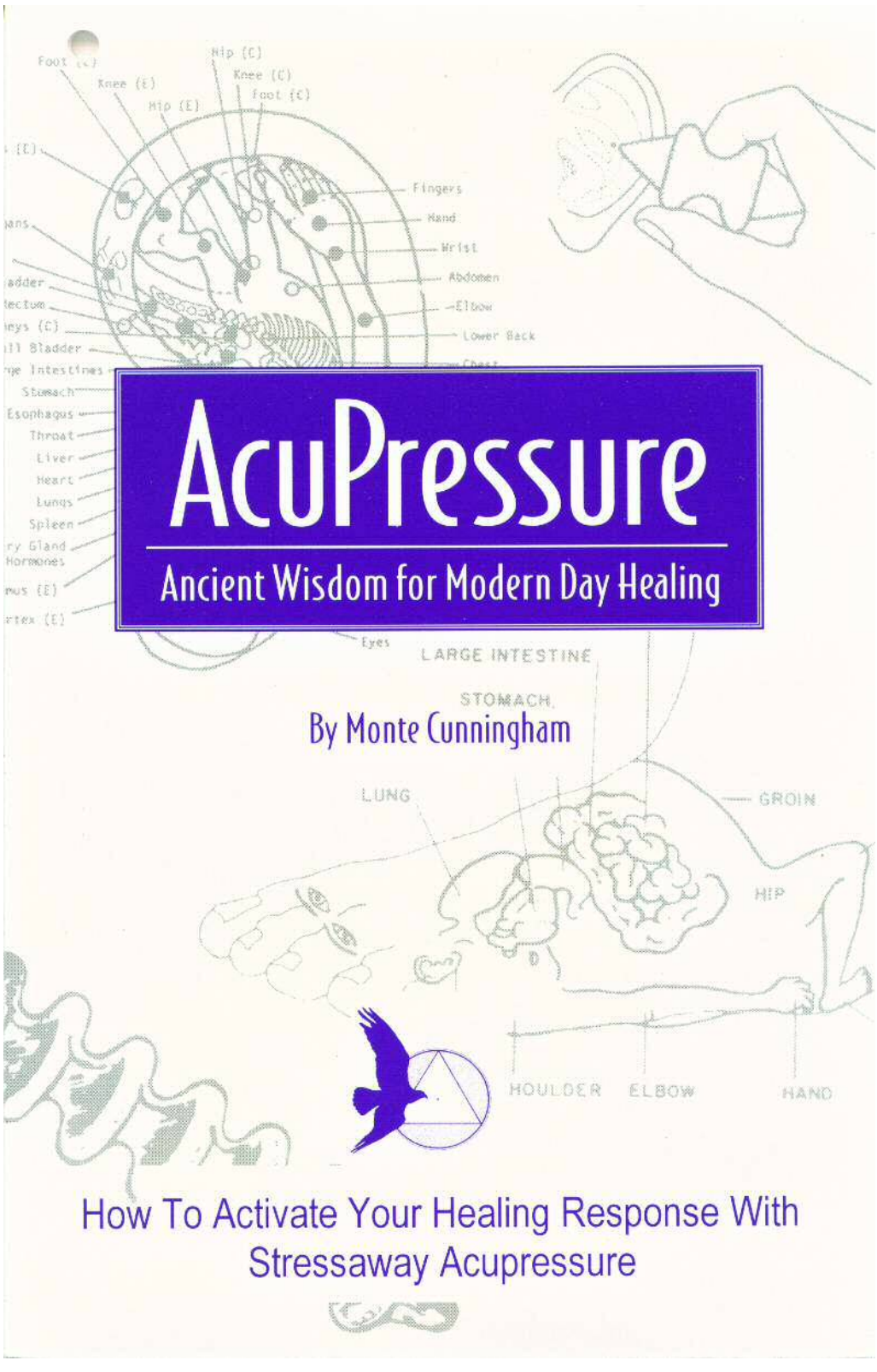


AcuPressure

Ancient Wisdom for Modern Day Healing

By Monte Cunningham

How To Activate Your Healing Response With Stressaway Acupressure

Second Edition

Revised and expanded

Acupressure: Ancient Wisdom for Modern Day Healing

How to Activate Your Healing Response

An **A**lternative

To Medication and Surgery

by Monte Cunningham

The Acu-Ki® Institute
Arizona

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.

MICRO- AND MACRO-SYSTEM REFLECTIONS

Many traditional systems describe miniature representations of the body within the feet, hands, ears, and other areas. These micro-systems are traditionally used as reference maps to explore possible associations between areas of sensitivity and overall body comfort.

