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 hypotheses 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 application. 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 more than eleven hundred people at several different fairs. I measured pain levels using a visual analog scale (numbered scale) before and after a short application. I measured frequency and intensity of symptoms and costs of medication and current treatment. I applied pressure on the sore points for less than three minutes. Sore reflexology points always (99.9%) related to problem areas identified by participants. Sixty-five percent of the people with headaches (131) 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 total 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

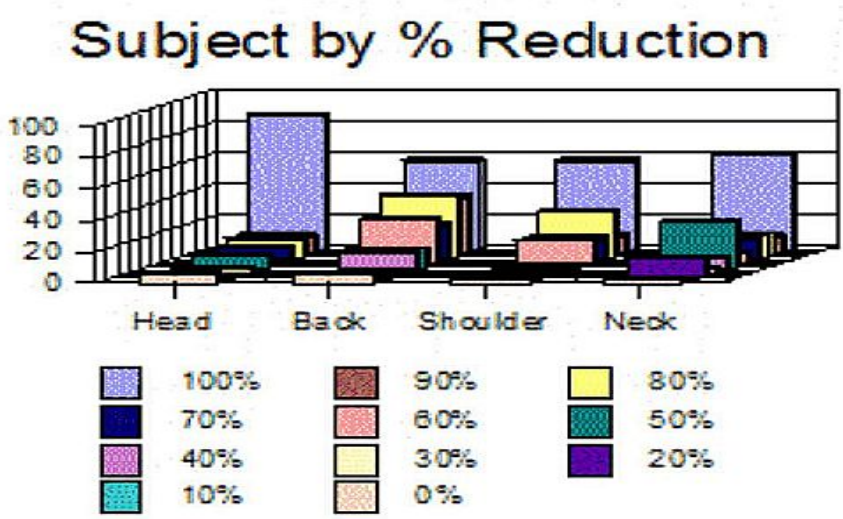
Average reduction within three minutes — 78%

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 these external areas may reflect a miniature mapping of the body. Observations from demonstrations suggest that acupressure stimulation of these points is often associated with reductions in reported pain, sometimes occurring rapidly.

These observations, together with participant testimonials from individuals who have explored the Stressaway system, support the hypothesis that acupressure using these tools may offer a practical and potentially cost-saving approach worthy of further study.

(Additional graphs of these observations are presented in Appendices B, D, and E.)



Summary of Data Collected

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

This photograph shows one of the public display settings where this data was collected across more than 300 events.



The most recent development in this effort to document our results is the possibility that these observations may have relevance for prevention and early screening. The evidence collected so far suggests patterns that may be associated with different areas of the body. These findings are preliminary and are presented to encourage further research—not as established methods of diagnosis or medical screening.

One disease that highlights the need for improved early awareness methods is cancer. In many cases, early-stage cancer is not associated with pain or obvious symptoms, which means changes may go unnoticed until the condition is more advanced. Some say it may grow unnoticed for ten years.

During my work with acupressure and reflexology, some women experiencing breast-related health concerns noticed illustrations (page 34) of reflex points traditionally associated with the breast on the feet. When these points were examined, tenderness was often reported.

In a small exploratory study, I compared reported tenderness at breast-related reflex points on the feet in two

groups of women: those who reported breast conditions (including cancer or fibrocystic changes) and those who did not. The points were significantly more tender in the first group ($p < .05$, $n = 30$). This finding suggested that point sensitivity may reflect meaningful physiological differences worthy of further study.

These observations raised important questions. Could patterns of reflex point sensitivity provide early signals that prompt individuals to seek professional evaluation sooner? Could such observations complement, rather than replace, existing medical assessment methods? These questions remain unanswered and require rigorous, independent research.

Because low-cost, self-directed observation systems fall outside traditional funding and research frameworks, formal investigation of these questions has been limited. The findings reported here are preliminary and are shared to encourage thoughtful discussion and future research—not to provide medical diagnosis, screening, or treatment recommendations. 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] Although 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 Oleson[5].

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 principal section.

Controlled, long-term studies are now being conducted to verify that people are getting lasting results. If you are in a setting (a business, a hospital, a school, a health center, a doctor's 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). Acupressure Co-Op members have access more than four thousand conditions. 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.

