



AcuPressure

Ancient Wisdom for Modern Day Healing

By Monte Cunningham

How To Activate Your Healing Response With
Stressaway Acupressure

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 physician. Cautions for use by special risk groups and pregnant women are found in the precautions section.

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I. Title

Second Edition

Acupressure: Ancient Wisdom for Modern Day Healing

How To Activate Your Healing Response

**An Alternative
To Medication and Surgery**

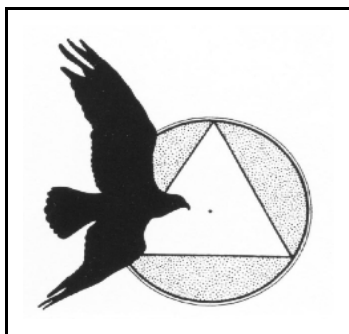
by Monte Cunningham

**The Acu-Ki® Institute
Arizona**

Learning to Balance the Energies in Our Lives

The **Stressaway Acupressure** logo comes from Jungian and Egyptian symbology. 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.lamarainbowwarrior.com Members have access to this Mystery School Teaching

CONTENTS

Introduction..	1
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BASICS STRESSAWAY ACUPRESSURE

Your Healing Response..	4
Stressaway Acupressure Principles...	6
Micro-Acupuncture Introduction.	10
Macro-Acupuncture Introduction.	17
Research.	20

PART TWO -- WORKING THE POINTS

Hand and Feet – Reflexology..	24
Ear – Auriculotherapy.	37

PART THREE – GENERAL INFORMATION

Appendix A. Stop the Pain Challenge.	48
Appendix B. Stop the Pain Challenge Flyer.	52
Appendix C. Improve Community Health.	55
Prevention..	58
Treatment..	59
Addiction..	61
Sample Research.	62
Appendix D. Arizona State Fair Data	65
Appendix E. Testimonials.	68
Appendix F. Acupressure Co-Op Flyer.	72
Appendix G. Co-Op Details.	74
Appendix H. Master Program Description.	78
Appendix I. Covid-19..	86
Appendix J Tools at home..	90
Product Information.	91
References.	84

Introduction 2nd Edition

I wrote the first edition of this book 25 years ago to share the methods of acupressure and reflexology that worked for me and other students. Now I am working on a bucket list to share everything I have learned in sixty years at a cost everyone can afford. This book is now the cornerstone of twenty one different teaching aids that expands the effectiveness of these ancient healing methods that will be available live on the internet to the members of The Acupressure Co-Op for as little as \$5 a year. Everything you need to heal yourself for over 4000 conditions will be available to you and anyone in the world. I want to share this with the 87 million uninsured and under insured in US and with the growing mobile phone users in the underdeveloped countries. Once the program gets established my goal is to make this free to everyone as outlined by Jeremy Rifkin in his 'Internet of Things.'¹ This free health care system will reduce the high cost of our current methods of healing ourselves.

This program will produce reduced medical cost with fewer doctor visits, less time needed with a patient, fewer expensive medical tests and therapies, fewer surgeries, reduced drug use and addictions, less and shorter hospital stays, reduced readmission rates, less negative medical side effects and reduced medical errors.

The main body of the original book is in the original form. You learn how to mix acupressure, reflexology and auriculotherapy. The newest applications are presented in the appendices. So, for example, instead of just having the points for 10 common conditions, (1st edition) you will have a program for printing the points for over 4000 conditions. You also have links for webinars for the 20 most common conditions and specific video tutorials that will give you the best results.

In the appendices of the 2nd edition you will learn how this system of healing can be applied in schools, hospitals, doctors offices, families, VA Health Centers, research and cancer clinics without the massive cost which our present

health system needs to function. You will learn how to help end the opioid crisis, depression, stress, pain, cancer and many of the ailments that we all face. The purchase of this second edition gives you access to membership in The Acupressure Co-Op. To access your Co-Op membership you need to subscribe. Your user name and password will be sent to your email or text number. All the benefits and how to sign up are described in Appendix F, G & H. Our mission is to improve the health of our community and reduce our current medical costs by offering a full program of Stressaway Acupressure for self-healing.

My part in The Acupressure Co-Op is to share with you over \$900 of free healing insights of my own healing and others. Many have found these methods helped when nothing else did. Your job is to share and apply these methods to heal yourself, your family, and friends. Share this book freely with others. If you get results, join our Co-Op to learn how we can heal ourselves. New quantum research reveals how we are holographic images of our mother earth. As we heal ourselves **we heal the earth**. This is our mission. Learn how I was given our mission in a dream in the webinars or at www.iamarainbowwarrior.com. Help us to heal the earth. We can do it together!

Introduction First Edition

Forty-three years ago (1959) I injured my back playing football in high school. That injury turned my life around. My aspirations in sports, law, politics, and family life came to a screeching halt with the resulting intermittent and unexplainable pain. I never knew when it would strike. Sometimes the pain kept me in bed for weeks at a time. And doctors could not tell me what was wrong. The pain led to depression, drinking, and several times it was so bad I considered suicide. When drinking was the only thing that killed the pain, I entered therapy. Five years of emotional therapy was very interesting but I remember asking "How does all this create such intense pain? Why isn't anyone else here

having the kind of pain I'm having?" Ten years after my injury I finally realized that my pain was not emotional. My back injury had caused the pain. Two back surgeries later the pain had changed but it was still intense and always lurking in the background ready to completely disable me. Doctors told me to learn to live with it. "Ha" It hurts just to write about this time in my life.

I began searching for other ways of healing, studying all kinds of diets, exercises, and meditations. Eventually I stopped doing anything. For five years I wandered the deserts of California. I just followed my heart and listened for my inner path of healing. By listening to my dreams and inner guidance, by prayer, communion with nature, meditation, and following the flow I found what I needed. I learned techniques and developed tools that have worked for me and others.

At one point in my search I realized that I had learned all the techniques I needed. From the time when the idea for the first tool surfaced, I have been studying and listening for the best way to apply these different tools. In the last 15 years I have completely freed myself of the pain. Once I learned how to activate the Healing Response, there was nothing that bothered my health.

As each bit of information and each new tool was revealed to me, the knowledge led me to understand that I am only a part of a larger meaning. There is a unity in all things that transcends my individual sense of separateness. When I am out of balance with myself, I experience being out of balance with nature and the universe. My body reflects this loss of wholeness through a sense of loneliness, pain, and disease. Being quiet and paying attention to my inner voice leads to the knowledge of what I must do to heal myself. As I reestablish my inner sense of balance and harmony I begin feeling again my natural birthright -- a sense of beauty, oneness, and harmony with the universe.

Each of us must make this journey back to wholeness for ourselves. No one else is going to heal us or fix us. Others

can help us along the way but the path we take is completely up to us. The information in this book and the tools I have discovered can help us to heal ourselves. This book is a good map of one path to better health and happiness -- a path that has been around for thousands of years.

Your Healing Response

Pain is a warning of danger and a way to alert us to fix damaged parts of our body. Physical and emotional pain is an important message for health and survival. In response to pain we produce endorphins to kill the pain, increase the heart rate, change the blood pressure, increase the flow of toxins from the damaged area, and initiate a long series of internal healing processes. I call this the "Healing Response." Most of us take this process for granted. There is a revolution just ahead in medical science as we open these avenues of self healing. We are truly self healing organisms. We possess capacities and potentials that we have only begun to tap. These tools and techniques will allow you to begin exploring this healing process for yourself.

Acupuncture tricks the body into thinking it has been damaged by creating a small injury. In principle, this is very similar to our western tradition of vaccinations. When acupuncturists insert a needle, the body responds as if it has been cut. Most of the methods used by acupuncturists (including acupressure) simulate some kind of damage. Acupuncturists have tools to simulate damage by cutting, pressure, electricity, heat, ice, lasers, lights, magnets, scratching, and chemicals.

Acupressure is the application of pressure on specific points (using the fingers or acupressure tools) to trick the body

to begin its Healing Response. Healing responses for a particular pain do not occur all over the body. We get the Healing Response just on the area of damage and along specific paths related to nerves and electrical lines called meridians. For example, endorphins (natural painkillers in the body) produce a numbing effect along these meridians. When you create pain by putting pressure on points, you are artificially starting all your body's healing mechanisms for that specific point and various symptoms related to that point. While the body is trying to heal the point of pain, it also heals specific symptoms. The more sensitive the points, and the more pain you create, the stronger the healing response (the body thinks it has been hurt more) and the better your results. When I press a point on my hand that is sore, the body is deadening the pain at the point at my hand, and along the meridian, going from my hand into the elbow, shoulder, neck, and head. It is also producing the Healing Response all along that meridian.

The key to making acupressure work is to know which points create the Healing Response for a particular problem. Knowing the problem determines which meridians are related and which points might help. If a point that relates to a problem is sore, that tells you it will create the Healing Response for that problem. The diagrams in this booklet and in our other publications contain the most recommended points as reported by over two hundred acupuncturists. The points that work best for you and how long it takes to get results are individual matters that you will work out for yourself.

Stressaway Acupressure Principles

For the best results it is important to understand the following acupressure principles:

No pain, no gain. You are looking for sore points. If a point is sore, it needs work. If a point is not sore, you do not need to treat it. Finger pressure will work but most people get a better Healing Response using acupressure tools. They are sharper and allow more pressure to be applied. If a point is very sore, press only as hard as you can tolerate. You must be the judge on this. Light pressure for a longer period will give you the same results. Some people who are larger or less sensitive than others, may need more pressure to activate the healing response. If a point is not sore, study the diagrams to be sure you have located the right spot. Our computer analysis can give you additional points that relate to your condition. If you bruise easily, check our *Acupressure Cookbook* to find the points for bruising.

Repeat, repeat, repeat; treatments have a cumulative effect. Sometimes lasting results are immediate, but most often it takes a while. Each time you activate the Healing Response it brings the system closer to normal. If you do not get a response quickly you can increase the frequency of treatment. Three or four times a day or even once an hour is OK. You cannot overdose. It does not mean that the treatments are not working if the pain comes back. This is normal. Eventually you will reach a point where the pain does not return. Some acupuncturists report treating people 160 times and some think the use of needles is three times as effective as acupressure. You can use acupressure again and again with no additional cost.

As you repeatedly stimulate the points over time the nervous system learns a new response to the problem.

Sometimes it is like teaching puppies a new trick. At first you must coach them frequently and then one day they know the new trick. Sometimes this is learned for life, but most often you will just need to remind them of the trick you want them to remember. As you know each puppy is different and the more difficult the trick the more you must work to get the learned response. Long-term results with acupressure depend on repeated use. If you have difficulties getting results, be patient and keep trying. The specific sequence we recommend consists of three different stages.

Phase One: Get rid of the pain. At least three times a day do acupressure treatments using all the points you have identified (people with the reference books will have about 10 points). Treat for 30 seconds to a minute. You can treat longer (2 to 3 minutes) but not more than 10 minutes. Learn the points so you do not have to refer to the pictures. During this phase use any two of the prevention routines for at least five minutes and whenever you have a free moment for treatment. (See section on Prevention). Do this phase until the pain stays away between treatments.

Phase Two: Get rid of the sore acupressure points. Treat at least once a day all the points you have. Work any one of your four prevention systems once a day and whenever you have a free moment.

Phase Three: Keep your system balanced. Use the treatment sequence or a few of the critical points whenever you have a spare moment. Work any one of the four micro-systems at least every other day. For more energy and better health work one of the micro-systems each day or whenever you feel tired or under stress. Stress, a re-injury, overuse, and daily life will sometimes bring the pain back to warn us of imbalances. Move back to the other more intense phases as needed.

Your **scale of response** relates to the cumulative effect. First, if the points are sore you are on the right spots. Some people report that the points become very sore at first, so go slowly. You may get a lessening of pain or disease with each treatment. The pain will go away for short periods, then for longer periods and finally the pain will stay away and the pressure points will lose their soreness.

Prevention. You can fix a tire by putting more air in it but that is only temporary. The same is true with the imbalances in our body's energy system that underlie all illnesses. Stress in our lives will cause the points to become sore again so work on them regularly. This heals imbalances caused by the stress we normally accumulate. Distressed areas of the body are reflected in the energy system (acupressure points) of the body as painful points. Our booklet *Being Healthy* describes a way of working with the acupressure points to provide the maximum preventive Healing Response using the body points.

There are four parts of the body that are miniature representations of the whole body (see diagrams). Stimulating these points can prevent pain and illness before it occurs. Any sore points on these miniaturizations will activate the Healing Response for the stressed area. Use the Happy-Feet tool on all parts of the foot to work out any soreness. The Acu-Ki tool is easiest to use on the hand and some people enjoy the sharper effects of the Happy-Feet on the hand. Your Stressaway Massager is the best tool for rubbing the head, which is also a miniaturization of the body. The Back-Eze is the best tool for stimulating the miniature system of the back. The body point ST36 is your most powerful point for prevention of illnesses. Use it to add years and energy to our lives. Add it to all your treatments and use it daily. Ancient texts site it as the most important point for increasing your life span. People continually tell us how energized they feel using these different

systems. If you work with these tools just to get rid of pain or illness, you are missing the most powerful benefit of acupressure -- prevention of illness, better health, and a sense of aliveness.

A few good points. The goal is to find the fewest points possible that give you effective results. Sores points usually give the best results. It is critical to **find the correct point**. This is why we have developed such good diagrams. By looking in the general area and finding the tender spot you will know you are on the point related to your problem. Our books provide at least ten different points so you can test their effectiveness for yourself. More points are available through our computer listings.

A free moment. You do not have to use all of the points recommended. Using just a few of them when you have a free moment can be effective. Work points while watching TV, in a movie theater, waiting in a line or for an appointment, in class, in meetings, in your car, before going to bed -- anytime.

Macro-Acupuncture System

According to Ralph Allen Dale, the Macro-Acupuncture system, (large system), is the "classical system, with points throughout the whole system or body." Dr. Dale has taught and treated thousands in the practice of acupuncture, including me. In his book, *The Acupuncture Comprehensive Prescription Index*, he summarized points used by over 200 practitioners of acupuncture. This massive document lists thousands of symptoms for professionals and is the basis of many points recommended in my books.

Many practitioners use different points for the same symptom. For example, over 163 points are used for headaches. I have picked the points that are most important and the easiest to find. Sometimes one point will work; in other circumstances it is necessary to use more points. If none of the points are sore, or you are not getting a response, write us and we will send you a listing of more points relating to that symptom. Provide us with information about other related symptoms also.

Acupressure is a branch of acupuncture. The core ideas are as follows: Energy flows within the body along lines known as meridians. There are 14 main meridians, some associated with an organ of the body, and several subsidiary ones. The state of a person's health is dependent on the system's balance of energy and the total level of energy. In the treatment of disease, pressure is placed on classical acupuncture points located on the meridians. This restores the balance of energy flow, and so restores the patient to health. These points on the meridians make up the Macro-Acupuncture System all over the body. The flow of energy and balance within the body is very complicated but a simplified analogy makes it a little clearer.

Our body is like a house's wiring system. In a house, when a toaster shorts out, it causes the wiring to get hot, because it cannot handle the extra electricity. A fuse will blow, keeping the wires from overheating and burning down the house. Our bodies have complicated wiring and communication systems that use electrical energy. Any injury or strain on the system requires more energy. We cannot replace fuses in our body, like in our home, so we make the wires or meridians bigger. In this expanded mode they can handle the extra demand on the system from any damaged parts. We make it easier for energy to flow by chemically reducing the resistance so the system can handle more electrical charge. Measuring the points connected to problem areas we find that their resistance is lower. This is a result of an inner chemical change. We also find that these points become warmer than they were before the problem occurred. These lines in our body become more sensitive at the points where they come close to the surface.