Tender points found in these micro-systems are commonly used as guides for self-care exploration. Such sensitivity is traditionally understood as an indication of stress or imbalance rather than a diagnosis. By working gently with these areas, some individuals report improvements in comfort and relaxation. You find these systems pictured in the Egyptian pyramids.



These approaches are described within traditional theory and personal experience and are not intended to diagnose, treat, or

cure disease.

Traditional Perspectives on Health Maintenance

Some traditional authors, including Ralph Alan Dale, have proposed that maintaining balance within meridian systems may support overall well-being. These perspectives represent TCM medical theoretical and exploratory views rather than established medical consensus. Any references to prevention or health maintenance within these systems should be understood as educational concepts rooted in traditional practice, not as medical screening or disease prevention methods.

REPORTED OBSERVATIONS AND SELF-REPORTED DATA

In outreach and demonstration settings, participants have reported short-term reductions in perceived pain following brief acupressure stimulation. These reports are based on informal, self-reported experiences and are not intended to represent controlled clinical outcomes.

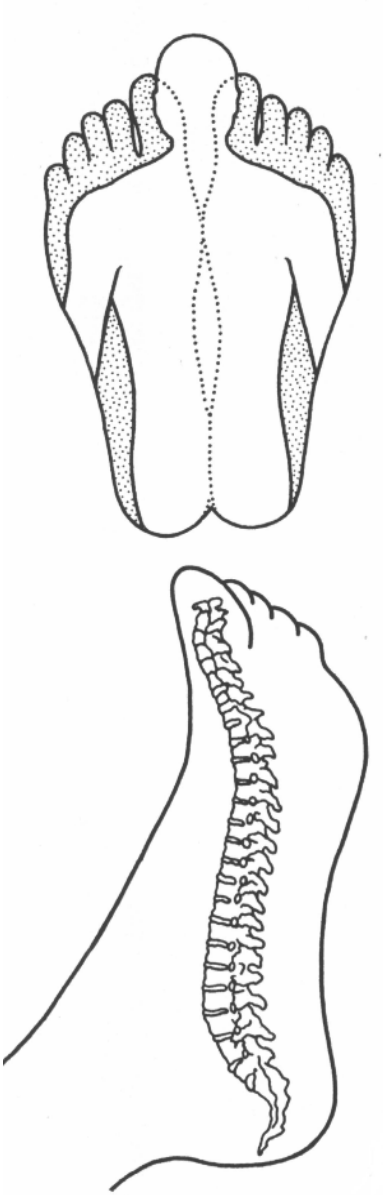
Percentages and time frames mentioned in earlier editions reflect these short-term observations and should not be interpreted as guarantees or predictors of individual results.

MICRO-SYSTEM MODELS AND ANALOGIES

Various conceptual models, including holographic or reflective analogies, have been proposed to help visualize how micro-systems may relate to the whole body. These models are presented as metaphors to aid understanding and are not descriptions of proven physiological mechanisms.

In contemporary regulatory environments, Traditional Chinese Medicine concepts are presented for educational purposes and are not described as medical prevention or treatment of disease

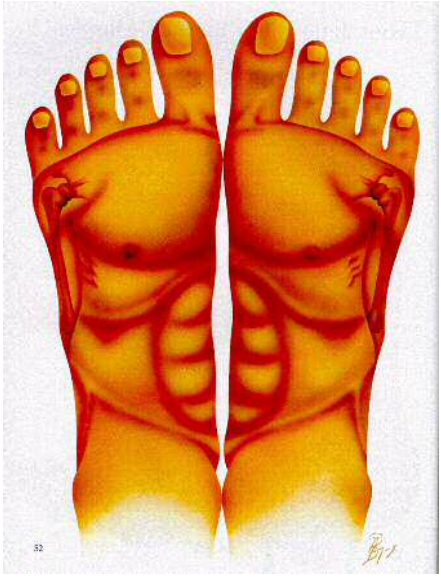
Hand and Feet Microsystems Reflexology



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

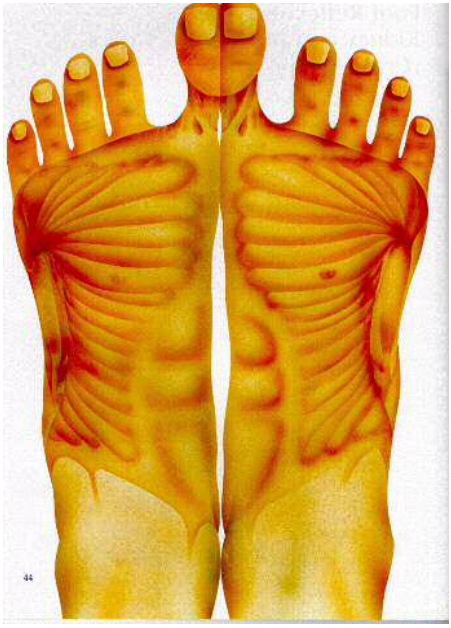
In this system the right foot or hand corresponds with the right side of the body. The side of the foot or hand corresponds with the side of the body, and the insole or thumb side corresponds with the center of the body. The toes relate to the top of the body and the heels to the bottom of the spine. 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.