Important Notice & Invitation to Participate

The material in this book represents decades of educational work, observation, and practical exploration of acupressure self-care. While the approaches described here are not presented as medical diagnosis or treatment, they have been examined over time through structured documentation, replication efforts, and ongoing self-reported outcomes, with emphasis on consistency, repeatability, and practical use.

The **Acu-Ki Institute**, d.b.a. **Sustainable Health Alternatives,** is a nonprofit educational organization dedicated to teaching, researching, and publishing information related to acupressure and balance-oriented self-care practices. Its role is to support education, awareness, and personal responsibility—not to replace professional medical care.

Readers who wish to contribute to the ongoing documentation of acupressure experiences, or who would like access to additional educational resources through the Acupressure Co-Op (which includes one year of membership with the purchase of this book), are invited to explore **Appendix A**, which outlines optional participation and available materials.

The intention of this book is to preserve access to practical knowledge and lived experience—allowing individuals to make informed choices for themselves, rather than having those choices limited by misunderstanding, misrepresentation, or unnecessarily restrictive legal language.

A Note On Purpose

The mission of **Sustainable Health Alternatives, Inc**. is to improve the health of our community and reduce our costs by offering a full program of acupressure (Stressaway Acupressure) for self-healing. This organization is being set up as a Co-op so its members can increase their individual and community health through educational acupressure programs.

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www.stress-away.com 928-207-1043 cell

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

Imagine a world in which
every single person on the planet has
free access to health care
Monte Cunningham, Founder of Acupressure Co-Op

Learn How to Quickly Restore
Your Health with Acupressure



Appendix A

Invitation to Participate in Acupressure Outcomes Research

This book is complete in itself. Many readers will choose to apply the information here privately, using acupressure as a personal self-care practice, and never take another step beyond the pages you have read. That choice is fully respected. At the same time, some readers feel curious about how acupressure has affected others over time and may wish to contribute their own experiences toward a clearer understanding of what these methods can and cannot do. This appendix offers an optional invitation for those readers.

The purpose of this outcome research is to document real-world experiences in a structured and transparent way, with the long-term goal of contributing to evidence that may support broader evaluation of acupressure-based self-care approaches within established scientific and regulatory frameworks. At this stage, no medical claims are made, and participation does not replace professional medical care. The intent is not to persuade or promote, but to learn from lived experience in a responsible and ethical manner.

When the term "outcomes research" is used here, it refers to educational documentation rather than medical diagnosis or treatment. Participants who choose to take part may report changes they notice over time, such as shifts in pain or discomfort, levels of stress or fatigue, sleep quality, daily function, medication use, or personal healthcare expenses, when applicable. Collected over time, this information may help identify patterns, limitations, and areas that warrant further study, without presuming specific results.

Participation in this program is intended to complement—not replace—professional medical care. Readers who choose to participate are encouraged to continue working with licensed healthcare providers and to follow medical advice they have been given. Acupressure is presented as a self-care and educational practice. In many cases, having an accurate medical diagnosis can help individuals apply self-care methods more thoughtfully and

effectively, rather than less.

Those who choose to participate may be invited to describe what they are currently experiencing, access additional educational materials related to acupressure, and respond to brief follow-up surveys over time. Participation is voluntary, self-directed, and may be discontinued at any point without explanation or consequence. There are no required outcomes and no expectations placed on individual results.

The purchase of this book includes one year of access to the Acupressure Co-Op educational community. Activating this membership allows readers to access additional learning resources, receive updates related to outcomes documentation, and decide whether or not they wish to participate in research activities. Membership access and research participation are separate and optional choices; one does not require the other.

The link for accessing the Acupressure Co-Op and related educational options is provided below. Readers who wish to explore optional educational resources, trial access, or participation in outcomes research may visit the designated program website, where information is provided step by step:
https://stopthepainchallenge.com/member.html

Each individual may decide how much—or how little—they wish to explore or become involved. The intention of this work is not to replace existing systems of care, but to preserve access to practical knowledge and lived experience, allowing individuals to make informed choices for themselves. Curiosity is enough to begin, and participation is always optional.

Appendix D

This is where I collected much of my data from public demonstrations of acupressure techniques. I would offer free demonstrations so people could experience the methods directly. Once you see how others have responded, I hope you will feel encouraged to explore these techniques for yourself.