So sore points relate to a problem, just as a hot wire in my home would relate to the defective toaster. When we replace a fuse and fix the problem at home the system is fixed. Even after the jury is repaired, sometimes we still find sensitivity on the points that relate to the problem. This is because they have remained enlarged. Extra energy flowing through them also throws the whole system out of balance. Activating the Healing Response will help these wires return to normal and restore balance to our system. If these wires remain expanded, the whole system is weakened and we are susceptible to the problem condition. This is the main reason for focusing on prevention and not just symptom relief.

Imbalances in this communication system can become very complicated. Since we are a closed system when we need energy for a problem we borrow from another system by constricting the flow of energy in that system. Chinese Medicine views long-term imbalances in these systems as the

underlying cause of disease. For this reason regular balancing tune-ups are usually a part of acupuncture treatments.

This complex meridian system in the body is reflected in each of the smaller Micro systems (described later). These pictures, produced by Dale¹, show where the body meridian points for the Lung meridian are found in the foot Micro System.

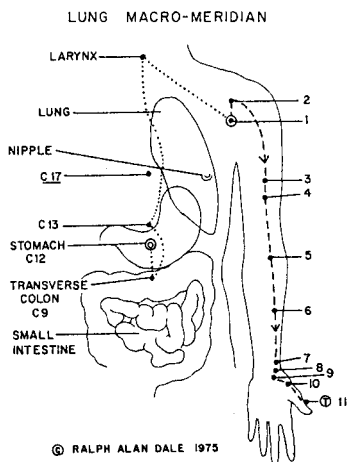


Fig. 20.
The Lung Macro-Meridian.

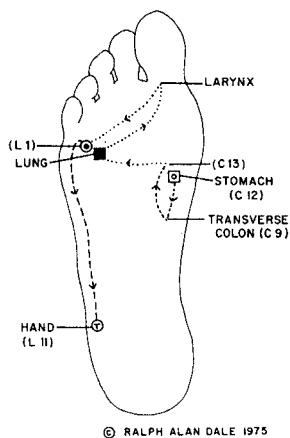


Fig. 21. The Lung Meridian of the Foot.
Right foot, plantar aspect.

Many people know about the miniature representations of the body in these areas, but few know how the meridians are also reflected there. An understanding of how the body meridians flow in these miniature systems is critical to balancing our body. Sore points tell us when and where there are imbalances in our system that will respond to the Healing Response. These sore acupressure points are also reflected as sore points on the foot (and other Micro-Systems). By using the four tools of the Stressaway systems we now have a method of completely balancing our energy systems. Just by rolling the Happy-Feet on the bottom of the

feet you can activate the Healing Response throughout the body.

The sore points on your foot reflect the sore acupressure points of the body and imbalances of the meridian system. The four easiest ones to work with are described in the prevention section. People report being restored to good health just by working with one of these systems, such as the foot. Many of these reports concern problems for which western medicine has been of no help.

This knowledge and these tools will become important components of preventive medicine. Dale states: "Even more significant are the possible implications for the usefulness of both macro and micro-acupuncture as preventive medical modalities. We now know that imbalances in the meridian system of the body can be corrected or modified by macro- or micro-meridian therapy. There seems to be mounting evidence that there may be an important relationship between the sustenance of imbalance and the onset of disease, and conversely, between the maintenance of balance in the meridian system and immunity to disease. Regular periodic correction of pre-pathological energy imbalances might be developed as a basic health maintenance program in future medical practice."

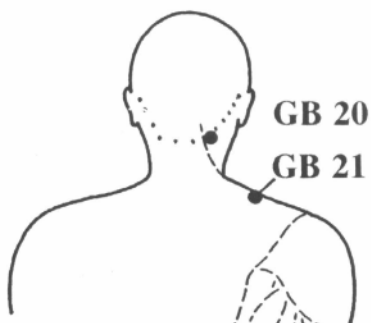
Listed here are a few points that relate to the ten conditions most reported as problems in our research. These points on the Macro-Acupuncture System (plus the points on the ear, hand and foot) reduced 78% of the pain people were experiencing. Our books list eight points for each condition in an expanded format that makes it very simple to find the right points for your condition. (See order form for books available.) Detailed point descriptions are found on the next page.

Back	GB30, SP6, ST36, UB54, UB60
Elbow	Li4, Li11
Foot	SP6, ST36, UB60
Hand	Li4, Li11, T5
Headache	GB20, GB21, Li4, Li11, SP6, ST36, T5, UB54, UB60
Hip	GB30, ST36, UB60,
Knee	ST36, UB54, UB60
Neck	GB20, GB21, Li4, Li11, ST36, T5, UB54, UB60
Shoulder	GB20, GB21, Li4, Li11, SP6, ST36, T5, UB54, UB60
Wrist	Li4, Li11, ST36, T5, UB60

Body energy & health Li4,11 Lv3 Sp6 St36



Li 4



GB 20

GB 21



***S 36**



Li 11

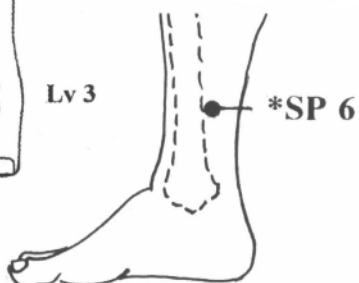
T 5



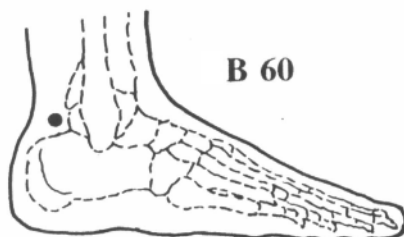
GB 30



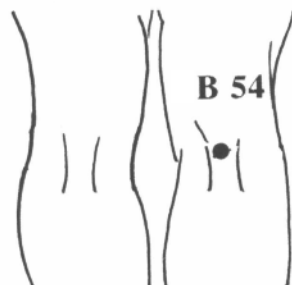
Lv 3



***SP 6**



B 60



B 54

***Avoid using starred points if pregnant.**

GB 20 Just under and against the base of the skull, in the two small muscular grooves at the back of the neck.

GB 21 On the top of the shoulder, two to three inches from the side of the neck.

GB 30 Near the "ball-joint" of the hips. Squeeze the buttocks together tightly, place the Acu-Ki in the depression formed at the hip, relax the buttocks and begin the stimulation.

LI 4* On the back of the hand between the thumb and index finger. In the center of the large bone on your finger. Probe inward toward the main body of the hand, right on the bone. Do not use if pregnant.

LI 11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place the Acu-Ki on the end of the crease. Keeping your massager in place, open the arm and stimulate on your relaxed arm.

SP 6* The width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg. Do not use if pregnant.

ST 36* The width of one hand (3 thumbs) below the bottom of the kneecap, then the width of one thumb toward the outside of the leg (in the direction of the small toe.) Found in the trough or valley just away from the most prominent bone (shin bone). Do not use if pregnant.

T 5 The width of two thumbs above the most prominent crease of the upper wrist on the forearm, in line with the middle finger.

UB 54 In the center of the crease at the rear of the knee, between the two ligaments. Do not use this point if you have varicose veins.

UB 60 In the hollow (or valley) behind the crown of the outer ankle.

Micro-Acupuncture

Ancient acupuncturists identified parts of the body that were small or miniature models of the whole body. To date 18 different miniature systems have been found. Dale refers to these systems as the "Micro-Acupuncture system," (small system), in which a specific part of the body, such as the ear, manifests reflexes to every main meridian and part of the body. In our recent research, each of the 1176 people we asked verified that there was a sore spot on their ear, hand, or foot that matched a sore point on their body. As we put pressure on these points, we had a 78 percent reduction of pain, usually in less than three minutes. How does this work?

Recent research in quantum physics shows us one model that may explain these phenomena. After taking a picture with a laser beam, lab scientists broke that picture up into many small parts. When a beam shines thorough one small part, the entire image of the whole still appears, although in less refinement and detail. Thus, each small portion of the hologram contains information about the entire image. You are already familiar with the idea of a seed having all the parts of a whole tree. As the tree grows, all the parts are manifest. In the same way as we grow from a small cell (which has all the maps for the whole) all the parts are representations of the whole.

This information gives us a way to heal the whole by treating the smaller part. If I have a problem with my foot and I'm not sure what it is, I work with my ear. I find the part of my ear that is the holographic image of my foot and see if it is sore. If it is, I then put pressure on my ear with my Acu-ki. If it is the right point, which will help my foot, I will feel a sharp, needle like pain. The body records the pain in my ear. As it fixes the damage there, it will produce the Healing Response in my ear and in my foot. This book describes in detail the ear,

hand and feet because they respond so well with these tools. All of the research results reported at the end of this section were produced with the points illustrated in this book.

Acu-Ki

Your Acu-Ki has a sharp and dull end for deep stimulation of acupressure points. Find the general area of the pressure point you are looking for and gently probe 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 until the pain goes away, which is usually within 30 to 60 seconds. You usually will not need to stimulate a point more than a few minutes because of the natural pain killing effects of your body's Healing Response. For some people the points will become very sore and it may seem like you have damaged the area. The point is sore because of the problem at the point not because of the pressure you put on it.

There are several ways of holding 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 the spot. 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 finger near the web of the fingers. Close the fingers and thumb around the Acu-Ki. This gives you more pressure and reach for behind the head and on shoulders.

I decide which modality 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 sorest, and which system gives me the best results. First if I have a problem with my foot or ankle it is easiest to treat it with the ear points, next the points on the hand, and next would be 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 more. Sometimes we do not know exactly what is wrong but we want to see if a little acupressure helps our condition. Most doctors must be very careful with diagnosis because they are usually considering much more invasive methods. If my back is bothering me and it is hard to bend to get to some macro points for my back, then I can use any of the micro points effectively. Secondly, the severity of the problem determines how many points I use. If I am off 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.

Precautions: Be seated or lie down while treating. The Healing Response can make you light-headed or faint. Sometimes this is a natural part of treatment. Avoid treating after eating. You may not get the results you want if you are using narcotics, Valium, Darvon, or Talwin. Do not apply to inflamed skin, rashes, scars or infections. People with serious cardiac problems can have uncomfortable but not serious side effects.

Caution: Pain or illness is a message that something is wrong. By activating the Healing Response you are awakening powerful energies within your body. This energy can heal conditions that have baffled doctors and plagued people for years. Sometimes however, the pain killing aspect of endorphin production can hide an underlying cause or symptom. Headaches can be related to brain tumors; fatigue to heart problems, environmental conditions, or stressful lifestyles; knee problems could be related to arthritis and not just knee problems. A proper diagnosis is sometimes critical to get the results you want because you may not be using the right points. Confer with your doctor for proper diagnosis and then use these tools to aid your healing.

RESEARCH WITH STRESSAWAY SYSTEMS

As I demonstrated the Stressaway acupressure tools at different events using micro-system pressure points, people consistently reported very positive results in pain reduction. Since there are few scientific studies supporting the hypothesis that there are miniature representations of the body in the ears, hands and feet, I decided to quantify the results of my 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 research I have gathered to determine how well the Stressaway acupressure tools are working. It also tells us how many people can expect to get positive results with these tools.

My hypothesis was that different micro-systems in the ears, hands and feet correspond to different body parts and **that 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 experienced clinical pain.** I also wanted to determine if people could expect results with self treatment. If the pressure points corresponding to the problems people were having were sore, it was one indication that these sore points relate to the corresponding painful body part. If brief stimulation of the point provided any pain relief, this is a second indication that the pressure point matches that specific part of the body.

I tested over eleven hundred people at several different fairs. I measured pain levels using a visual analog scale (numbered scale) before and after a short treatment. I measured frequency and intensity of symptoms and costs of medication and treatment. I applied pressure on the sore

points for less than three minutes. Sore points always related to problem areas identified by participants. Sixty-five percent of the people with headaches (387) were completely pain free within three minutes. The chart below indicates percentage of pain reduction levels recorded within three minutes.

In three minutes 37 percent of the group were totally free of pain; 73 percent were free of 50 percent of their pain; and, 2.5 percent reported no change in pain levels.

Percentage of Pain Reduction

Average reduction within 3 Minutes -- 78 Percent

Headaches	85%	Knee	67%
Back	79%	Hip	85%
Shoulder	85%	Hand	51%
Neck	74%	Wrist	89%
Foot	80%	Elbow	75%

This pilot study supports 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 system, support the hypotheses that **acupressure with these tools offers an effective and cost savings method of treatment that is worth studying.** (New graphs of this data is on page 47 in Appendix A.) (Appendix D & E on page 63 supports our results.) The most-recent development in this effort to document results is the potential this information has for

prevention and health screening. This research found that soreness on the micro systems reflects the level of health of different parts of the body. One disease that needs better screening methods is cancer. Since there is usually no pain associated with early-stage cancer, we don't know we have a problem until the cancer is more advanced and therefore more difficult to treat.

Some women who were experiencing health problems in the breast saw the pictures of the breast points on top of the foot. (Page 28). They asked to see if those parts were sore. Points on the hand and feet that relate to the breast were significantly sorer ($p < .05$, $n=30$) for women who had cancer, or fibrosystic 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 related to this question with all members of the Acupressure Co-Op in the Health Screening System. We are looking at the 12 most deadly cancers to determine if we get an increased longevity with early screening not found in other invasive methods.

Current medical examination procedures and diagnostic tests in the medical industry are being questioned today. One study recently found that 20% of the patients who died in ICU were mis-diagnosed and not treated for the condition that caused their deaths.⁴ Though current research has not documented enough the use of acupressure for diagnosing problems the potential is great and the cost is minimal. Some of the research on diagnosis using these micro systems is documented by Terry Oleson⁵. 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.

Controlled, long-term studies are now being conducted to verify that people are getting lasting results. If you are in a setting (business, hospital, school, health center, doctors office, etc.) where you can help us evaluate the validity and reliability of these results please contact us. See Appendix C

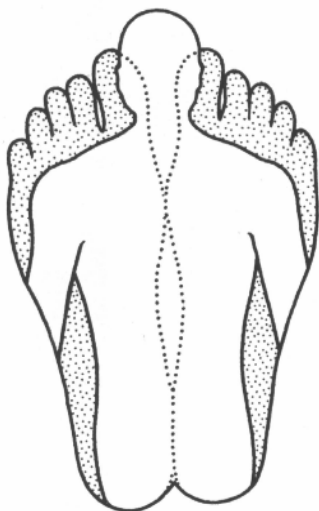
This study has dealt only with pain because we do not have the funds to measure the effects of these tools on diseases that take longer and more extensive follow up. There were many individual cases of relief of coughs, colds, nausea, infections, allergies, arthritis, paralysis, and fatigue, to list just a few, but not enough to document in the short time available. The World Health Organization lists general areas known to respond to acupuncture (or acupressure). Our other books list most of these problem areas. We also have several thousand conditions on computer, and this list is available also.

These results and others are confirming what medical historians have found in cultures all over the world for thousands of years. Mild short-term pain reduces more severe pain problems. People can continue to get results for pain and illnesses. The three critical factors needed are: intensity of pain stimulus (correct tools), accuracy of finding the correct point (provided in our manuals), and frequency of stimulation (up to each individual).