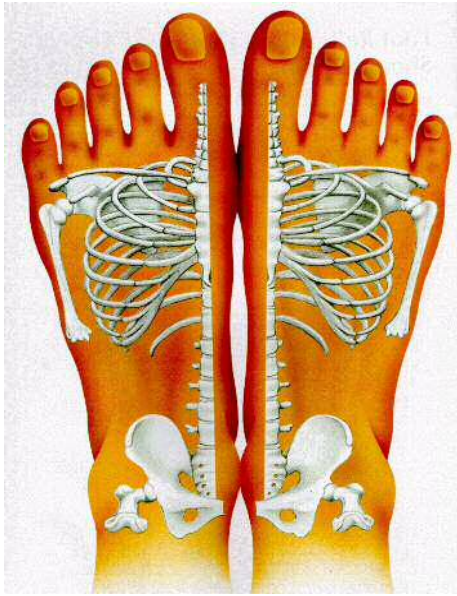
The large tendon on your foot can be located by pulling your big toe up. This tight tendon can be felt with your finger. It will be sore so work gently around it, not on it.

Some authorities say the top of the foot matches the front of the body[24]. Others say it's hard to tell[25]. 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.

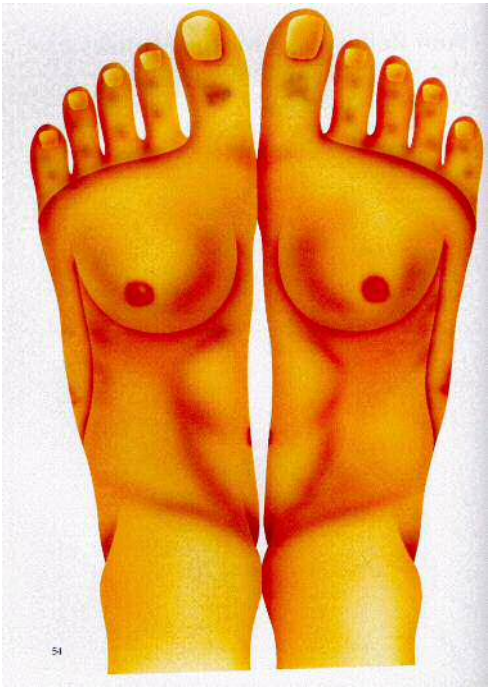
Stiffness or badly swollen or large bunions of the basal joint of the big toe may indicate problems with the lower



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 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 practitioners[26] 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 below to test this experience but to date, we only have testimonial evidence on how well this works. ***Important***: Always consult a doctor for problems problems in life threatening conditions.

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. If the cancer was only in one breast, soreness would only be found on the hand or foot on that side.

It is important to recognize how reflexology may help people monitor their health. As documented earlier in this book (page 24), 99.9% of people who reported pain also had a corresponding reflexology point that was sore. These observations suggest reflexology tenderness may be meaningful for health awareness, including in serious illness.

The following are personal testimonials shared for educational purposes only.

One woman noticed a consistently sore reflexology area related to the breast on her hand. She was young and had no symptoms of breast cancer. During discussion, she recalled a significant injury to her right breast from a softball several years earlier, helping explain the imbalance in that area.

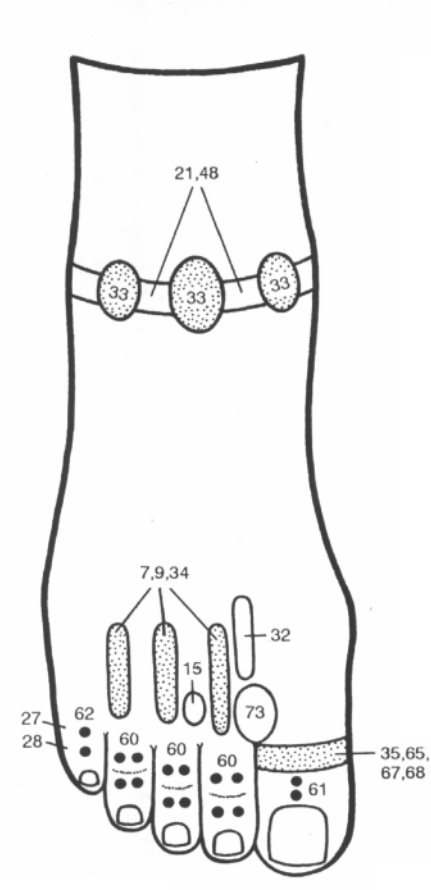
Another woman in a breast study group did not have breast cancer at the time. When examining her feet, an extremely sore reflexology area related to the ovaries was found. She shared that she was already seeking medical evaluation for an unresolved ovarian problem. She was later diagnosed with ovarian cancer and passed away two years afterward. This was understood only in hindsight.

