

How much did you spend in the last month on this problem?

Course Level ()

There are four levels of participation. See Four Levels on the previous page that refers to the level you may select. Level 1 is free. If you want to start at level 2, 3, or 4 send check

via regular mail with appropriate deposit or fill out credit card information on the Four Levels form. Please indicate which level of research you have selected. Select 1, 2, 3 or 4. The quickest way to participate in this research is to visit the internet site <http://www.stress-away.com/Present.htm> You can sign up immediately and begin at any level you wish. This is the easiest way for us also since we would not have to handle so much paperwork.

Your Name _____ e-mail _____
Address _____ City _____ State _____ Zip _____

Credit card Number _____

Check amount _____

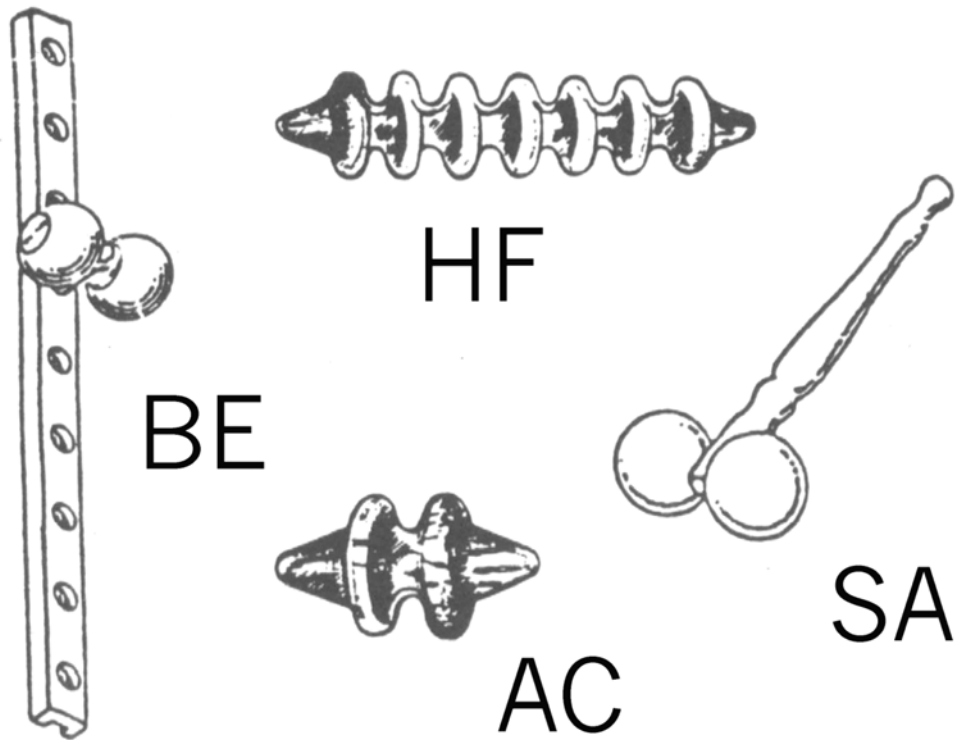
Fax or mail this form to
The Acu-Ki Institute
PO Box 564
Snowflake, AZ. 85937
Fax: 775-256-5115

Stressaway Systems

Stressaway Acupressure tools have been developed over decades of continuous research by the Acu-Ki Institute, a non-profit educational organization dedicated to self-healing through acupressure. The products and instructional materials we offer were collected from hundreds of volumes of ancient and modern texts in order to bring you an understandable, effective, and easy to use acupressure system. Stressaway Systems offers the **Only** complete Acupressure Kit on the market today. Using acupressure at frequent intervals for only **one minute each hour** relieves most chronic pain conditions. In fact, an Acu-Ki Institute survey found that 58% of the people using Stressaway System products, were **completely pain-free** after only 3 minutes. We believe that by healing each part of our body we heal the whole of our being; and when we heal ourselves we are healing the whole of our earth.

Stressaway Acupressure Kits

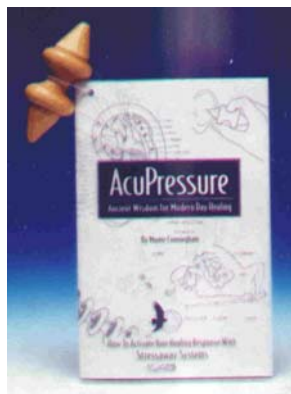
Stressaway System offers 4 tools, all made of natural wood and designed for deep, effective stimulation of specific acupressure points. **Happy-Feet** has widely spaced ridges and smooth pointed ends, for rolling under the feet, on the hands and reaching points in the ear. **Stressaway** massager can be used all over the body, activating acupressure points deep in the muscle systems and on bones.



Back -Eze provides a complete spinal massage, by pressing the body weight against adjustable rollers mounted onto a wall. The **Acu-Ki** is small enough to fit in a pocket or purse and allows you to apply accurate pressure while stimulating points throughout the body.