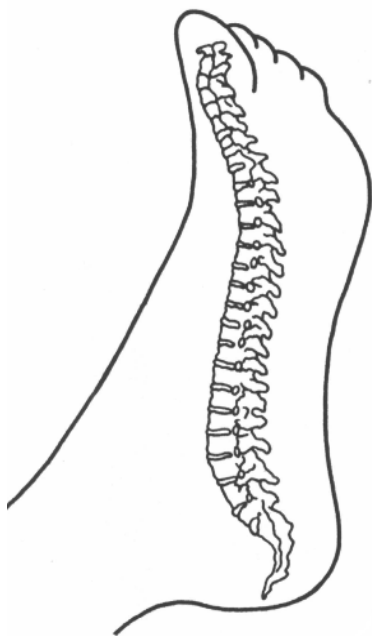
The rest of this booklet describes, in detail, how to work with the three Micro-Acupuncture Systems of the feet, hands and ear. A unique aspect of the Stressaway Acupressure Program is that we recommend using points from the **ears, hands, feet and regular acupressure points**. Using our inexpensive tools on yourself gives you the best stimulation and since you can do it yourself you can do it more frequently which is a key to the best results.

Hand and Feet Microsystems Reflexology

The next two sections of the book cover the major macro-and micro-systems in detail.



In this system the right foot or hand corresponds with the right side of the body. The side of the foot or hand corresponds with the side of the body, and the insole or thumb side corresponds with the center of the body. The toes relate to the top of the body and the heels to the bottom of the spine. The hand matches the body in a similar manner. Pressure points for bones, muscles, and organs are found in these approximate areas. The soles and palms relate mostly to the back part of the body and the tops to the front. Use this general form when working with more detailed charts.

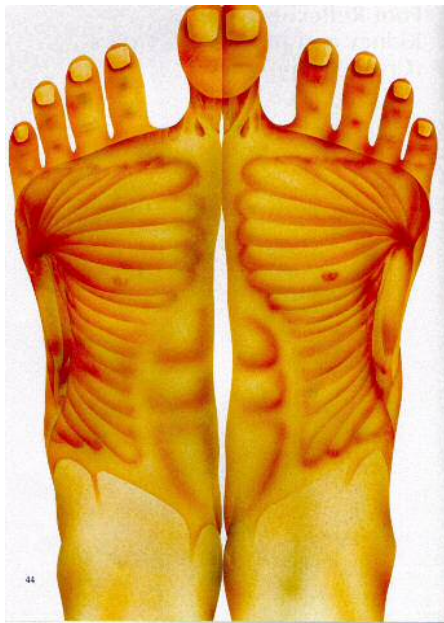


Keeping the above representation in mind, we find the spine along the inside of the foot. Since the foot is arched, we find that the spine comes up into the foot and is not restricted to the bottom. This will make it seem as if it is on the side of the foot because it comes up so high. This will be similar to other parts you are trying to find. Probe in the general area and move around



until you find the most tender spot. Many parts like the spine, hips, and shoulders wrap around the side of the foot. This is clearer in the charts of the side of the foot.

The bones and muscles fit the same pattern; all of the body systems overlap. The same point may be sore for a muscle, nerve, bone or any of the other body systems found in that spot. Pressing a sore spot will start the Healing Response in the corresponding part of the body.

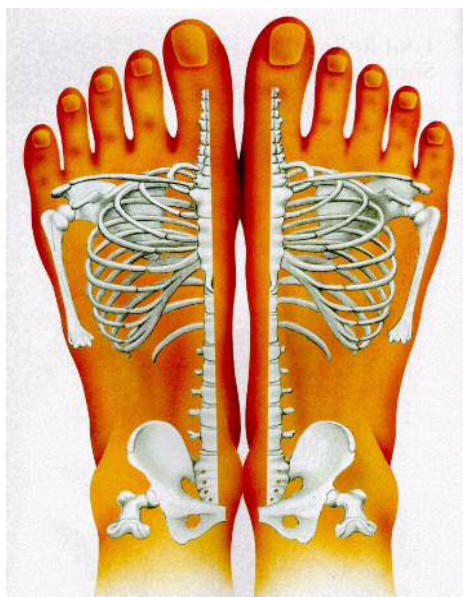


The large tendon on your foot can be located by pulling your big toe up. This tight tendon can be felt with your finger. It will be sore so work gently around it, not on it.

Some authorities say the top of the foot matches the front of the body²⁴. Others say it's hard to tell²⁵. See which works best for you. One of our research goals at the Acu-Ki Institute and the Health Screening system will focus on this controversy.

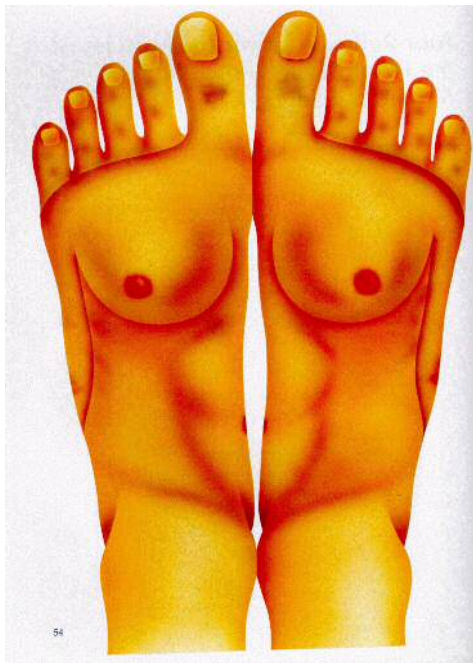


Stiffness or badly-swollen or large bunions of the basal joint of the big toe may indicate problems with the lower cervical vertebra. This can affect the head, shoulders, arms, hands, neck, nose, eyes, and ears. Problems in the lower extremities can originate from the vertebra also. Rotate the toe to loosen it and feel for swelling, hardness, and pain. Massage your toe lightly at first, increasing the pressure in accordance with your pain threshold. Working with your big toe and the other toes in a gentle rotating manner will also loosen the shoulder and neck area.



These charts show the muscles and organs on the front of the body. Injuries to these areas should be initially massaged for twenty minutes (First a ten minute massage, then a five minute pause, and then another ten minute massage). You can also

use the time sequence in the Acupressure Principles section. The points of the Micro-



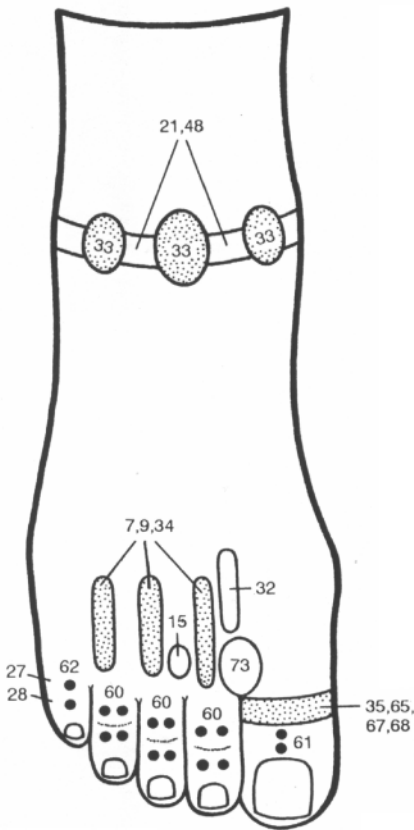
System are usually worked longer than the body acupressure points. Ten minutes is usually the maximum time recommended in one treatment session for a particular point on the foot. Massage to these areas will also speed healing from surgery or open wounds to the front of the body. The more recent the injury, the faster it can be healed.

Changes in a woman's breast may be reflected in the hands and feet. Massage these areas for potential problems. The

change may show up in the feet or hands before you experience lumps or hardness in the breast. Many practitioners²⁶ report that working these areas of these micro systems may keep lumps or lymph nodes from forming on the breast, or remove them once they have formed. We have research designed to test this experience but to date, we only have testimonial evidence on how well this works. **Important:** Always consult a health practitioner, when you experience problems in this or other life- threatening areas.

When I explained the connection to the breast and foot to one lady, she pondered, "Oh, that's what it was. My dad used to love us to massage his feet but there was one spot on the top that was extremely sore for maybe five years. We found out later that he had breast cancer and he died. Maybe if I had known that this sore point related to breast cancer, we could have had him checked out and he may have lived."

Every woman that has been examined with breast cancer has had soreness in the corresponding area of the feet or hands. If the cancer is up in the lymph area we will see it more outside of the foot near the arm pit area. If it is lower and more near the center line of the body we find a soreness closer to the inside of the foot near the arch. This seems like a very powerful, non-invasive method of screening for breast cancer that the Acu-Ki Institute is investigating. All members of the Acupressure Co-Op can help us determine if this is a life saving procedure.



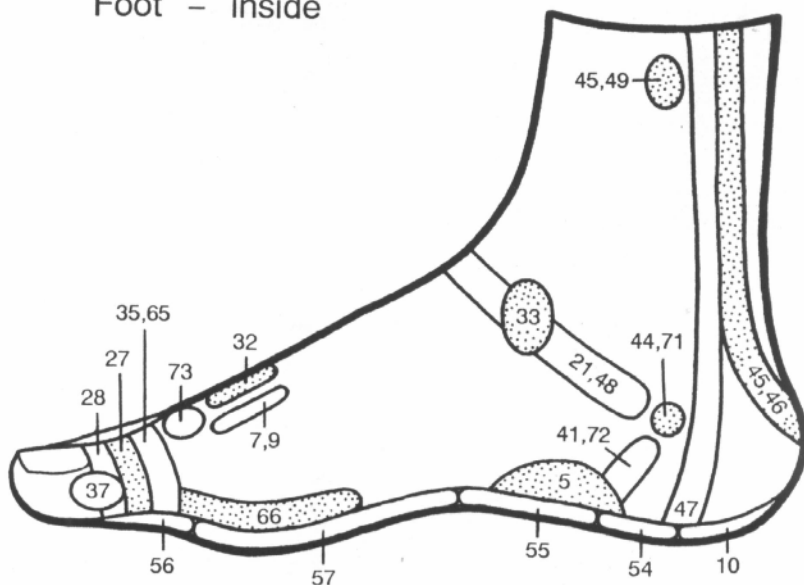
The teeth show up on the front toes with the lower jaw on row 27 and upper jaw on row 28. This matches the law stating that the higher up the body an area is, the closer to the toes you will find it. As you move away from the center of the body, you also move away from your front eye teeth. Each tooth can be found on one specific part of a toe, depending on where it is. Problems with gums will also show up on these specific spots. There is not as much muscle on top of the foot so some of these areas may respond to working with your fingers also. You can also see parts of the inner ear, neck and other parts of the mouth here.

Top of Foot

- 7 - Breast
- 9 - Chest
- 15 - Ear, Inner
- 21 - Fallopian Tube
- 27 - Jaw/Lower, Teeth, Gums
(bottom row of dots)
- 28 - Jaw/Upper, Teeth, Gums
(top row of dots)
- 32 - Lymph/Breast & Chest
- 33 - Lymph/Groin

- 34 - Mammary Glands/Breast & Chest
- 35 - Neck
- 48 - Seminal Viscle
- 60 - Teeth
- 61 - Teeth, Eye
- 62 - Teeth, Molar
- 65 - Throat
- 67 - Thyroid
- 68 - Tonsils
- 73 - Vocal Cords

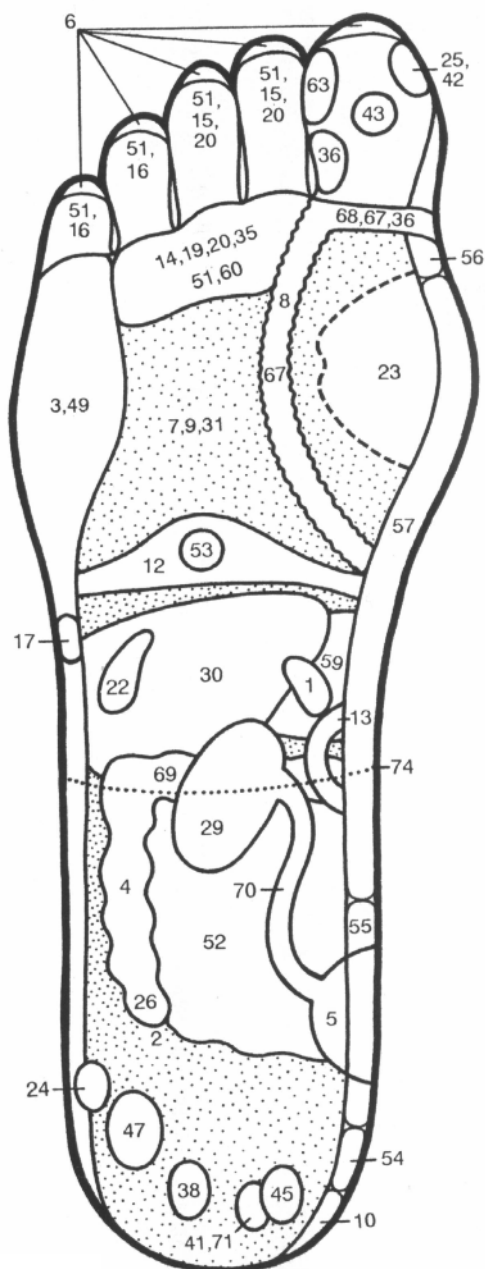
Foot – inside

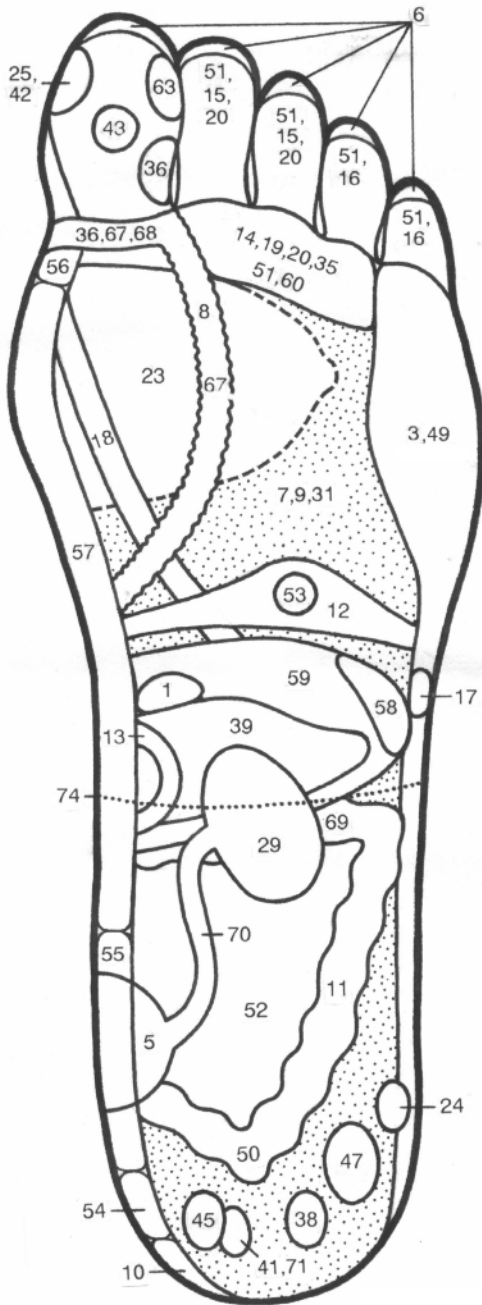


- | | |
|---------------------------|---------------------|
| 5 - Bladder | 45 - Rectum |
| 7 - Breast | 46 - Reproduction |
| 9 - Chest | 47 - Sciatic Nerve |
| 10 - Coccyx | 48 - Seminal Viscle |
| 21 - Fallopian Tube | 54 - Spine, Low |
| 27 - Jaw/Lower,Teeth,Gums | 55 - Spine, Mid |
| 28 - Jaw/Upper,Teeth,Gums | 56 - Spine, Neck |
| 32 - Lymph/Breast & Chest | 57 - Spine, Upper |
| 33 - Lymph/Groin | 65 - Throat |
| 35 - Neck | 66 - Thymus |
| 37 - Nose | 71 - Uterus |
| 41 - Penis | 72 - Vagina |
| 44 - Prostate | 73 - Vocal Cords |