A woman receiving radiation therapy for breast cancer considered stopping treatment due to severe pain. When shown acupressure points commonly used for breast pain relief, her discomfort subsided, allowing her to continue radiation.

Another woman seeking help for back pain experienced relief through acupressure and noted reduced discomfort related to ovarian cancer for which she was receiving medical care.

These examples illustrate how reflexology and acupressure may serve as supportive, non-invasive methods for

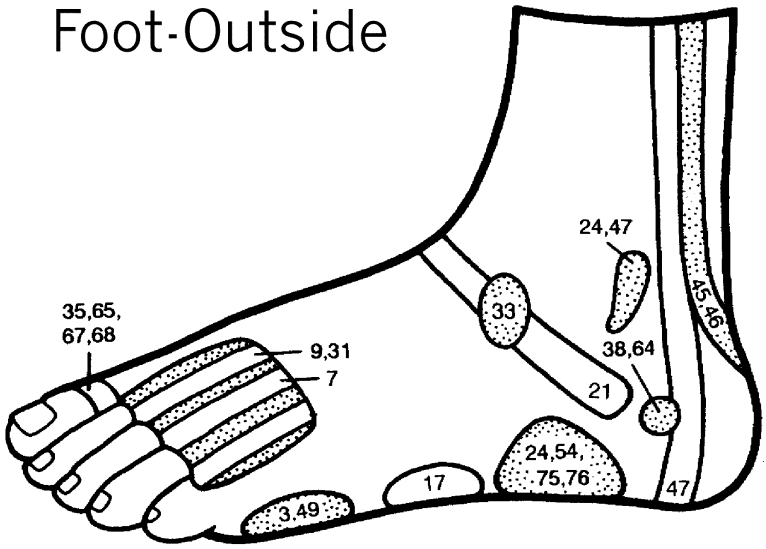
self-monitoring and comfort alongside appropriate medical care. Members of the Acupressure Co-Op may help document similar observations as part of an ongoing educational effort.



The teeth show up on the front toes with the lower jaw on row 27 and upper jaw on row28. 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

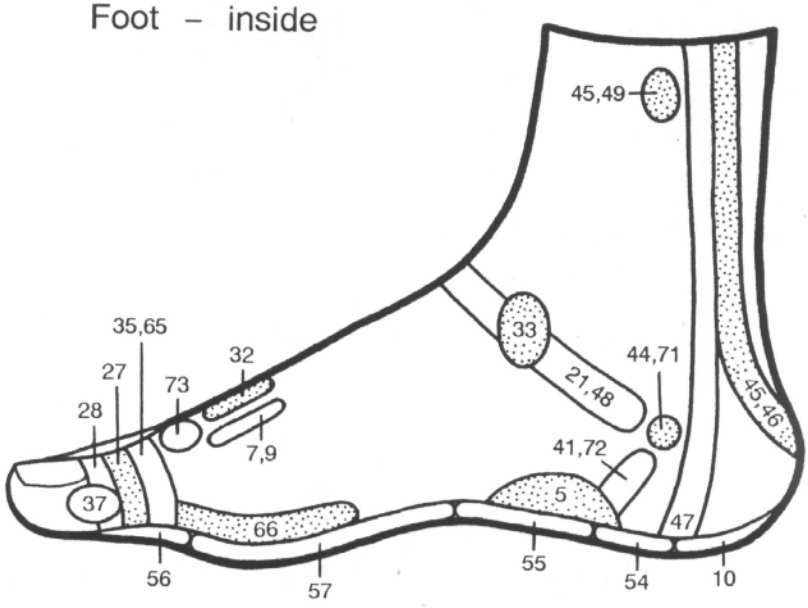
Foot-Outside



3 - Arm
7 - Breast
9 - Chest
17 - Elbow
21 - Fallopian Tube
24 - Hip
75 - Knee
76 - Leg
31 - Lung
33 - Lymph/Groin
35 - Neck
38 - Ovary
45 - Rectum
46 - Reproduction
47 - Sciatic Nerve
49 - Shoulder
54 - Spine, Low
55 - Spine, Mid
64 - Testes
65 - Throat
67 - Thyroid
68 - Tonsils

Thanks to Rob Messick for art work.

