Acupressure Comprehensive Index

And

The Stressaway Acupressure Program of Self Healing

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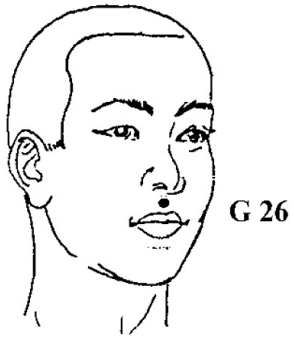
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Precautions

Acupressure is safe. Side effects are very rare. The following precautionary measures should, however, be observed: Since one can become very relaxed, light-headed, and even faint or dizzy, it is advisable to **sit or lie down during treatment**. When the Healing Response is activated by acupuncture or acupressure, sometimes the body may respond as if it were damaged and go into a slight state of shock. Additionally, you may experience profuse perspiring and feel nauseated. About one percent of the people first starting the treatments may experience this reaction. Sometimes when the body has experienced imbalances for a long period of time, it is difficult to realize how much healing is needed. Before you drive while using the tools, be sure you do not experience the aforementioned responses.

If you do get these responses, stimulating G26 or St36 will usually relieve these symptoms. G26 has powerful vasoconstrictive and anti-shock properties that work through the autonomic nervous system.[19,20] If you have these responses, begin your acupressure treatments slowly and with light pressure. As the body becomes accustomed to the treatments you can progress to the regular treatment schedules recommended here. Because of this response, which is not damaging but it is uncomfortable, many acupuncturists will only stimulate a few points in the first few treatments to determine that the patient can handle the regular treatment schedules.



Extra sensitive responses were an important motivating factor for making the terminology of the system more user-friendly. A woman inquired as to whether acupressure would help with back problems. She was still experiencing pain after several surgeries. I stimulated the points for her and in less than five minutes the pain was completely gone but she became nauseated and felt faint for a few minutes. Although she had help with a problem that had troubled her for years she did not begin the program because of her reaction. I felt she hadn't begun the program because I didn't explain better what we were doing. At three A.M. the next morning I awoke realizing that "We were tricking the body into thinking it was damaged and that with some people, this would be an expected response." Understanding the process assures you of getting better results.

Feeling sleepy after treatment is a natural product of the stress-relieving effect acupressure. When you get rid of the tenseness associated with many symptoms, the body wants to sleep. **If you feel sleepy, sleep**. Don't push yourself to drive or participate in any activity where you need to be alert. When I do some of my regular routines just before retiring, I go to sleep very quickly. Do not administer acupressure after meals because it will rob some of the energy needed for digestion to heal the body and neither function will be well served.

Pregnant women should avoid using SP6, SP4, LI4, S36 and points on the abdomen. There are some points that affect the birthing process and should not be used until you are ready to give

birth. (See childbirth and pregnancy). Most times it will not make any difference until you are ready to give birth, but some women could be very sensitive to acupressure and stimulating certain points may start unwanted early labor.

Do not use acupressure on individuals with serious cardiac problems. There are no serious side effects, but a slight drop in blood pressure could create an undesirable effect. Pressure on acupoints can significantly influence the cardiovascular system. In experimental groups using acupressure, there was a decrease in systolic arterial pressure, diastolic arterial pressure, mean arterial pressure, heart rate and skin blood flow.[21] From this research you can see that there can be a very beneficial effect but because of the severity of consequences of using the wrong points and the life-threatening aspect of heart problems it is recommended you work closely with your health professional while using this system. Some points speed up the heart and others slow down the heart.

Do not put pressure on skin that is inflamed, scarred or that has a rash. Consult a medical doctor or professional acupuncturist for the following conditions: stomach or duodenal ulcers; contagious diseases; advanced heart, kidney, liver or lung diseases.

Should you consider stopping current treatment or delaying surgery while you try acupressure, be sure to do this after consultation with your health practitioner or a qualified acupuncturist. In any event, find out about safer treatments before taking dangerous drugs or having expensive surgery. Acupressure is often safer and more effective than drug therapy or surgery. **It should not be used as a substitute for conventional treatment if doing so could harm you or hide symptoms important for proper diagnosis**. For example, treating a sinus headache may mask the sinus infection that could go into the brain and cause serious damage, if left untreated. Know what the symptoms are that you are treating and if they could be related to serious life-threatening problems. Make sure you are working with a team of professionals if symptoms warrant it. You may still work with acupressure but may need to add different points.