Bottom Right

- 1 - Adrenals
- 2 - Appendix
- 3 - Arm
- 4 - Ascending Colon
- 5 - Bladder
- 6 - Brain
- 7 - Breast
- 8 - Bronchial
- 9 - Chest
- 10 - Coccyx
- 11 - Descending Colon
- 12 - Diaphragm
- 13 - Duodenum
- 14 - Ear
- 15 - Ear, Inner
- 16 - Ear, Outer
- 17 - Elbow
- 18 - Esophagus
- 19 - Eustachian Tube
- 20 - Eye
- 22 - Gallbladder
- 23 - Heart
- 24 - Hip
- 25 - Hypothalamus
- 26 - Ileocecal Valve
- 29 - Kidney
- 30 - Liver
- 31 - Lung

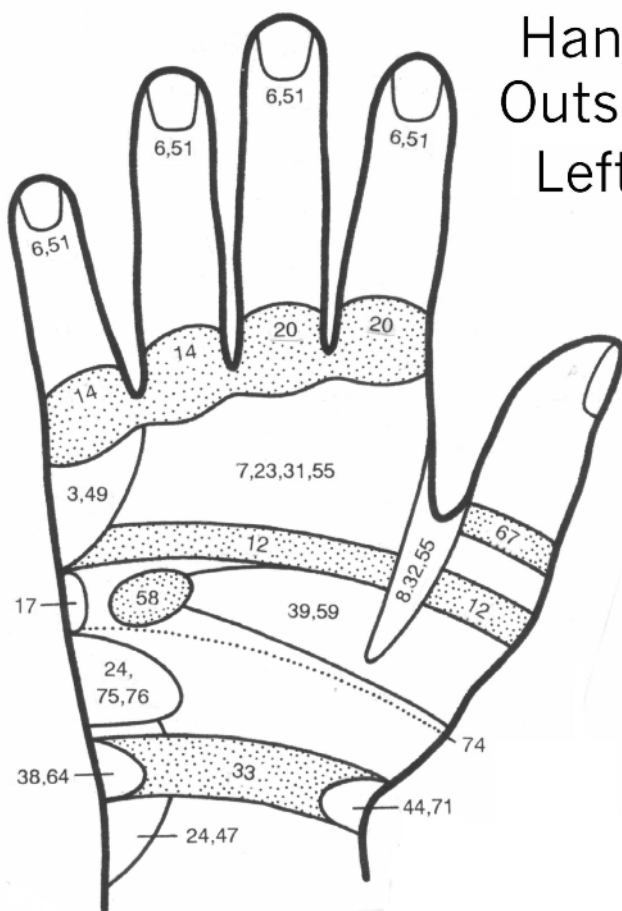




Bottom Left

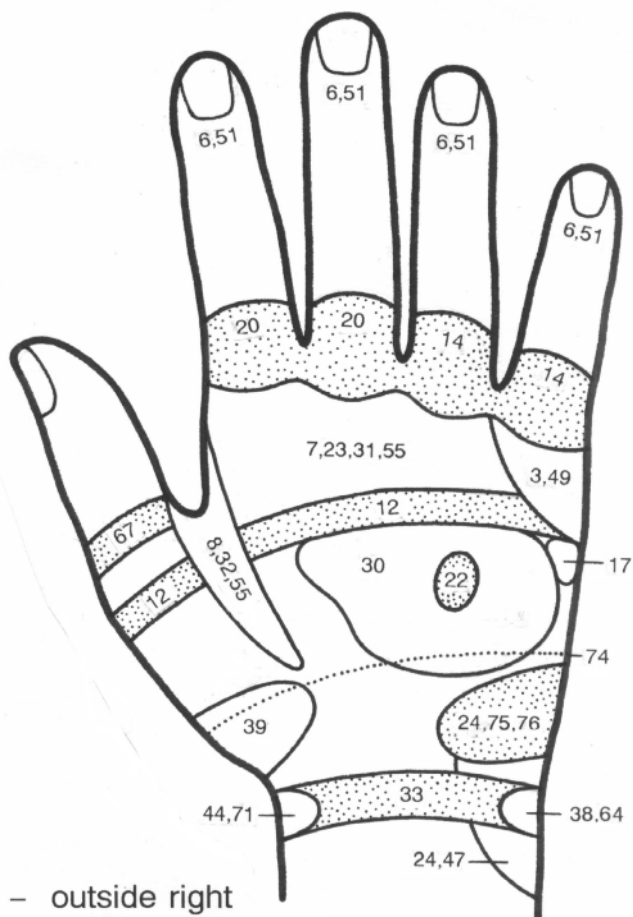
- 35 - Neck
- 36 - Neck, side of
- 38 - Ovary
- 39 - Pancreas
- 41 - Penis
- 42 - Pineal
- 43 - Pituitary
- 45 - Rectum
- 47 - Sciatic Nerve
- 49 - Shoulder
- 50 - Sigmoid Colon
- 51 - Sinus
- 52 - Small Intestine
- 53 - Solar Plexus
- 54 - Spine, Low
- 55 - Spine, Mid
- 56 - Spine, Neck
- 57 - Spine, Upper
- 58 - Spleen
- 59 - Stomach
- 60 - Teeth
- 63 - Temple
- 67 - Thyroid
- 68 - Tonsils
- 69 - Transverse Colon
- 70 - Ureter Tube
- 71 - Uterus
- 74 - Waist Line

Hand Outside Left



- 3 - Arm
- 6 - Brain
- 7 - Breast
- 8 - Bronchial
- 12 - Diaphragm
- 14 - Ear
- 20 - Eye
- 23 - Heart
- 24 - Hip
- 75 - Knee
- 76 - Leg
- 31 - Lung
- 32 - Lymph/Breast & Chest

- 33 - Lymph/Groin
- 38 - Ovary
- 39 - Pancreas
- 44 - Prostate
- 47 - Sciatic Nerve
- 49 - Shoulder
- 51 - Sinus
- 55 - Spine, Mid
- 58 - Spleen
- 59 - Stomach
- 64 - Testes
- 67 - Thyroid
- 71 - Uterus
- 74 - Waist Line

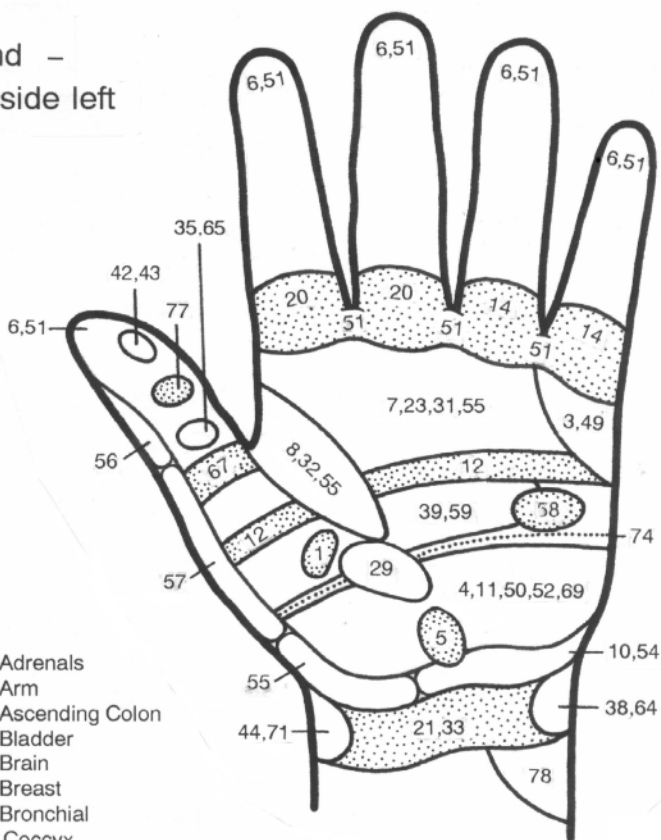


Hand - outside right

- 3 - Arm
- 6 - Brain
- 8 - Bronchial
- 12 - Diaphragm
- 14 - Ear
- 20 - Eye
- 22 - Gallbladder
- 24 - Hip
- 75 - Knee
- 76 - Leg
- 30 - Liver
- 32 - Lymph/Breast & Chest

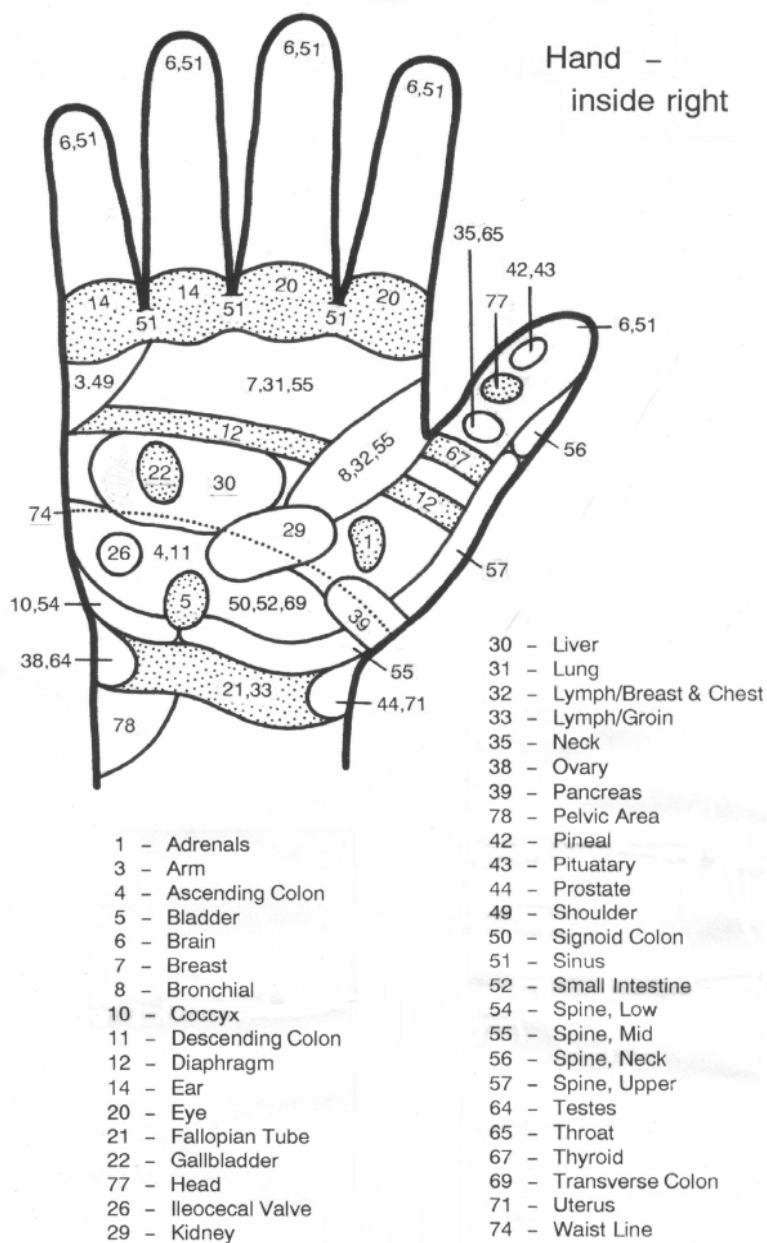
- 33 - Lymph/Groin
- 38 - Ovary
- 39 - Pancreas
- 44 - Prostate
- 47 - Sciatic Nerve
- 49 - Shoulder
- 51 - Sinus
- 55 - Spine, Mid
- 64 - Testes
- 67 - Thyroid
- 71 - Uterus
- 74 - Waist Line

Hand -
inside left



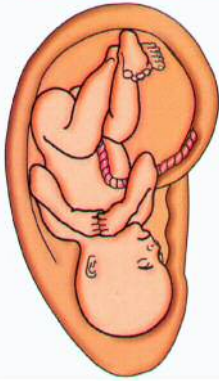
- 1 - Adrenals
- 3 - Arm
- 4 - Ascending Colon
- 5 - Bladder
- 6 - Brain
- 7 - Breast
- 8 - Bronchial
- 10 - Coccyx
- 11 - Descending Colon
- 12 - Diaphragm
- 14 - Ear
- 20 - Eye
- 21 - Fallopian Tube
- 77 - Head
- 23 - Heart
- 78 - Pelvic Area
- 29 - Kidney
- 31 - Lung
- 32 - Lymph/Breast & Chest
- 33 - Lymph/Groin
- 35 - Neck
- 38 - Ovary
- 39 - Pancreas
- 42 - Pineal
- 43 - Pituitary

- 44 - Prostate
- 49 - Shoulder
- 50 - Sigmoid Colon
- 51 - Sinus
- 52 - Small Intestine
- 54 - Spine, Low
- 55 - Spine, Mid
- 56 - Spine, Neck
- 57 - Spine, Upper
- 58 - Spleen
- 59 - Stomach
- 64 - Testes
- 65 - Throat
- 67 - Thyroid
- 69 - Transverse Colon
- 71 - Uterus
- 74 - Waist Line



Ear Micro System Auriculotherapy

Inverted Fetus Map



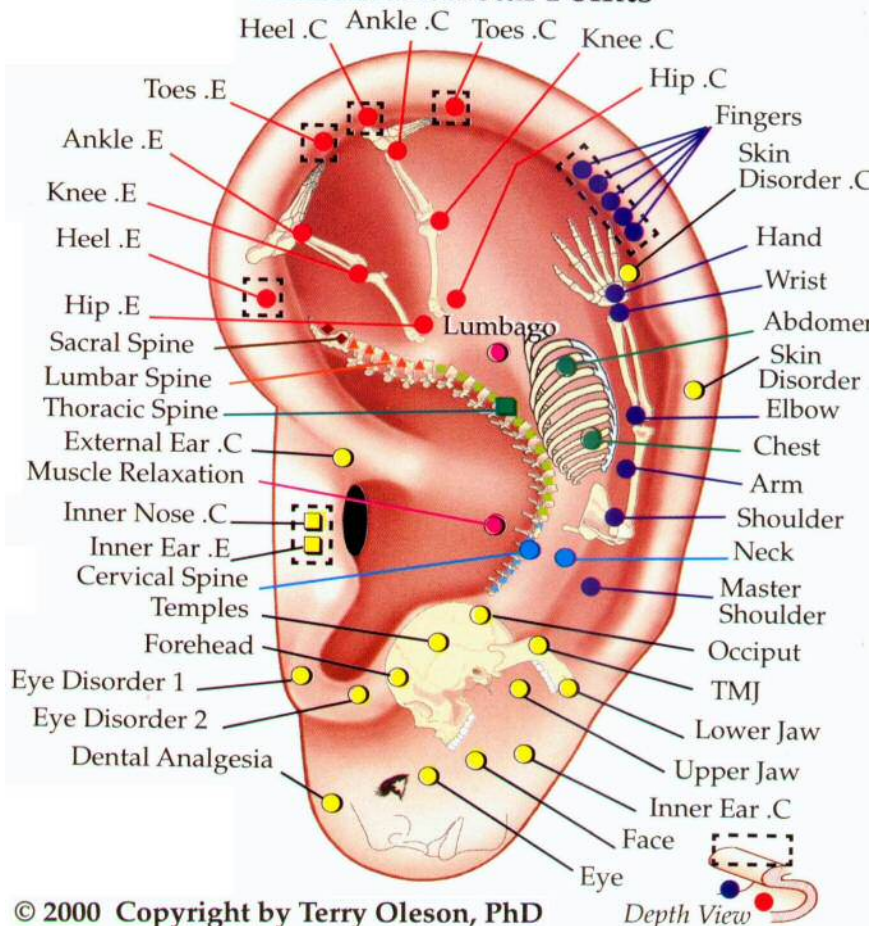
2000 Copyright by Terry Oleson,

The illustration here depicts the body mapped in the ear, much like an inverted fetus. You can see how the back is inverted on the ear in the round inner section. The neck shows up low on the ear whereas the low back shows up higher on the ear. This mapping of the ear was completed by Dr. T.D. Oleson at the UCLA School of Medicine²⁷. Through electrical and thermal testing he supported acupuncturists' claims that a somatotopic mapping of the body is represented upon the external ear.