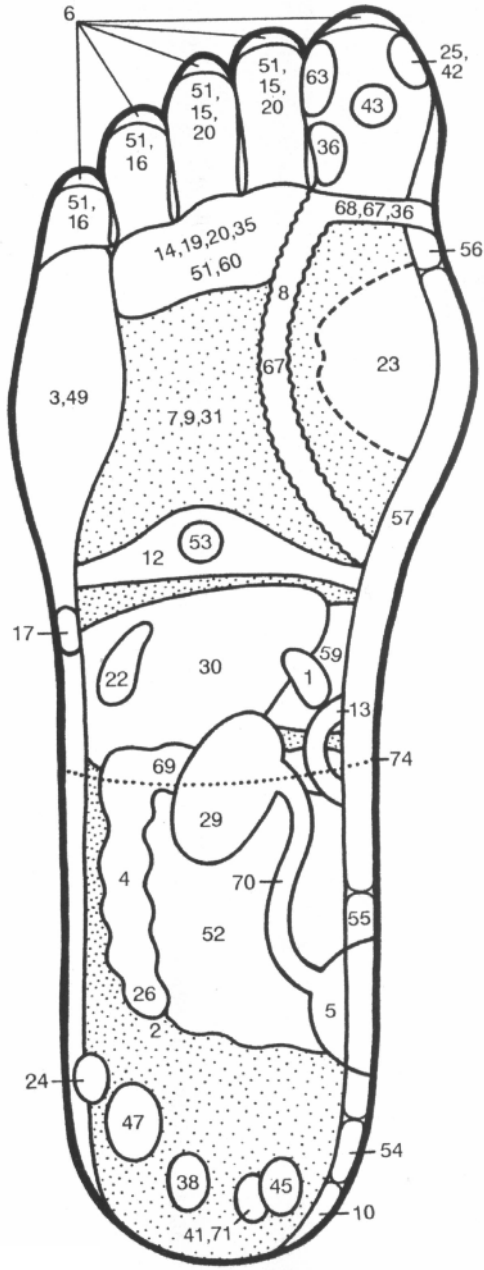
Foot – inside

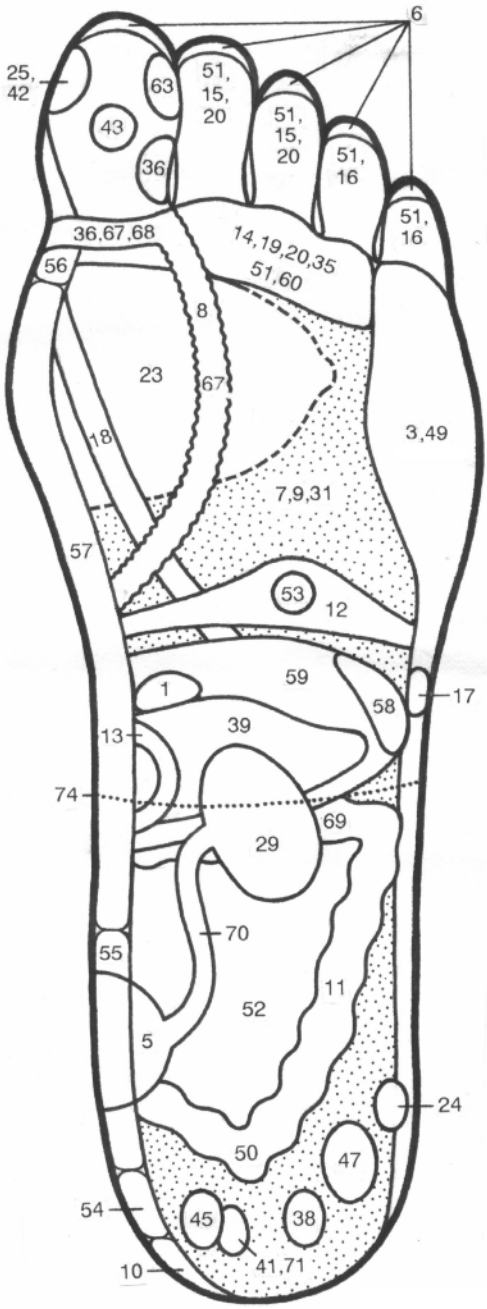


5 – Bladder
7 – Breast
9 – Chest
10 – Coccyx
21 – Fallopian Tube
27 – Jaw/Lower,Teeth,Gums
28 – Jaw/Upper,Teeth,Gums
32 – Lymph/Breast & Chest
33 – Lymph/Groin
35 – Neck
37 – Nose
41 – Penis
44 – Prostate
45 – Rectum
46 – Reproduction
47 – Sciatic Nerve
48 – Seminal Viscle
54 – Spine, Low
55 – Spine,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