In addition to the tools, Stressaway and AcuKi Institute offer videos, and a wide range of user friendly books containing instructions, techniques and complete lists of acupressure points for 4000 conditions. Tools and books are conveniently packaged as follows:

- The *Acu-Ki Set* contains the basic introductory book and **Acu-Ki** tool.
- The **AcuPressure Kit** contains the **Happy Feet**, **Stressaway** and **Acu-Ki** tools and books containing points for treating over 2000 conditions.



Many health care practitioners are now prescribing Stressaway System tools for use by their patients and over 15,000 users enjoy the benefits of the Stressaway Acupressure system.

Experience pain relief the Stressaway Acupressure way!

C. Norman Shealy, M.D., Ph.D, Author 1 highly recommend the Stressaway Acupressure Kit to all my clients for better health and to increase their healing self-awareness. I use it myself and my body loves it"

I got more relief in 10 minutes with these tools than I did from a year of physical therapy 3 times a week for a car injury to my neck. Naomi Wyatt, Asheville, NC

Dr Ralph Alan Dale, Acupuncturist Miami FL, "The Stressaway massager can effectively stimulate acupressure points safely and easily, and when used properly, has proven helpful for hundreds of conditions."

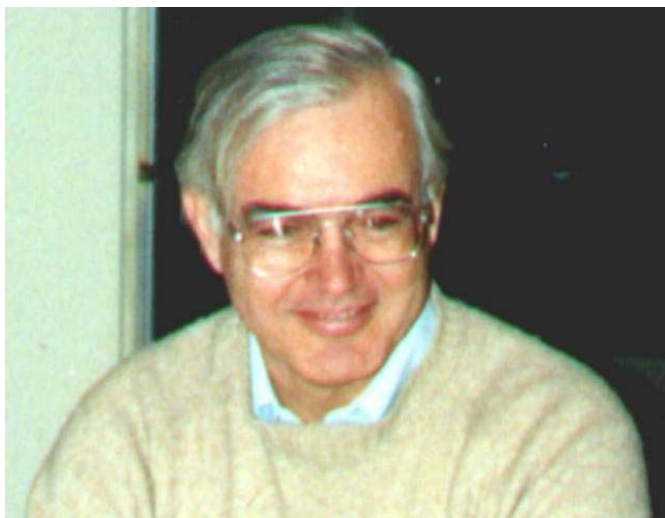
I have spent \$16,000 on my back problems and been off work for 5 months. 95% of my pain was gone in just a few minutes, using this product. Unbelievable. Beverly Richardson, Danneville, IL

Look for Stressaway System products where you received this flyer or in your local stores and health practitioners' offices. To receive additional information about our Acupressure kits, literature, and classes please call or write:

Stressaway Acupressure
P.O. Box 564
Snowflake, AZ. 85937

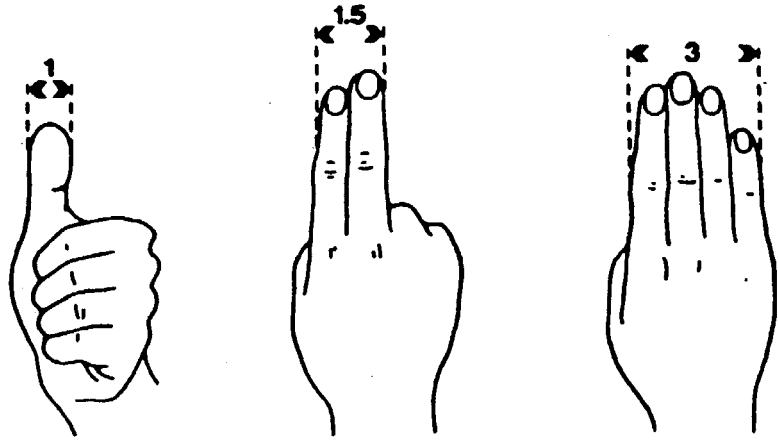
Phone 888-853-0646 Fax:775-256-5115
E-mail monty@stress-away.com
www.stress-away.com

Author Monte Cunningham



Acupressure Measurements

The measurements of acupressure relate to the body inch. One "body inch" or "cun" equals one thumb width at the base of the fingernail. The width of four fingers at their widest point is equal to three body inches. The thumb width of the person being treated should always be used. These measurements are approximate.



When you find the general area on your skin, gently probe with your **Acu-Ki** until you find that point which gives you a "funny bone" feeling, or is sensitive, tender and sore. Then press hard enough to make the point hurt. A steady pressure is easiest and what is usually used. Some people use alternating pressure for five seconds on and five seconds off, for the time you stimulate the point. Sometimes none of the points are sore for me. I just work the points that seem to give relief. For some conditions relief is immediate and others I must do six to twelve treatments before I see relief.