If you read my previous edition of *"Acupressure: Ancient Wisdom for Modern Day Healing"*²⁸ you can see that the pictures of the ear and description on how to work with this Micro-system is expanded here. The pictures here are from Terry Oleson's latest book *"Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture."* Much of the material in this section is a quote from this book so that I can be as accurate as possible.

Auriculotherapy is a therapeutic intervention in which stimulation of the auricle of the external ear is utilized to alleviate health conditions in other parts of the body. While originally based upon the ancient Chinese practice of acupuncture, the somatotopic correspondence of specific parts of the body to specific parts of the ear was first developed in modern France by Dr. Paul Nogier. It is this integrated system of Chinese and Western practices of Auriculotherapy as formulated by Terry Oleson that will be described in this text.²⁹ Our emphasis here is to give you enough knowledge that you

Musculoskeletal Points

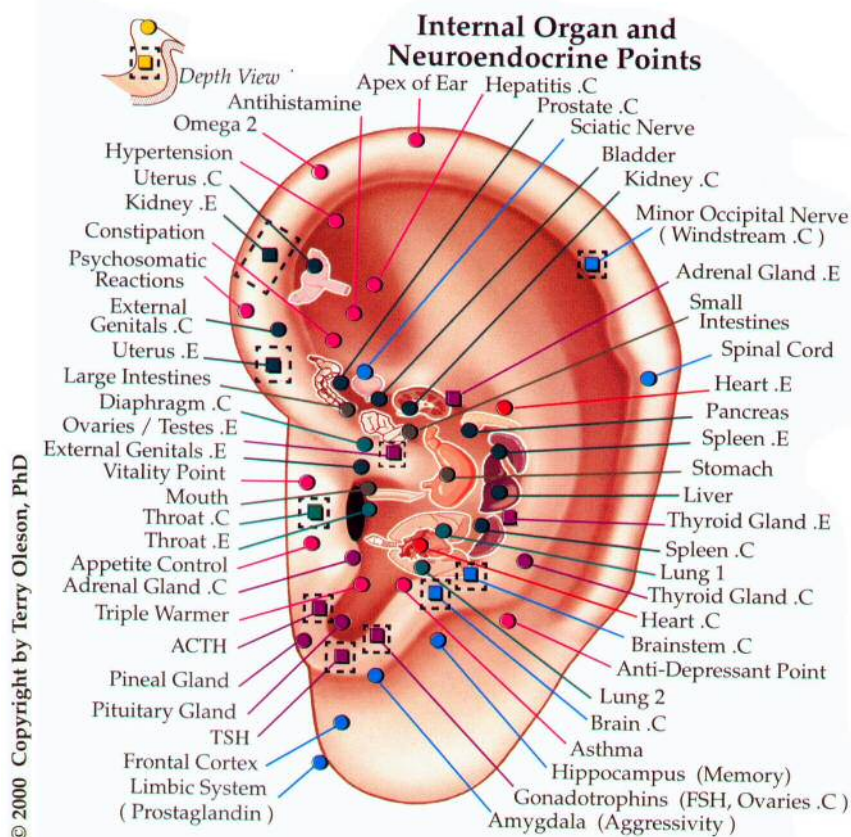


can produce the well documented healing effects in your self without any complicated tools or training. You will be amazed how easily most pain disappears with just a few minutes of stimulation.

Musculoskeletal auricular points represent the skin, muscles, tendons, ligaments, and skeletal bone structures of the corresponding body area, as well as blood circulation to that area. Clinical problems treated by ear reflex

points include relief of muscle tension, muscle strains, muscle tremors, muscle weakness, tendinitis, sprained ligaments, bone fractures, bone spurs, peripheral neuralgias, swollen joints, arthritis, shingles, sunburn, skin irritations, and skin lesions.

The reason I expanded this section is because it is one of the easiest micro-systems to work with and the results are often very dramatic. There are auricular treatment plans for more than 250 medical conditions and 200 parts of the body listed in Stressaway Acupressure. All of the ear points are listed by their names and the reference point developed by Terry



Oleson.

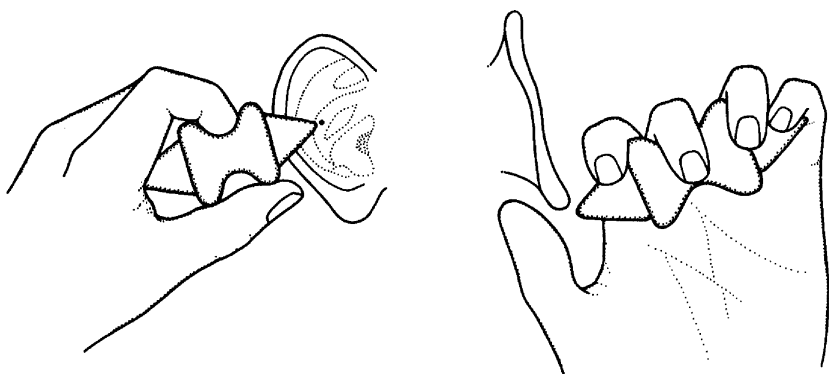


If another person is working with you it is relatively easy to find the points but doing this yourself requires some feeling around with your fingers. Your Acu-Ki has no sense of feeling so it is best to feel with your fingers for the ear point. When you have found the approximate ear point, place the sharp end of the Acu-Ki against the ear. You can hold the tool in the same hand while you feel in the ear with your index finger for the place that corresponds to your picture. Then move the tool onto the correct spot looking for the sensitive place. The pictures only give you the general area where you find the sore point.

The Mini Acu-Ki has the sharpest point designed specifically for the ear. It is about one-sixteenth of an inch in diameter. When you miniaturize your body down to the size of the ear, some of the parts are no larger than the head of a pin so you need a sharp point to get accurate stimulation.

When you are putting pressure on some of the ridges of the ear it is hard to keep your tool from slipping off the edge. This is done easily by holding your finger right next to the point of the tool. In this way your finger is against the ear right next to the point of the tool which keeps it from slipping off the ear point.

These pictures show you how to hold the Acu-Ki for working on the ear. The first method puts pressure directly on the ear. The other picture shows how you can use your thumb to get more control. The thumb is placed behind the point on the ear you want to treat. Then you place the Acu-Ki on the



e

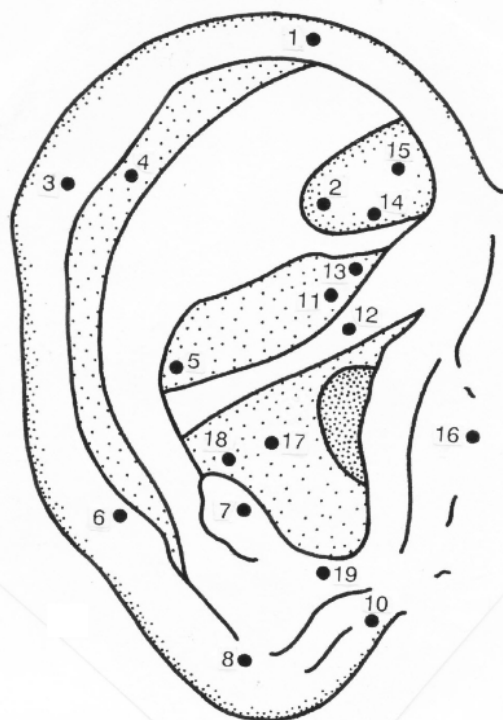
ar and put pressure between the thumb and your Acu-Ki.

When looking for the sorest point on the ear, first find the general area that relates to your problem. Now move your Acu-Ki around the spot while applying gentle pressure between your thumb and the Acu-Ki. Do the same on the back of the ear which matches the sore point found on the front. Sometimes it is easier to work the sore points on the back of the ear for neck and spine problems because of the natural groove formed there which helps keep the Acu-Ki in place.

When you find the area that is very sensitive (sometimes this feels like a sharp needle), hold pressure on that point for 1-2 minutes. Research has determined that it takes about 25 seconds to get a full Healing Response so if you are short of time do at least 30 seconds. Use as much pressure as you can take, but not so much that you do not do it. Doing it lightly for longer periods of time may work just as well. If it is very sensitive, hold on the point with light pressure. Do not move the Acu-Ki around as you apply deep pressure, because the skin of the ear is very soft and can tear.

After a bit, as the endorphins kill the pain in that area of the ear (this also will happen for the area you are treating), it will become less sensitive. Move the Acu-Ki just a bit and you'll find other areas that are sore next to the first point. Stimulate them also. Do this 1-2 minutes on each point or until the pain in the corresponding body part lessens or goes away. Sometimes you will need to work a couple of places to see which area gives you the best results, e.g., the knee joint and knee are in slightly different places on the ear.

If you are working on a condition that you have had for a long time or if it seems like it is not improving, use the point on the back of the ear that corresponds to the same part of the body found on the front of the ear. These points on the back deal with the underlying cause or long-standing pain (the motor neuron aspects of muscular spasm). So a combination of front and back ear points may work better for some conditions. Working with the ear (Auriculotherapy) is a very effective method of creating a healing response in the body.



Ear – symptoms

- | | |
|--------------------------|----------------------------|
| 3 - Alertness | 17 - Muscle Relaxing Point |
| 1 - Allergy | 10 - Nervousness |
| 2 - Anxiety Reduction | 2 - Pain Reduction |
| 15 - Asthma Point 1 | 12 - Point Zero |
| 7 - Asthma Point 2 | 2 - Shenman |
| 5 - Blood Pressure | 4 - Sleep Induction |
| 14 - Constipation | 18 - Smoking Point 1 |
| 11 - Digestive Disorders | 2 - Smoking Point 2 |
| 6 - Diminishing Libido | 19 - Smoking Point 3 |
| 2 - Divine Gate | 8 - Sneezing Control |
| 13 - Hemorrhoid | 16 - Weight Control Point |
| 18 - Lungs | 18 - Weight Control Point |
| | 2 - Weight Control Point |

Some of the original work by Oleson focused on diagnosing pathology by measuring sensitivity of the ear points. As we have stated in other parts of the book "If there is no pathology in a given area of the body, there will be no active point which corresponds to that area of the body." The ear is one of your best micro-systems for doing your own diagnosing of a problem. It is best to work with each of the micro-systems to confirm what you find on each one. If I find a sore point on the ear, indicating I have a stomach problem, I look for soreness on the stomach point on the feet and hands to confirm this analysis.

A lady came to me saying she thought she had a kidney problem because of where she was sore on her back. I first tested the soreness of the points on her ear for the place on her back that was sore. The ear point was not sore for her back. Then we found the point for her kidney and that was also not sore. Then we tested the point on her ear for the intestines and it was extremely sore. I asked her if she had any digestive problems and she said she was having difficulties in that area.

Then we followed up with the corresponding points in her hands and feet and we found soreness there that corresponded to the intestines. Since the foot is a larger system than the ear we were able to pinpoint that the problem was in the transverse colon by the extreme sore point found there.

Terry Olesons' web site is www.auriculotherapy.com. You can purchase his book from us using the order form at the end of this book or call him at (323)656-2084.

I've given you as much information as you need to get started with your acupressure treatments. Now its up to you. Remember this book is just a beginning and that there is much more interesting material about acupressure and the body's healing abilities. The items listed below are excellent and we are on the internet with much more recent free material to help you learn more about current developments in acupressure.

Appendix A

(This is the draft of my proposal to people interested in getting off their pain medications based on our results achieved with acupressure.)

10 DAY STOP THE PAIN CHALLENGE



Get off the drugs for
physical and emotional pain
15 minutes a day for 10 days
All natural affordable
self treatment



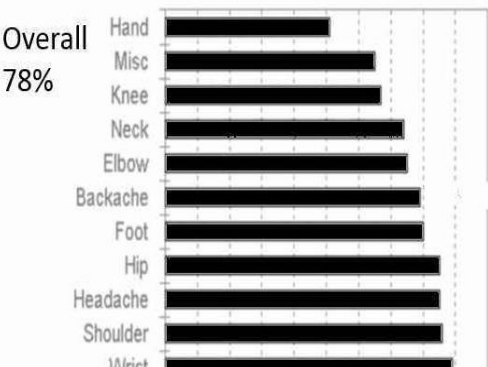
Accept the Challenge to End Your Pain

I hurt my back playing football in high school. It took me 20 years to come up with a workable solution for my devastating pain. It involved using a tool I developed for myself so that I could apply pressure onto acupressure and reflexology points. I began sharing with others this method of acupressure I called Stressaway Acupressure in 1979 in fairs, flea markets, department stores and wherever I could demonstrate how this methods worked for me. When I shared my healing methods I never charged and I never told anyone I could heal them. I would only ask others to try it and see if it worked for them. That's what I am asking you to do today.

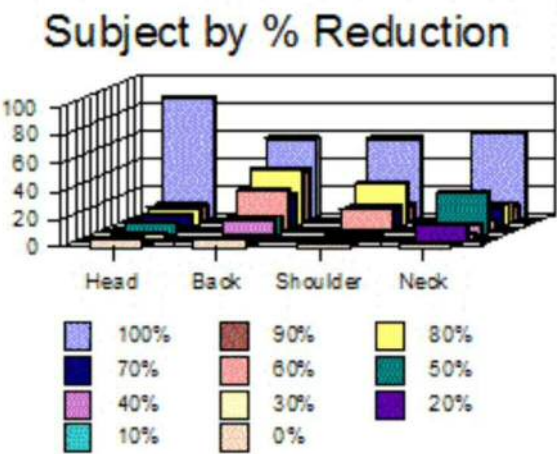
I was amazed with the results people experienced. The results were so good I started to document the experiences people were having. Pain was the easiest symptom to measure. 95% of the people I measured got some immediate relief. The overall pain reduction level was 78% in about 5 minutes for the 1132 people I documented. I estimate I have shared this

healing method with 260,000 people. The words people used most often were “amazing” and “unbelievable”. People who had been in pain for as many as 26 years reported relief for the first time. They reported pain relief for all parts of the body. For many complete relief was almost instantaneous.

The chart on the left shows the conditions that responded best and how much pain reduction there was. The one on the right shows the numbers of people that had different percentages of pain relief in the brief 5 minute demonstration. The blue bar is completely pain free.



At many of the events where I demonstrated people would share with others their results and soon there were lines of people asking if this would help their condition. It is amazing the sense of happiness I would experience when someone carried away their cane, or said they didn't need their walker or that they had tried everything for their problem and nothing



worked until I worked with them.

Besides pain reduction people reported relief for things like itching, burns, arthritis, fibromyalgia, spider bites, coughs, ear infections, toothaches and impacted teeth infections, fatigue, colds, TMJ, trembling hand, runny nose, multiple sclerosis, crying, depression, bloody nose, panic attack, anxiety and Lou Gericks disease relief, to mention just a few. The range of healing was so broad that I wrote an index of the points for different types of problems that acupressure has been used for. This Acupressure Comprehensive Index documents the primary points for over 4000 conditions selected from over 400 experts in the field.