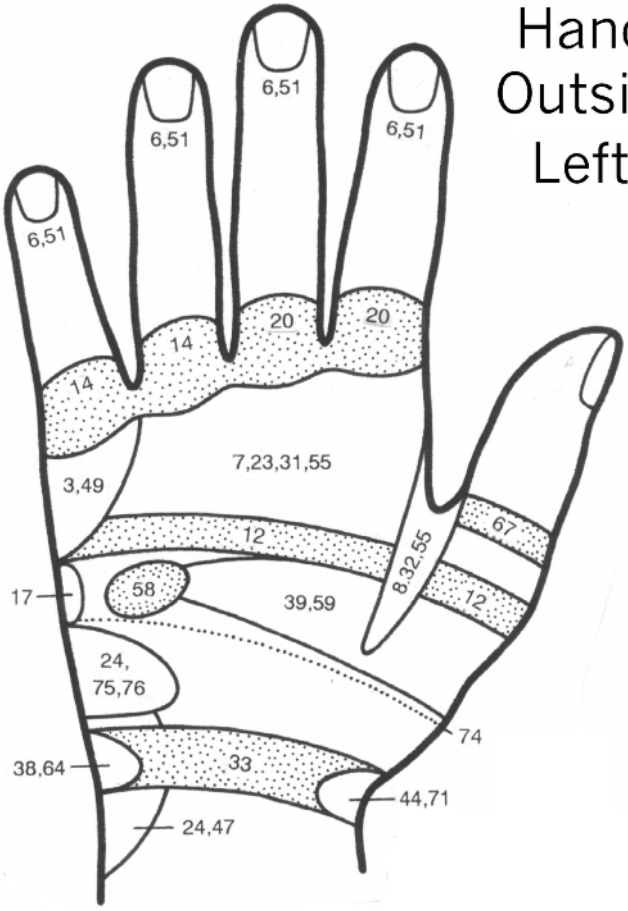




Bottom Left

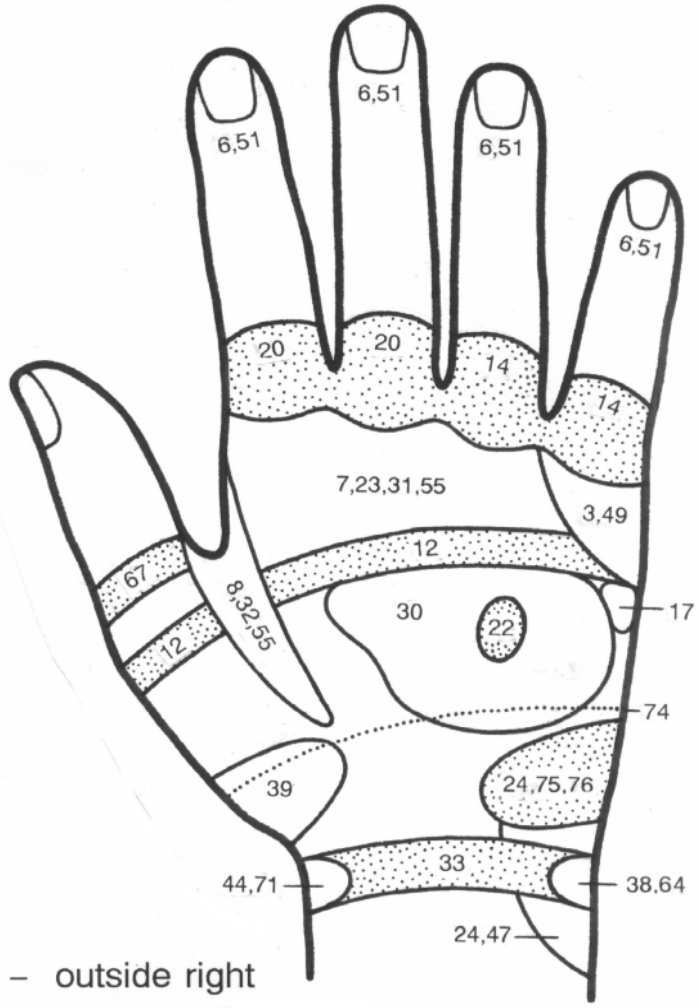
35 – Neck
36 – Neck, side of
38 – Ovary
39 – Pancreas
41 – Penis
42 – Pineal
43 – Pituatary
45 – Rectum
47 – Sciatic Nerve
49 – Shoulder
50 – Signoid Colon
51 – Sinus
52 – Small Intestine
53 – Solar Plexis
54 – Spine, Low
55 – Spine, Mid
56 – Spine, Neck
57 – Spine, Upper
58 – Spleen
59 – Stomach
60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

