

The Acu-Ki Institute

Introduces

Current Research

by Monte Cunningham

Sample points for Headaches are included in this document. Any condition you are interested in can be added to our study.

There will be nine other conditions listed in this report for repetition of the original Acu-ki Institute studies. I also will include details on how to collect the data and sequences to use etc. I expect his to be completed by October 2, 2002.

The report begins on the next page.

Acupressure: Can It Help Your Condition?

Thank you for your interest in our research. Acu-form has the form for the research and Products file has a description of books and products that are needed for some levels. 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

There are several other conditions which people have indicated getting a positive response from using acupressure that we wish to follow up. These include **AIDS, Arteriosclerosis, Cancer, MS, Lou Gehrig's Disease and 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. You get 10% off the price by being in this study. 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. 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 best tool and two introductory books which will increase your understanding of acupressure. Price includes S&H in USA \$20.69
- 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 4000 conditions that may relate to your condition under review. Price includes S&H in USA \$48.02
- 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 at a 10% discount of the retail price and 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 web site to complete the form. <http://www.stress-away.com/Present.htm> If you have any questions address them to:

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This research is intended to expand the research completed after this form.

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
1	1	1	1	1	1	1	1	1	1	1
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 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

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 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, 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.

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?

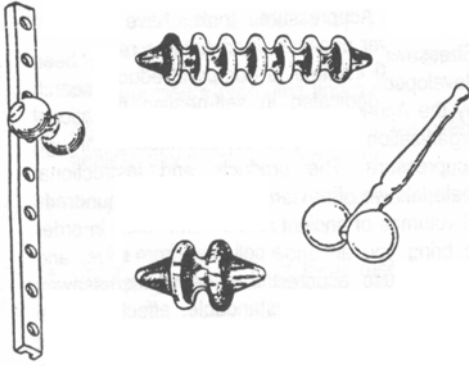
Over 80 million Americans a year are disabled by pain and pain treatment has become a 100 billion dollar industry. While acupressure can be used with conventional methods of pain relief it can also provide a cost-efficient alternative to medical or surgical procedures. Some of the other *Advantages of 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.

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, classes 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. \$15.95.
- The **AcuPressure Kit** contains the **Happy Feet, Stressaway** and **Acu-Ki** tools and books containing points for treating over 4000 conditions \$52.45. *Prices include shipping. Manufacturer's Money Back Guarantee.* You can purchase these with a check to us or visit www.tresss-away.com for credit card orders.

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!

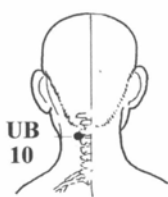
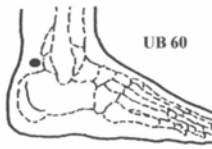
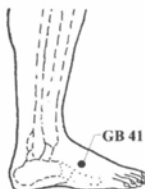
C. Norman Shealy, M.D., Ph.D, Author I highly recommend the Stressaway Acupressure Kit to all my clients for better health and to increase their healing self-awareness. I use it myself and my body loves it"

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:



Sample points for Headaches

There will be 9 other conditions here to study for repetition of the original Acu-ki Institute studies. I also will include details on how to collect the data and sequences to use etc. I expect his to be completed by October 2, 2002.

- LI04** On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.
- LI11** On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.
- GB21** On the top of the shoulder, one to two inches from the side of the neck.
- GB20** This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.
- UB02** At the inner edge of the eyebrow.
- GB01** This point is not as far back as the large hollow of the temple. It is 1/2 cun from the bony ridge at the corner of the eye.
- GB41** On the top of the foot, in the valley between the smallest and fourth toes, midway between the separation between the toes and where the foot joins the leg.
- UB60** In the hollow (or valley) behind the crown of the outer ankle.
- LV03** Two cun above the separation between the biggest and second toes, on the top side of the foot.
- UB10** 0.5 cun just beneath the base of the skull, on the rosy muscles and 0.5 cun from the spine midline.
- G20** On the midpoint of the skull on a line connecting the tops of the ears.
- ST36** The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.
- EAT01** FOREHEAD, THYROID CONTROL (TSH), EYE DISORDER 2 (MU 2)
- EAT02** TEMPLES, ASTHMA, APEX OF ANTITRAGUS
- EAT03** OCCIPUT, ATLAS, OCCIPITAL LOBE
- ETF02** Master Point 1, (Shen Men), French Hip, Chinese Shen Men (Divine Gate), Pelvic Cavity, French Wonder Point. Located in the middle of the 2st zone of the Triangular Fossa. This master point alleviates pain, tension, anxiety, and depression.

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