My work now is to share this healing method with as many people as possible. This program of pain relief is to demonstrate that you can do this healing for yourself, quickly and easily just by using this modality of healing from the internet. You can get the same benefits others have gotten by using these simple effective techniques. My primary goal in



life is to put everything I have learned in the last 35 years into this program so **you can get the same results I get** when working with people individually as demonstrated in the charts above. In a series of webinars centered mostly on conditions related to pain I share how it works, where the points are for different conditions, and the different tools that have helped people get the best results.

I have reached an age where I want to give this healing experience to anyone who wants to know what life without pain really feels like. I also wish to document how well it works for different types of conditions so I want to keep track of how it works for you. Any condition that responds well to acupuncture (but we don't use needles) will respond well to this unique system of healing. There are four levels of participation ranging from \$2, \$5, \$10, \$57 and \$147. Everyone can afford

it. The first one month trial level of participation (\$2) is to accept this challenge today. The webinars offer you access to the different levels of participation. The higher level you invest in, the more likely you will end your pain and the quicker you can expect results. Guaranteed results. So if you are interested in getting rid of your pain, join us or refer this information to someone you know who may need this help.

Most people will be able to get off their pain medications. It is important to do this in conjunction with your doctor if you are taking a prescription drug. Initially you may need to stimulate healing points with the tools about 15 minutes a day. Depending on the severity of your condition you may need to treat yourself more often or less often. **During the first 10 days of your self treatment we will send you a short question about how it is progressing which will take about 5 seconds so we can measure how long it takes for your pain to go away. We will do this every 2 days for the first 10 days. Then every 5 days for the next 30 days and then at 3 months, 6 months and 1 year.** If you are not getting good results we will offer other suggestions on things that may improve your results that others have found helpful.

This program is completely natural involving self treatment. We don't sell any herbs, vitamins or any items that you must buy on a regular basis. Some people may get benefits with the lowest level cost of \$2 and we want to know how many of you can get results at this level. The minute you accept the challenge we will tell you things you can do right away to start getting relief. Within 10 minutes of beginning the program you will learn the points for your condition and could be experiencing pain relief.

Accept the Challenge to End Your Pain

Appendix B

The **10 Day Stop The Pain Challenge** noted above led to my web page which is found at www.stress-away.com It is based on the concept that you need at least ten treatments of acupressure to get lasting results on an average for most conditions. The web page has the lettering clearly. This picture just gives you an idea of what our web page and flyer looked like.

10 DAY

STOP THE PAIN

Challenge

Get off your medications
for physical and emotional pain
15 minutes a day for 10 days
Average pain reduction is 78%
A \$197 value for only \$4.95

To End Your Pain
Accept the Challenge

How to quickly heal yourself and others with acupressure

Looking for more natural ways of dealing with health and pain problems? Want to end that pain, build your immune system, reduce your medical costs, stop using those expensive drugs, get your life back? **Acupressure** is one of the oldest and safest healing methods known.

We believe an expanded use of Stressaway Acupressure will solve many of your personal and our nation's health care problems. This on-line system gives you the best results possible at a price (\$4.95) you can't afford to pass up.

Let me tell you a story about pain. I hurt my back playing football in high school. It took me 20 years to come up with a workable solution for my devastating pain. I began sharing this healing method in 1979 and have had tremendous results over the last 35 years. In one study 1148 people reported a 78% reduction of pain in about 5 minutes using my **unique combination of reflexology and acupressure**.

Chronic Pain is...

- #1 reason for seeking care
- #1 driver of health care cost
- #1 cause of disability and addiction
- more expensive than cancer, heart disease, and diabetes

And it gets worse...

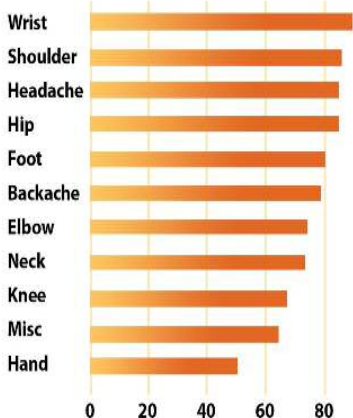
- 100m Americans live in chronic pain
- most use drugs for their pain
- over 100,000 die yearly from these drugs
- many drugs are not effective

Help us change this..

People in this program experience quick, natural, and permanent pain relief

Here are the results we documented others have achieved in our program and you may experience.

78% Pain Relief for 1138 People in about 5 minutes



The benefits are :

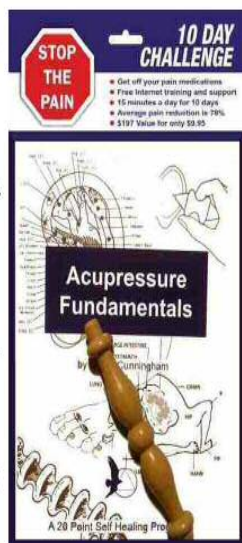
- Lasting Pain Relief in just a few days-usually less than 10 days. Most of you will begin experiencing some relief 11 minutes into your first webinar.
- Learn natural method that can be applied to many conditions. Formula for over 4000 symptoms.
- Avoid surgery and get off the drugs usually prescribed for pain.
- Guaranteed results. 95% of the people tested report some immediate benefits.

By accepting this challenge you agree to :

- Stimulate pressure points for at least 15 minutes a day (while doing things like watching TV) for at least 10 days.
- View one hour general internet training and one hour webinars for your specific condition. The more knowledge and tools you have the better the results will be. This is a challenge because it requires some effort on your part to get started-but it is easy to learn.
- Respond to surveys so we can document how it works for you and give you our best support.

Heal quickly with these four key factors:

- 1 An acupressure tool and e-book for stimulation of important acupressure points for 275 conditions. You will learn methods for self-healing including how to use your ears, hands, feet and regular pressure points for healing, and how to use the Stressaway Acupressure Mini Acu-ki tool effectively with 20 easy to find pressure points. \$9.95 value



- 2 **Webinars** (listed below) giving you training to find key points for your **specific condition**. \$97 value

- Addiction
- Depression
- Foot Pain
- Hip Pain
- Neck Pain
- Stress
- Arthritis
- Elbow Pain
- Hand Pain
- Knee Pain
- PTSD
- Wrist Pain
- Back Pain
- Fibromyalgia
- Headaches
- MS
- Shoulder Pain
- + 120 more

These webinars will also give you access to more advanced classes, tools and books in the Deluxe and Master Programs.

- 3 **Internet training** in all the key secrets of our acupressure program that will make acupressure work for you. \$97 value

- 4 **Internet support** answering any questions to ensure positive results. This includes blogs, forums and open webinars for questions. An email address is required for best results.

That's a \$197 value for only \$4.95



Over
230,000
people

use this program

Thousands are getting relief.

I had the worst migraine headache attacks my doctor had ever seen. Nothing helped until I used the Acu-Ki tool. After 1 week my **headaches** never came back. Three years now and I'm still pain free. Thanks.

Beverly Richardson, Danneville, IL

I have just spent \$16,000 on my **back** problems. I've been off work 5 months. 95% of my pain was gone, in just a few minutes using this information. Unbelievable.

Naomi Waller Huntsville, AL

I had more relief in 10 minutes with these tools than a year of physical therapy three times a week from a car injury to my **neck**.

Rachael Pyatt, Asheville, NC

Get this book or go here to:
Accept the Challenge

www.stopthepainchallenge.com

Stressaway Acupressure, PO BOX 564
Snowflake, AZ 85937 888-853-0646
info@stopthepainchallenge.com



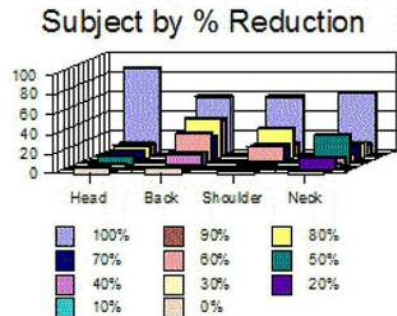
Thanks for joining
us in our new
healing journey
Monte Cunningham



Appendix C

(How we can lower cost and improve quality of our health care.)

**Imagine how different medicine
will be when you get results
like those a less than 10 minutes!**



**This program outlines how you
can do that and how this will lead
to a revolution in medicine
that can happen today.**

Stressaway Acupressure for lowering the cost of medical services and improving the quality of care and life

As medical costs keep rising, many communities are looking for options. The national cost of chronic pain has been estimated to be close to \$6200 per person per year. It is more expensive than heart disease, cancer, and diabetes. On top of that, treating people for addiction to the drugs that treat pain is astronomical and pain medications are the main drivers of our heroine epidemic. The focus of this proposal is to provide communities a low cost, effective health alternative that has the potential to lessen the cost of these health care services and improve the quality of the care.

Stressaway Acupressure is based on a 5000-year-old healing method that is in many cases as effective as acupuncture. Our initial studies show a 78% reduction of pain in about five minutes using this **unique combination of reflexology and acupressure**. It accelerates healing and ends pain and has the potential to lessen medical costs by reducing unnecessary tests, invasive procedures, and addictive drugs.

In traditional Chinese medicine, healing method's range from the most natural to the most intrusive. The most down-to-earth natural healing methods, such as breathing exercises, dietary therapy, acupressure, and herbology, are used as a form of hands-on, organic healing. If more treatment is needed, more complex and manipulative approaches such as acupuncture and chiropractic care can be used. These methods which are typically followed by expensive drugs and surgery. These are the most drastic interventions and are accompanied by the most severe side effects and costs. These latter approaches are last-resort medicine.

Sustainable Health Alternatives, Inc. has developed a very low cost and effective method (Stressaway Acupressure) of reaching out to people and teaching them how to use

acupressure early in the above treatment sequence. Expensive procedures can be avoided, and significant health benefits gained. At www.stress-away.com. I propose a demonstration program where I teach a sustainable and self-reliant health modality to patients and caregivers. A flyer and small book with an acupressure tool (\$9.95) is available to patients when their pain is first reported to their doctors. The patient can then begin internet training wherein they learn how to treat their pain on their own. When the patient discovers that this program ends their pain, the more expensive and invasive procedures with potential side effects can be avoided.

Ninety-five percent of our users report some immediate benefits. Our research reveals that 37% of the pain sufferers are completely free of their pain in less than 10 minutes. See attached graphs. Some people will still require standard and conventional treatments, but the focus for everyone should be, "What is the least treatment necessary to resolve the medical condition?" in other words, "First, do no harm."

Key benefits of the program are:

- Easy and inexpensive
- Incredibly fast and effective
- Focused on prevention
- Empowering for individual self-help
- Non invasive with no side effects
- A list of ninety more benefits is found here www.stress-away.com/benefits.html

These benefits will produce reduced medical cost with fewer doctor visits, less time needed with a patient, fewer expensive medical tests and therapies, fewer surgeries, reduced drug use and addictions, less and shorter hospital stays, reduced readmission rates, less negative medical side effects and reduced medical errors.

Here is a brief summary of some of the ways this program may

be integrated within our current treatment practices.

Prevention

The earlier you use acupressure for any condition the best results you have. Some areas where this can be taught on a preventive basis include educational TV programs, church programs, flea markets, home shows, fairs, hospital outreach programs, business lunches, business health programs, and university health care programs for students just to mention a few places. Community outreach programs can focus on high-cost patients. Some of these areas include: sports (especially football), aged (community centers), homeless, low income, prisons, veterans, uninsured, medicaid, and emergency rooms for any type of pain..

The focus will be on teaching people how to **use acupressure as early as any symptom appears** and to use prevention methods to keep them from getting sick. Encourage them to participate in online training and support. Starting cost can be as low as \$2 per person. Community education can teach simple acupressure point sequences for more than 250 common symptoms including points to strengthen people's immune systems and make them less likely to get sick and increase their energy.

Sports players, military, and employees will perform better with improved pain control, faster healing, and effective stress relief protocols. Military programs can teach soldiers how to do acupressure and carry a small book and tool in their backpack. For example, military personnel can be taught easily the types of events that are known to cause PTSD. When these events happen, a soldier can begin immediately (or as early as possible) using the points in his book for PTSD to treat the overload that those events cause on the human nervous system. This information will give immediate relief and help with the long term cost of PTSD. Other injuries that cause pain in the field that could interfere with active duties can be treated by the soldier in the actual combat situation. Prevention of

shock from injuries can be treated with one simple point. Early treatment without drugs will lessen long-term medical cost and reduce difficult problems like depression and high military suicide rates.

This is especially important for treatment options in communities that have lost funding for hospitals and/or medical services and in places like free clinics. One of our goals is to make this information available to the more than twelve thousand free clinics in the US.

Treatment

When self help is no longer working and a person needs treatment with standard methods we can see this type of interaction. As a person enters into a doctor's office or emergency room, determine if acupressure may apply to their condition. This can easily be done by finding sore points related to key reflexology and acupressure points and see if they can get relief by stimulating these points. Within 15 minutes you will see results. This will mean less time to diagnose or evaluate for necessary treatment. Our studies find that 5 percent of patients may get no immediate relief. If pain relief does occur and the condition is not life threatening, give the person flyer, book, printout (of points for their condition easily produced with acupressure computer program), acupressure tool and instructions on how they can heal themselves (internet training available) and reschedule appointment for 10 days. If after 10 days, self-treatment has not been successful more extensive tests can be done. If regular, more costly, treatment is required, acupressure will assist along the whole treatment process. Whenever possible get a family member to assist in learning this method of healing.

If a person comes into ER or by ambulance, immediate pain relief can be given without interfering with a necessary doctor's diagnosis. For example, in an ambulance immediate shock relief at acupressure point G26 will keep the body from going

into shock. Also, acupressure can offer trauma, PTSD, rape, and disaster relief for a large number of people at low cost with immediate relief possible. (See a few testimonials showing reduced costs attached.)

If they must go to the hospital get the patient actively involved before they go. If they use the acupressure points while getting other treatments, we can document many benefits in the attached study.

People in this program will be empowered with self-healing methods that will help them lead healthier lives at less expense to the community. After the person leaves treatment, they will be asked to continue by using acupressure prevention sequences plus points for their condition as described in "Acupressure: Ancient Wisdom for Modern Day Healing," and other protocols in on-line training programs.

Addiction

People who have become addicted to different drugs to lessen their pain may find specific protocols and treatment options through webinars, stress training, and lifestyle classes offered via internet training and personal meditation training CDs. Besides treating for physical and emotional pain, this program will offer low-cost methods of getting off the drugs many have become addicted to. The efficacy of acupuncture in the treatment of substance abusers and drug withdrawal has been amply demonstrated to the scientific community. Clinical trials and scientific investigations have proven acupuncture's effectiveness. In fact, acupuncture has become standard procedure in many detoxification programs worldwide.

Many cite acupuncture's most heralded biochemical action - the stimulation of endorphin production - as the primary physiological basis for its success in the treatment of substance abuse. Although the natural painkilling neurotransmitter endorphin is best known for its role in analgesia, according to recent research it may also be partially responsible for drug craving and physical withdrawal

symptoms. It is thought that when a person's endorphin receptor sites are filled by *endogenous* opioid peptides (e.g., endorphin, enkephalin), they experience feelings of well-being and, therefore, biological craving for addictive substances does not develop.