Pressure on the points can sometimes feel like you have bruised or injured the area. The reason it seems sore is because you are on the right points**. Go slowly and use a more gentle pressure.** If points actually become black and blue, use a gentler touch, just holding the points with your fingers. Also consider using additional points for 'bruises easily' found in the index. Most people don't get bruises, so determine how to overcome that condition if it bothers you.

When a man using this program complained about the bruises, we asked about his symptom. He said his sciatica pain of six years had gone but he wanted to get rid of the bruises also. You may want to consider using magnets or lasers for stimulating the points for an effective method without pressure on the skin. These alternatives are listed on www.stress-away.com.

Sometimes a condition will worsen the minute you touch a point. This is an indication that you have located the point that relates to the problem. Move slowly with confidence that you can soon expect relief. I have observed this response several times with sufferers of migraine headaches or brain injuries. As soon as we touched points related to the problem the problem got worse. Li4 was a big point for this reaction. As we held pressure on the point longer, the symptom lessened.

Pain is a warning that something is wrong. Do not use acupressure to mask pain. 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. A condition may not necessarily be healed just because the pain is relieved. Try to determine what causes the pain. The underlying cause may require a simple dietary change, more rest and sleep, or a complete change of lifestyle. Whatever the cause, don't ignore it by just treating the pain -- you could be ignoring a symptom of cancer.

If you suspect that you have a life-threatening medical condition, we urge you to seek competent medical help. This caution works the other way also. For example, if you are using medication to deal with migraine headaches, they could be hiding the underlying imbalance in your energy system that is causing the headaches. This is especially true if you know there are negative side-effects of the medications you are taking. Part of the experimental emphasis for this program is to see what works for you.

This book is intended only as a guide to help the average person tap into the body's innate ability to heal itself -- by natural means. Although you may get tremendous results working with the Stressaway Acupressure Program for yourself, remember that treating others or diagnosing their symptoms is regulated by the medical community. There are laws against your setting up a practice and treating others; but you can share this information with others and help them learn the things that have been helpful for you. Even when I demonstrate at fairs and festivals and people get miraculous results I always share, “This is something you can do for yourself.” The research tells us it can be done and each person will get the best results when they do it for themselves.

If you are interested in sharing this information with others, contact us at The Acu-Ki Institute for information on becoming affiliated with our organization.

Checklist for Achieving Better Results

Don't become discouraged if there isn't immediate recovery. Some conditions, i.e., headaches, usually respond immediately, but chronic conditions may need repeated treatment for cumulative effects to take hold.

If you are not getting the results you want, consider the following:

- You may need to stimulate more frequently. Remember that the effects of acupressure are cumulative;
- You may be off the point. Carefully read the instructions again, and make sure you are on a sensitive point. Consider getting a free Computer Acupressure Analysis for a more detailed printout of the points related to your condition;
- Are you stimulating the point hard enough? You may need to stimulate the point for a longer–or shorter–period or use an alternative form of pressure;
- You may need to experiment more and use different points. Make sure you are using the meridian points in conjunction with the microsystem points. Research indicates you get the best results when you use as many systems as possible,

e.g., the foot, hand, ear and meridian points combined work the best;

- Other treatments may be inhibiting acupressure results. For instance, acupressure may not work if you are taking narcotics, Valium, Darvon, or Talwin. (Check with your health practitioner, though, before discontinuing any prescription drugs.) ;
- Correct diagnosis is important for you to select the right points for your condition. Check around and study your condition. A different type of health professional may have a more accurate diagnosis that will pinpoint what acupressure points may help better or another form of treatment.
- You may also find an acupuncturist who can stabilize your condition so that acupressure will be more effective;
- Traditional Chinese Medicine places a strong emphasis on the use of herbs in treatment. The herbs that may help for your condition will be listed on our web site.;
- You also may want to consider using another method of stimulating the points. If your points are very sore you might get better results using a laser or magnets to activate the Healing Response. Again, check our web site for these options and other links for alternative healing. www.stress-away.com.
- If you do not get a good response within a month, contact us and we will work with you to see if there are other points that may help. (monty@stress-away.com)

The research results of people using the **Stressaway Acupressure Program** indicate that about 3 to 5 percent of the people did not report immediate positive response to acupressure. On the positive side 37% reported complete pain relief. Other studies, somewhat supported by our data, indicates that there are four categories of effectiveness of acupressure. These are high, medium, low and non responders. The best therapeutic effects are recorded in the high-responding group being practically absent in the non-responding category (67%). The therapeutic effect is intermediary in the medium and low-responding group (33%).[22] My results indicate that 10 percent of those using our program may have difficulty getting the results they desire. Other studies seem to support an expectation of positive results in the 90-percent range.[23]