My intent is not only to share testimonials, but also to show how these observations were gathered. Good luck as you explore these methods for your own well-being.

This section presents data collected during repeated public demonstrations designed to observe the effects of acupressure techniques.

The underlying approach follows a basic scientific method: observations were made, results were recorded, and the process was repeated across multiple settings to determine whether similar patterns would occur.

Across these repeated demonstrations, consistent patterns were observed. While these observations do not constitute formal clinical trials, they support the working hypothesis that these techniques may produce measurable changes and warrant further controlled study.

The following data includes pain measurements and participant-reported experiences gathered during these demonstrations.

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%
TOTALS	6.25	1.75	61	72%

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 the 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. She spoke no English. 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 sessions 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 five 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

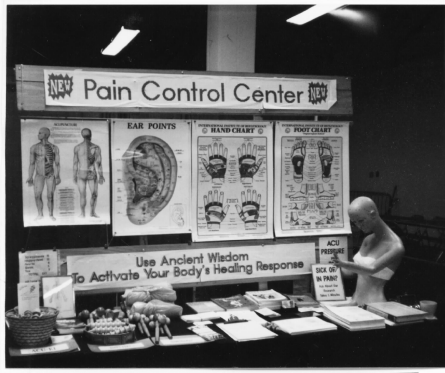
JR Tension headache. He feels a constant headache around level 8. In 3 minutes pain went to 0 VAS 8 to 0 VM She had a headache from car crash where she went through a windshield. She went from 5 to 0 quickly. “Feels terrific.”

These photographs below document public demonstrations where individuals were invited to experience acupressure techniques firsthand.

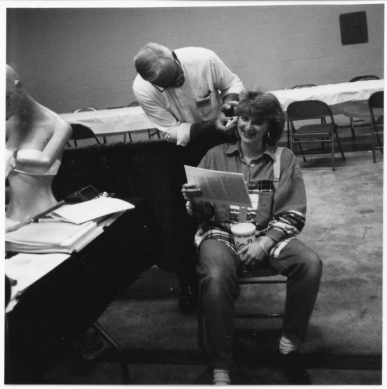
Over many years, these events provided an opportunity to observe how people responded in real-world settings, outside of controlled environments. There are just a few pictures here of more than 300 events with thousands of people learning acupressure.

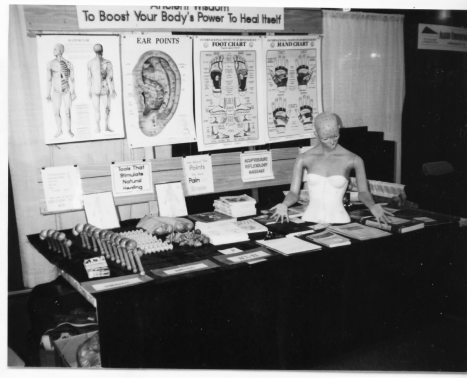
Participants explored the methods directly, offering immediate feedback and helping to shape the practical, hands-on approach presented in this book.

Public Demonstrations and Real-World Results


Pain Control Center
EAR POINTS
HAND CHART
FOOT CHART
Use Ancient Wisdom
To Activate Your Body's Healing Response
ACU PRESSURE
SICK OR IN PAIN?


Ancient Wisdom
To Boost Your Body's Power To Heal Itself
EAR POINTS



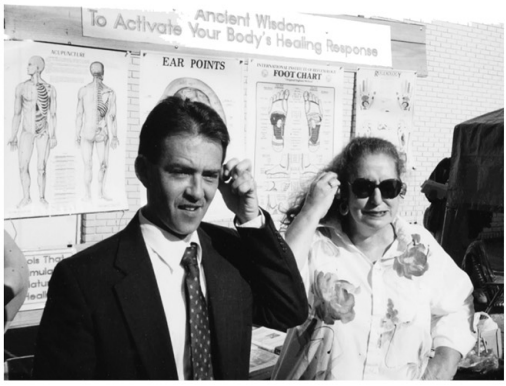

To Boost Your Body's Power To Heal Itself
EAR POINTS
FOOT CHART
HAND CHART


EAR POINTS


FOOT CHART
EAR POINTS






To Activate Ancient Wisdom Your Body's Healing Response
EAR POINTS
FOOT CHART