Hand Outside Left



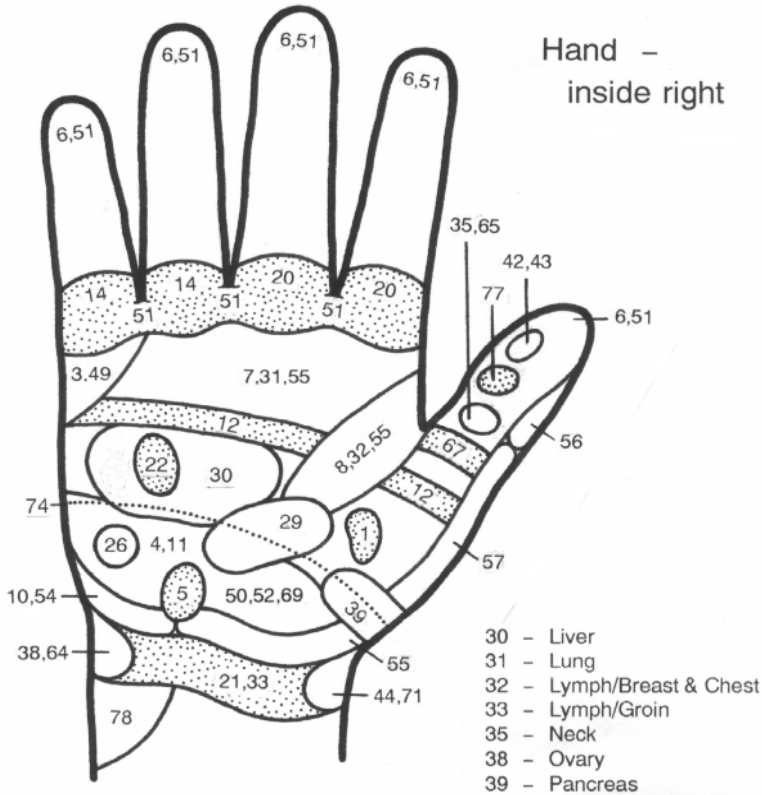
3 – Arm
6 – Brain
7 – Breast
8 – Bronchial
12 – Diaphragm
14 – Ear
20 – Eye
23 – Heart
24 – Hip
75 – Knee
76 – Leg
31 – Lung
32 – Lymph/Breast & Chest

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

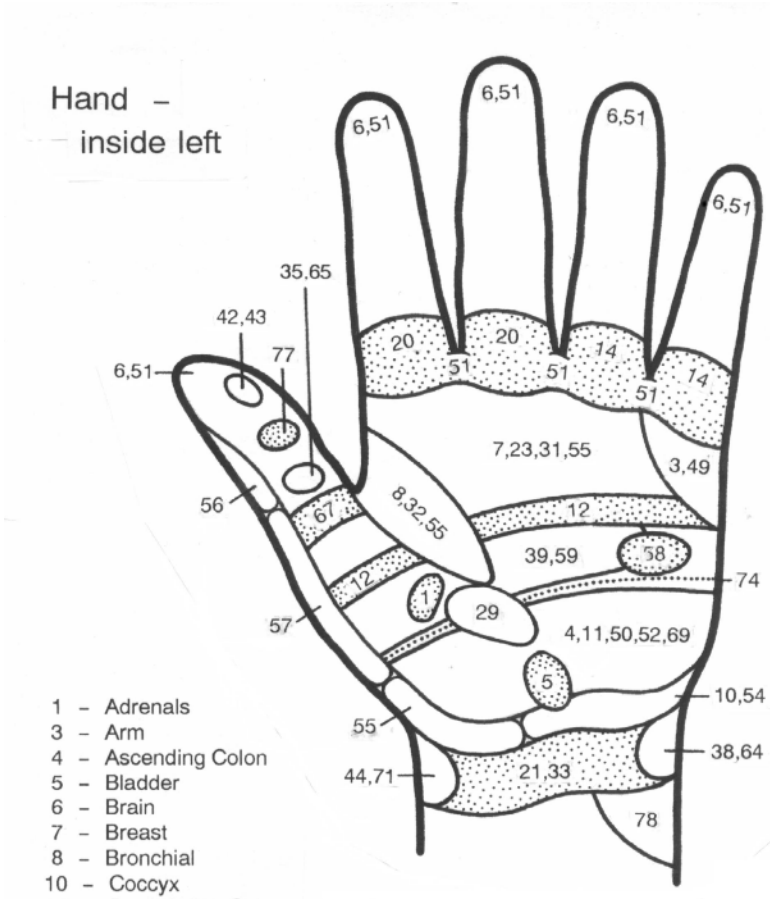
3 – Arm
6 – Brain
8 – Bronchial
12 – Diaphragm
14 – Ear
20 – Eye
22 – Gallbladder
24 – Hip
75 – Knee
76 – Leg
30 – Liver
32 – Lymph/Breast & Chest
33 – Lymph/Groin
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1 – Adrenals
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14 – Ear
20 – Eye
21 – Fallopian Tube
22 – Gallbladder
77 – Head
26 – Ileocecal Valve
29 – Kidney