Just a few testimonials of hundreds:

I felt better immediately. Amazing, since I have had this headache for weeks, usually three times a day, with vomiting for hours. This headache is not as bad as a cluster headache, but I could feel the relief at once. I spent \$1900 on it last month.
James Porter, Asheville, NC

I had the worst migraine headache attacks my doctor had ever seen. Nothing helped until I used the Acu-Ki. After one week my headaches never came back. Three years now and I am still pain-free. Thanks.
Naomi, Huntsville, AL

I got more relief in 10 minutes with these tools than a year of physical therapy three times a week for a car injury to my neck and upper back.
Beverly Richardson, Danville, IL

Sample research proposals

Stressaway Acupressure as initial medical intervention will hypothesize that pain can be reduced upon first contact with a person within a medical clinic in a few minutes. This study would attempt to duplicate results reported in the cover sheet by Monte Cunningham found here (<http://stressaway.com/research%201148.html>). An online existing form will

facilitate collection of this data without additional research costs. It will also include new conditions covered in online training like stress, PTSD, and depression. Initial costs for a clinic would be \$5/person for starter book, acupressure tool and internet training. Follow-up would last for 6 months to determine program effectiveness and if the results are lasting.

A hospital cost reduction study will give 50 patients the “10 Day Stop The Pain Challenge Program” access and ask them to stimulate general prevention points and points related to their condition before, during and after their surgeries. Data could be collected via email response of patient so initial research cost would be minimal. All conditions related to pain and especially Re-admissions Reduction Program (HRRP) will be considered. Cost \$250

Possible measurable benefits:

- reduced readmission rates
- surgeries will be less complicated with fewer problems
- drugs for pain before and after surgery will be less
- nausea after surgery can be treated with acupressure
- fewer doctor visits required
- less long term treatment needed
- less anxiety and stress and personal trauma
- less recovery therapy needed
- fewer tests needed
- quicker recovery time
- shorter hospital stays
- less addictions
- fewer surgeries needed

Addiction reduction program research. This program will measure the effectiveness of self-treatment using the Stressaway Acupressure Program outlined in the “10 Day Stop The Pain Program” for all addictive conditions. It includes

protocols for using the NADA points for addiction, a CD collection of 12 meditation sessions for stress and life changing habits related to addiction and ongoing internet training sessions for changing habits related to addictions. Addictive conditions include; drugs, smoking, alcohol and food. Online internet forms will facilitate data collection. Initial cost for this program is \$197 per person.

The mission of **Sustainable Health Alternatives, Inc.** {501(c)3 Co-op} is to improve the health of our community and reduce our current medical costs by offering a full program of acupressure (Stressaway Acupressure) for self-healing. This organization is being set up as a Co-op so other people and organizations can raise funds for their programs while helping to increase the health of their members and community through educational prevention programs.

Monte Cunningham Stressaway Acupressure P.O. Box 564,
Snowflake, Arizona 85937
monty@stress-away.com • www.stress-away.com
(888) 853-0646 answering service 928-536-4266 office 928-
207-1043 cell

Appendix D

(Supporting evidence that original research can be duplicated.)

DATA SUMMARY MARICOPA COUNTY

FAIR 4/11/2012

n=61 VAS scale (1 to 10) no pain to unbearable pain

average beginning pain level =6.25

average end pain level =1.75

percent pain reduction =72%

reported pain free =47%

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

TOTALS

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

BC This is fabulous. I am a house cleaner and my hands were extremely painful and swollen, so much that I can't move them. It has gotten so bad that I went to the emergency room recently but the medications they gave me did nothing for the pain. It cost me over \$2000. Today with acupressure (mostly on the ear) the pain went

down almost immediately and the swelling went down more slowly so I can open and close my hands. VAS was from a 10 to 0.5

BH Her son said “This is awesome.” She has had a constant migraine headache for 2 years. The medications (15 different kinds) didn’t work during last 2 years.” In 10 minutes the headache was completely gone. I worked the 4 main points plus used the massage roller for complete relief. VAS 8 to 0

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

JD Reported hip pain. As we worked on her the pain level went from a 5 to a 3 in a short time. She commented that recently she felt the hip pain was caused by a broken heart. She had a difficult relationship breakup and felt that the hip pain may have come from the need not to feel the loss and sadness from a couple of years ago. As long as she had the hip pain she didn’t feel the sadness. She did the emotional release on C17 and in about 20 seconds felt a complete relief of the hip pain. VAS 5 to 0

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

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

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

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

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

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

Appendix E

Follow-Up documentation of other settings that supports the original research of 1138 people

Yuma testimonial summary 2019

Foot pain. Shuffling older lady. (This experience is one of many that keeps me involved in this method of healing) An older gentleman came by reading my sign "a free pain relief demo," asking if it would work for foot pain. When I said yes, he said he would be right back with his wife. He brought her back holding

her hand. She had a shuffling walk with her feet not leaving the ground and reported that her feet were in extreme pain. Her husband said she had this condition for more than 10 years. I began with the auricular point for the foot on her left ear. As I held the point with the Mini acu-ki, I asked her to be aware of the pain on her left foot. After about 30 seconds I asked her if there was any reduction of pain. She smiled and said the pain was completely gone. Then she immediately said, “do my right foot.” The pain in that foot was gone also in about 30 seconds. I asked her to walk a bit. With a big smile she walked (with no shuffle) around in circles as her ecstatic husband was exclaiming, “look my darling wife can walk again.”

G R

Veteran Testimony. Gary came by with **knee pain**. In just a few minutes the pain was gone. He came back the next weekend asking me to work on the other knee which was soon also free of pain. He reported that he was a vet and the military had tried for 20 years to heal his knee pain and nothing they tried worked. They finally admitted that they had no idea what was wrong.

corazan

This was an insurance agent who was getting **headaches** that her husband said were getting worse and worse. After getting rid of the headache she had in a few minutes I established that her shoulders were very sore which is one sign that the person is under a lot of stress. When I asked if she was under a lot of stress she said yes and when we stimulated the neurolymphatic point related to stress, they were all very sore. This was probably the underlying cause of her headaches.

Lost email of his sister

A young tall man came by with a **backache** with his sister. It was relieved in a matter of minutes. **His head was bent forward almost at a 90-degree angle.** My first thought was there was something seriously wrong here that was probably beyond what

I could help. I asked him what was wrong with his head bent over. He said he didn't know but it had been this way for several months. He hadn't seen a doctor because they couldn't afford one. Working with the reflexology points on the ear, I identified that the problem was with his neck. Within five minutes of working on the related neck points he held up his neck straight and with a large smile looked at his sister. She began to cry. She also had very sore upper trapezius muscles. When I asked her if she was under a lot of stress, she said yes because their family was in severe financial trouble. All of the neurolymphatic points related to stress were sore and working on them in a few minutes her shoulder pain was gone.

Rb

Head just completed **neck surgery** and the pain was still at a level four. He couldn't take the time to do the physical therapy required because the level of work he was responsible for. The pain was reduced in seconds. His comment "Amazing." Since he couldn't do the physical therapy, I recommenced doing the points for his neck every two hours on his ear and thumb.

JF

Relief for Foot and shoulder pain. Comment. "I can't believe how much better I feel so quickly."

Several people got almost immediate relief of these problems, many with long term symptoms.

Dlc and charliet

This person had **back pain**. I stimulated one neurolymphatic point on the side of his leg level with the tip of his hand his leg (31A). He reported the pain gone within seconds. There were several people (6) who reported immediate pain relief with this point which is unusual. Usually people feel better but not so many getting immediate relief. The Touch for Health protocol usually requires stimulating these points for a week or more for sustained relief. Under my circumstances I don't have time to do

muscle testing for strengths or weaknesses on the different muscles. I just see if they are sore and then get feedback if there has been any relief of the reported pain levels

nl

This lady had **MS** and reported pain all over her body. I asked what hurt the most and she said her **back**, I started with the neurolymphatic points and the ear points. Within minutes the pain had disappeared.

Pj

This person had **numbness in the hand**. After a few minutes I asked how the numbness was and she reported “the numbness in my hand is just gone.”

Qt

Shoulder. Their friend bought the \$1 package and then came back and purchased more tools because before he read the material on the internet he couldn't lift his hand over his head and two days later he could.

Rg This person had his **arm in a sling**. He had damaged his arm at work 1 ½ year ago and nothing the doctors had done was able to fix his arm or end the pain. Finally they told him to keep it in a sling until it healed. Within five minutes a level four pain level was zero.



This is the type of setting I collected these testimonials. I always have a person stimulate some points while I also do some. You can see here this person is rolling on a reflexology point on his hand while I am stimulating neurolymphatic release points on his back.

Appendix F

(Acupressure Co-Op flyer)

The Acupressure Co-op **A Grass Roots Revolution for Affordable** **Health Care**

- **Get lasting physical and emotional pain relief** in just a few days.
- **Learn natural methods** related to more than 4000 conditions.
- **Avoid surgery and get off the drugs** prescribed for most health issues.
- **Guaranteed results.** 95% of people tested get a quick 78% pain reduction.

If you are unhappy with your current health care program, are uninsured or under insured, or just want a more natural health system. our plan is for you. Join us. We need your help to spread the word and make this happen.

Membership options:

30 day trial (7 online aids) for \$2

One year (21 online aids) for \$5

One year with tools and books for \$10 or \$57

www.acupressurecoop.com



Here are just a few items your membership in The Acupressure Co-Op gives you.

- Computer program to print important points for over 4000 conditions
- Access to 60 years of expertise in pioneering programs in health valued at over \$500
- 20 webinars on the most frequent symptoms acupressure helps
- 12 CD's on stress reduction, habit change and addiction
- Prevent cancer with twice a year Health Screening System
- Mystery School Meditation
- 21 innovations with a 78% success rate to make acupressure work for you.

Here is a list of most important webinars--each one is about 1 hour.

Addiction	Arthritis	Back Pain
Cancer (in development)		Depression
Elbow Pain	Fibromyalgia	Foot Pain
Hand Pain	Headaches	Hip Pain
Knee Pain	Multiple Sclerosis	
Neck Pain	Pain (over 100 conditions)	
PTSD	Shoulder	Stress
Wrist Pain		

Appendix G

(More detailed description of what's in the Co-Op)

The Acupressure Co-op A Grass Roots Revolution for Affordable Health Care

**Acupressure tools and information for quick, permanent,
affordable, physical and emotional pain relief,
in the privacy of your own home.**

ONE MONTH TRIAL \$2

- Acupressure: Ancient Wisdom for Modern Day Healing 89 pg
[E-book](#) link [HERE](#)
- Acupressure points with pictures and text of 350 common
[conditions](#) link [HERE](#)
- Guidelines on how to get the best results with acupressure
link [HERE](#)
- 4 CDs from Series “Release and Relax for Stress” link [HERE](#)
- 18 webinars on most common conditions of members (about
1 hour advanced training each) link [HERE](#)
- 3 general introductory videos on acupressure [HERE](#) & [HERE](#)
- The Health Screening System Introduction for 12 most
serious cancers and health conditions link [HERE](#)

See membership options [HERE](#). As low as \$5 a year

**FULL MEMBERSHIP INCLUDES ITEMS IN TRIAL PLUS
THESE BELOW:**

\$5/yr (\$10, \$57 & \$147 purchase covers first year membership
also)

- 10 Day Stop the Pain Challenge with “Acupressure
Fundamentals” [40 page ebook](#)

- “Acupressure Comprehensive Index” with 4000 conditions ([ebook 280 pages](#))
- Full 12 Set CD Series “Release and Relax from Stress” plus ebook [HERE](#)
- 10 key points for prevention of 3600 symptoms [HERE](#)
- Mystery School meditation (MSM)
- Program to print points for over 5000 conditions from 400 experts [HERE](#)

COMING SOON

- Discount on all printed books, tools and kits
- Links to/and training from top experts in acupressure and reflexology
- Weekly internet coaching and Q & A
- Health Screening System for 12 most serious cancer conditions and diseases with regular follow-up every six months to document effectiveness of this technique [HERE](#)
- Access to 120 kindle editions on specific groups of symptoms (e.g. stroke, aging, sports, beauty)
- The latest specific symptom issues including; background, research, articles, how to start using the points, blogs, facebook, twitter connections, links to all additional information to that specific issue and all other networking information.
- Cell phone access to all programs and points (coming)
- Programmed Instruction to simplify learning of 40 most used acupressure points

See membership options [HERE](#). As low as \$5 a year

Co-Op means we do this together. This requires input on your part to make this work.

This grass roots effort to provide an affordable health care alternative to those who cannot afford our current system (Uninsured & Under insured) or those who are not getting the desired results they want, depends on people (YOU) sharing

what works for you with this system. Here are some of the initial ways you can help us make this change in our health care system so it will be **affordable to all**.

We ask that each member consider these approaches to healing:

1. Use acupressure first; before other more expensive and invasive therapies, such as drugs, surgeries, radiation, chemo, x-rays or the hospital.
2. Cut back on drugs you now use. Protocols for doing this to be established. Because many of your drugs may be dangerous if stopped, do so with the help of your doctor. For example you must be very careful when stopping the use of drugs for depression. We are not giving you medical advice, just suggesting you work with your doctor on this.
3. Use your physician for information and diagnosis which are important to determining correct acupressure points. Of course, in life-threatening situations you will take immediate steps to stop the trauma.
4. Practice and use acupressure's preventive procedures and/or exercises.
5. Participate in our Health Screening Research Program that determines if reflexology is an effective screening system for health problems like cancer and our new research program.
6. Spread the word. Recruiting 10 new members and share the program and information with others.
7. Pay automatic yearly membership fee of \$5, or \$10 (or whatever you can afford) until the program is well established enough that it is free.
8. Participate in the ongoing business decisions of the organization. You will help make decisions.
9. Purchase the Co-op tools and books you can afford to help finance this revolution. Products will be sold at reduced costs.
10. Help set up local Acupressure Co-Ops Clubs, like in a school.

11. Become an affiliate to earn some money on-line or at fairs, flea markets etc.
12. Give the FREE part of this program to friends or interested groups.
13. Give your kids incentives to go to local flea markets to spread the word. They can buy wholesale and sell retail.
14. If you are having problems making Acupressure work for you, work with us to make changes in how we are presenting the concepts. Don't just walk away. Help us make this work for you and everyone.
15. Give us your testimonials so others can see it working.
16. Give us input on how we can grow faster and more effectively. This program belongs to you!

Monte Cunningham, Stressaway Acupressure,
PO Box 564, Snowflake, AZ 85937

928-536-4266 home ,928-207-1043 cell, 888-853-0646 ans. ser.
www.stress-away.com monty@stress-away.com

www.acupressurecoop.com

Even though you have the links to the materials (in this book) you must sign up to become a member to support this effort to create an affordable medical program. Without your email or text number we will not be able to include you in future benefits. If you have found the information in this book worthwhile please become a member so others can live a healthier life also.

Appendix H

(This is a list of the items highlighted in webinars for upgrade to the original order. Most of these items are in your Co-Op membership free or at a very reduced price. The webinars are being changed to reflect the new Co-Op program)

Thank you for joining our mission to heal the earth. Before you complete the ordering process please consider our Master Program.

The Master Stressaway Acupressure Program has these additional benefits over the Deluxe Program:

This program is especially beneficial for therapist, doctors, nurses, large families, preppers, people with difficult long term symptoms and anyone who wants the maximum benefits of acupressure for themselves, their patients or their loved ones.

You are going to get all the items included in the basic and deluxe offers (\$343) with this Master Program which includes the following:

1. Reduce Back Pain by 78% e-book
2. Acupressure: Ancient Wisdom e-book
3. Acupressure Fundamentals e-book and book
4. Stress away Acupressure power point training
5. Access to Membership Pages
6. Emotion Code e-book Package
7. Thrive - electric magnetic field video
8. Mini Acu-Ki Set (tool and paperback book of Acupressure Fundamentals)
9. Deluxe Acupressure Kit

The Master Stressaway Acupressure Program includes everything I have used on my journey. To maximize the speed of

your healing and the range of conditions you can work on I give you:

- 2 more acupressure tools
- Acupressure Comprehensive Index book
- A computer acupressure program to select the best points for you
- Personal Brady Nelson Body code session
- Jungian/Egyptian meditation
- A program of biodynamic meditation for healing
- Training video on how to teach or treat others in acupressure with book.

The great thing about the Master Program is that with six tools everyone in your family can have their own tool and enjoy the best healing benefits of acupressure. And it makes it easy for you to find the exact tool and exact point to give you your best results.

Let's look at some of the benefits of these items.

Back-Eze



Some people had problems getting the massager in place on the wall to roll it on their back. I designed this one to attach on the wall and you can adjust the rollers to any heights. This one is amazing for back, neck, and shoulder problems that many times relate to headaches. There is also a point on the back that corresponds to all the organs in the body and you can get organ healing by stimulating those points. Stressaway_R Back-Eze This tool was designed to give a deep massage to the muscles of the spine. Adjustable rollers mount onto a wall to massage your muscles - using your own body weight. 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. Four acupuncture points in the lower back (listed on instructions) are critical for longevity. Most conditions treated with acupressure have important points on the back that are easily stimulated with the Back-Eze. **Value \$47**

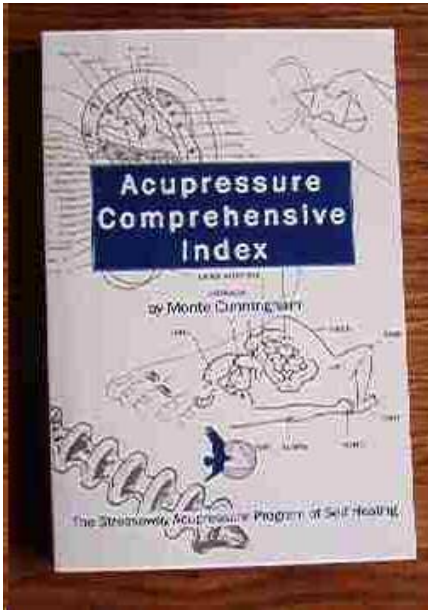
Hand Acu-ki



The unique design of the Acu-Ki is included in two tools that you have from previous offers. The 6" long thicker Hand Acu-Ki gives you a tool that is easier for some people to grip. It's larger diameter size seen on the right picture makes it perfect to stimulate the hand reflexology points. Besides being good for stimulating the hand the larger ends allow deep pressure on some of the larger muscular parts of the body. This helps for quicker pain relief.

Value is \$8.00

Acupressure Comprehensive Index Paperback book



- access to all of the latest Stressaway Acupressure methods used successfully with thousands of people 380 pages

- Terry Olesons' ear points for over 300 symptoms
- reflexology points for the hands and feet all body parts
- 35 year history of Stressaway Acupressure
- primary points for more than 4000 symptoms and diseases selected from over 400 master acupuncturist

Value \$28

Computer Acupressure Program

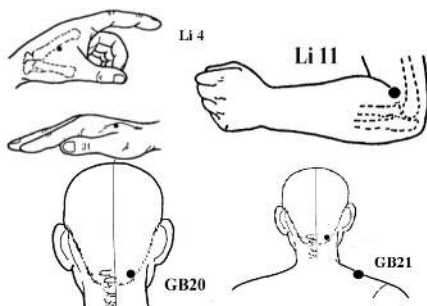


* The computer program allows you to enter your symptom and get a picture and written description of the most important points for over 4000 symptoms recommended by 400 master teachers. This is the format below for the symptom picture and point descriptions. This program is being expanded so it

can be used on your smart phone to easily treat yourself any time you have a free moment.

* If you have multiple symptoms it will also give you a printout of the points most important for those combined symptoms.

Here is a sample of the printout for a symptom. HEADACHE



Li 4 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. Do NOT use this point if you are pregnant. Li11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your thumb or Acu-Ki on the end of the crease. Keep your massager in place. Open 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.

Value \$142

Seven Simple Aphorisms

- eliminate your stress
- stress is underlying 95% all illnesses
- change negative habits
- resolve difficult emotional patterns
- apply positive time-tested philosophies



The purpose of these sessions is to provide you with the opportunity to quietly reflect on your experience of your self. And to make available to you a number of simple methods to help you meaningfully expand that experience. The goal of the exercises is to achieve a relaxed but aware frame of mind using Biodynamic relaxation methods, by relaxing different parts of the body. While in this relaxed state you will be given tools to quiet the mind and approach opportunities in life in more fulfilling manner. There are twelve 45 minute tapes that focus on a series of seven affirmations or simple aphorisms or wise sayings that will open you up in life to a whole new way of thinking. I have used these tapes, which I helped develop, for over 35 years and still find them a valuable part of my life. **Value is \$120**



Jung-Egyptian meditation

The Stressaway Acupressure logo comes from Jungian and Egyptian symbology. The triangle logo 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. I will share with you this mediation and all the unique experiences surrounding this technique. All the major developments of Stressaway Acupressure came from using this meditation. The description of the events in my life related to this practice will be found at www.iamarainbowwarrior.com **Value was \$150 in 1977** so I offer it today for what I paid.

Body Code Personal Evaluation Session

Any issue you can possibly have has underlying imbalances. Removing these imbalances makes it possible for the body to return to a state of perfect balance and health. The result is a disappearance of pain, fatigue, disease, depression and all manner of other symptoms! Based on the work of Brady Nelson this personal session will insure you have dealt with the underlying causes that could be causing your pain or health issue. Value is \$90

Training video on how to teach or treat others with acupressure.

The quickest and most effective way to help others use acupressure for their healing. This is different than just giving someone a pill or having surgery. How do you motivate someone to consider a completely different way of healing? Interesting concepts that encourage your patients or friends to experience a pain free way of living. Included with this training is an e-book "How I stopped the Pain With Acupressure." **Value is \$32**

The Master Program is \$497 Here's a summary of everything 27 Items

- Tools (6) \$110
- E-books and books (2) \$40
- Videos and Program (3) \$189
- 2 Meditations and Personal Body Code Session (3) \$360
- Deluxe Program value (\$343)

Total Value \$932

I Want the Master Program buy it now for \$497
or
Give me the Deluxe Program
buy it now for \$97

Appendix I

How To Protect Yourself and Your Loved Ones From Colds, Flu and Covid-19 with Acupressure

We can fight this virus from the safety of our own homes in just a few minutes a day

Acupressure has been used to fight pandemics for thousands of years. With the new technology of the internet and cell phones, the average person can now use these old healing methods to fight covid-19. Join us to prevent the spread of this new virus and heal yourself and your loved ones. Our immune system's primary function is fighting off external pathogens that are constantly trying to invade our bodies. This includes attacks by bacteria, fungi, viruses, parasites, other pathogens, and foreign bodies. It neutralizes and removes them. As we age, the immune system becomes weaker. This would explain one aspect of older people having more serious coronavirus symptoms.

Acupuncturists have been treating flu-like symptoms (a virus) with success by building the immune system. Our assumption in our program is that successful protocols for flu and colds can fight the coronavirus. You can help us document that this works. You will also learn how to improve all current health conditions.

I struggled for 20 years fighting pain from a high school football injury that the medical community said was incurable. I found a cure in a unique method of acupressure and I have shared these methods for more than 40 years. People get a 78% reduction of pain in about five minutes using this system. Members of the **Acupressure Co-Op** have access to ancient healing protocols for more than 4000 conditions.

The World Health Organization lists conditions responsive to acupressure. Many of these are in our manual. Our system will also help you fight more than 50 conditions related to this new deadly virus and other potential viruses in the future.

Our past research is found here:
<http://www.stress-away.com/Past.htm>

To begin and get free videos and books on how to use acupressure to protect yourself and your family, email or text us at:

study@stress-away.com
928-207-1043

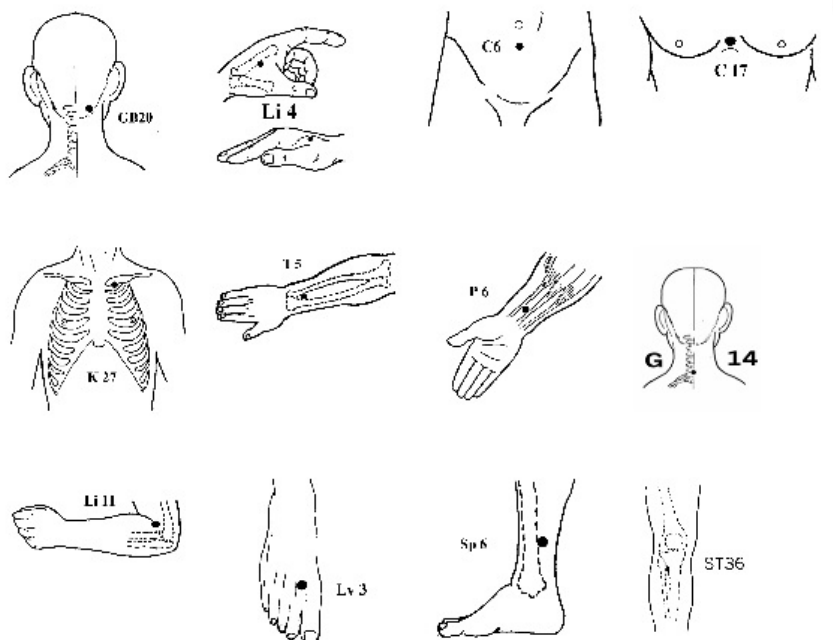
Research studies suggest that acupressure helps cold and flu by decreasing your risk of getting a cold, the flu or new viruses in the first place. So using acupressure as prevention for colds, the flu, or covid-19 is a good idea, especially in this pandemic. If you do get sick with one, acupressure can also help manage your symptoms and support faster healing including shortening the length and severity of the illness.

These points can be stimulated at least twice a day. It only takes about 8 minutes when you use two toothbrush handles as described in the virus manual. Find the general area of the point and press until you find a sensitive spot. Then hold that spot for 30 seconds to a minute. See manual for best point combinations. This works best for prevention. If you think you have covid-19 or the flu you should also do the points in the manual for influenza or any specific symptom you have. In the study you will be required to view some videos to learn acupressure, do points 15 minutes a day and respond to short emails weekly on your progress. All information is confidential and will never be used to try to sell you something. If you want to

just get the book and **Co-Op** links, (and not be in the study) search Amazon for the title of manual in front of this flyer.

DAILY POINTS TO BOOST YOUR IMMUNE SYSTEM

Pregnant women should avoid using points Sp6, Li4 St36 & C6



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.

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. If Li4 makes you dizzy, see G26 in manual.

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.

G14 On the spine, in the valley between the lowest cervical and the highest dorsal vertebrae, on imaginary line drawn between the tips of the shoulders.

LV03 Two thumb widths above the separation between the biggest and second toes, on the top side of the foot.

SP06 The width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg.

ST36 The width of one hand (3 thumbs) below the bottom of the kneecap, and the width of one thumb 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.

T05 The width of two thumbs above the most prominent crease of the upper wrist, in line with the middle finger. On the outside of the forearm.

C06 1.5 thumb width below the navel.

C17 In men, on the mid-line of the chest between the two nipples. In women, on the mid-line of the chest between the fourth and fifth ribs.

K27 In the hollow below the collarbone next to the breastbone 2 thumb widths from the chest midline.

P6 The width of two thumbs above the most prominent crease on the inner wrist, in line with the middle finger.

This flyer and your temporary membership in the **Acupressure Co-Op**, which you get by being part of this study, is free so you have the chance to heal and learn about our program. If you are unhappy with your current health care program, are uninsured or under insured, our plan is for you. You will easily learn everything you need to practice acupressure for over 4000 conditions. This is a **Co-Op** because it asks our members to share their success in healing themselves. We need your help to spread the word and make this happen. (See front of this flyer for email or text to join us) Regular yearly membership is \$5.

Welcome to our Co-Op: www.acupressurecoop.com

Appendix J

If you have ordered one of the products, while you are waiting for your acupressure tools you can use the end of a toothbrush for stimulating the acupressure points. You can also roll on the reflexology points on your hands. Use this when you view the webinars and as an extra tool when you want to do two pressure points at the same time. You can also just use your fingers to stimulate the points. Some people are more sensitive with their hands and work with very subtle energies. I find I get better results when I use a tool. Some people report tools give eight times more benefits than using just your fingers.



STRESSAWAY_R ACUPRESSURE TOOLS

Stressaway_R Happy-Feet This tool is different from other foot



massagers, and has been designed over a period of 15 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. 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 techniques it is difficult to do yourself except with this tool. The large end is for deep acupressure points in muscles and against bone, and places where the sharp point may not work as well. The sharp end was designed specifically for working on the ear but it was found that this end is a powerful tool for all pressure points. 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.

Stressaway_R Massager This tool rolls away stress through deep massage of muscles and 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 developed in 1979. We are still amazed at all the different ways people report relief after using it. Often just rolling



around problem areas, will stimulate pressure points that cause healing. It is especially effective for releasing muscle spasms and cramps in muscles. The first time I rolled this on a woman's head, her **headache** of three weeks duration went away. This

led me to study acupuncture and I found out several years later that there are 86 different points on the head that acupuncturists use to treat headaches. 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 powerful when used with the other points. The head is also a Micro-System of acupuncture. By rolling the Stressaway all over the head we are stimulating points that relate to balancing the total meridian system. This leads to better health and a renewed sense of well being.

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Become a member here: www.acupressurecoop.com

People are becoming aware of the costs and limitations of orthodox medicine. Sixty million Americans turned to alternative therapies last year. Looks like more will be doing so soon if people continue to get results like they are with **Stressaway Systems**. Our studies show 37 percent of our users are pain free in less than three minutes.

Let our most dramatic testimonials speak for themselves:

I hurt my **neck** 25 years ago in a car accident. No one could give me treatment without me having a severe reaction. Doctors have given up on me. I am in constant pain. This is the only relief I have ever gotten.

Since I went through the windshield of my car two years ago I have spent thousands of dollars and have not had any relief until these techniques were demonstrated to me. In just a few minutes the pain was gone from my **neck**.

I broke my **back** two months ago and I got more relief in the last 10 minutes than \$4000 of doctors, hospitals, pain killers and all kinds of treatments.

I have just spent \$16,000 on my **back** problems. Doctors could not tell me what was wrong. I've been off work 5 months. 95% of my pain was gone, in just a few minutes of me working on the points he showed me.

I have had 5 surgeries on my **back** and none of them have gotten rid of the pain. Doctors say it's hopeless. With a short treatment my legs and shoulders feel better. The pain in my back is gone.

I crushed my **knees** 5 years ago in a truck accident. I am on disability and in chronic pain. This is the first relief I have gotten since my accident. I am amazed.

I'm a nurse and 10 years ago I was diagnosed with **fibromyalgia**. I have tried everything including nerve blocks, physical therapy, pain medication, massage, acupuncture and more. Nothing helps. In a matter of minutes I felt better and after 3 months this is still the only thing that helps.

I got more relief standing here in 10 minutes than a year of physical therapy three times a week for a car injury to my **neck**.

I had the worst **migraine headache** attacks my doctor had ever seen. Nothing helped until I used the Acu-Ki. After 1 week my headaches never came back. When I feel that old tightness that tells me they are coming I work the points and it is gone. Three years now and still pain free. Thanks.

My **migraine headache** was completely gone in a few weeks. I threw away my medicine six months ago.



Monte Cunningham learned about Acupressure while seeking to end years of his pain and suffering. This book and the tools he has developed are the result of over Forty years of research. Thousands of people have gotten relief in just minutes and learned how to help themselves.