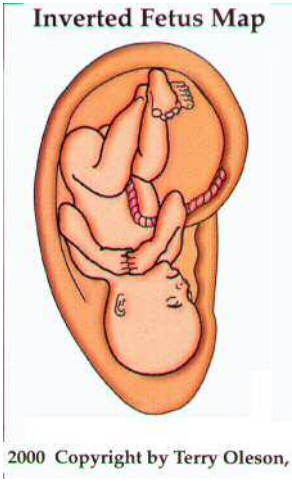
30 – Liver
31 – Lung
32 – Lymph/Breast & Chest
33 – Lymph/Groin
35 – Neck
38 – Ovary
39 – Pancreas
78 – Pelvic Area
42 – Pineal
43 – Pituatary
44 – Prostate
49 – Shoulder
50 – Signoid Colon
51 – Sinus
52 – Small Intestine
54 – Spine, Low
55 – Spine, Mid
56 – Spine, Neck
57 – Spine, Upper
64 – Testes
65 – Throat
67 – Thyroid
69 – Transverse Colon
71 – Uterus
74 – Waist Line

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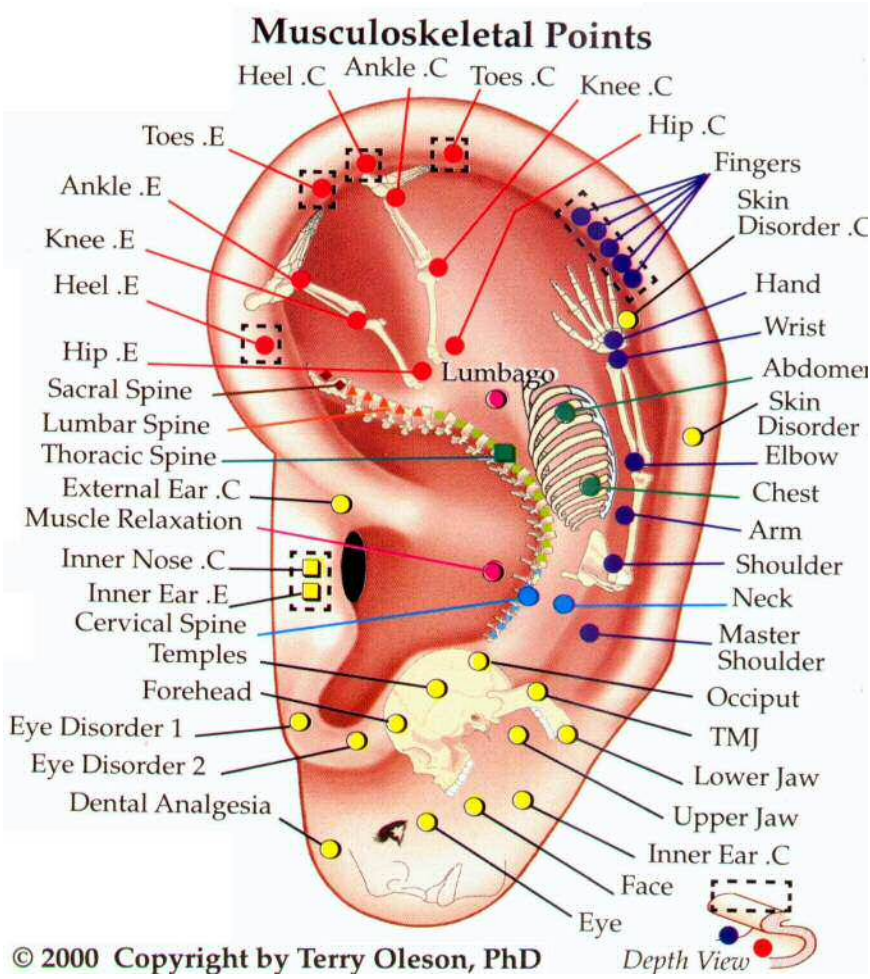
ar Micro System

Auriculotherapy



Ear Micro System Auriculotherapy 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 Medicine. Through electrical and thermal testing he supported acupuncturists' claims that a somatotrophic mapping of the body is represented upon the external ear. If you read my previous edition of "*Acupressure: Ancient Wisdom for Modern Day Healing* " you can see that the pictures of the ear and description on how to work with this Micro-system is expanded here.

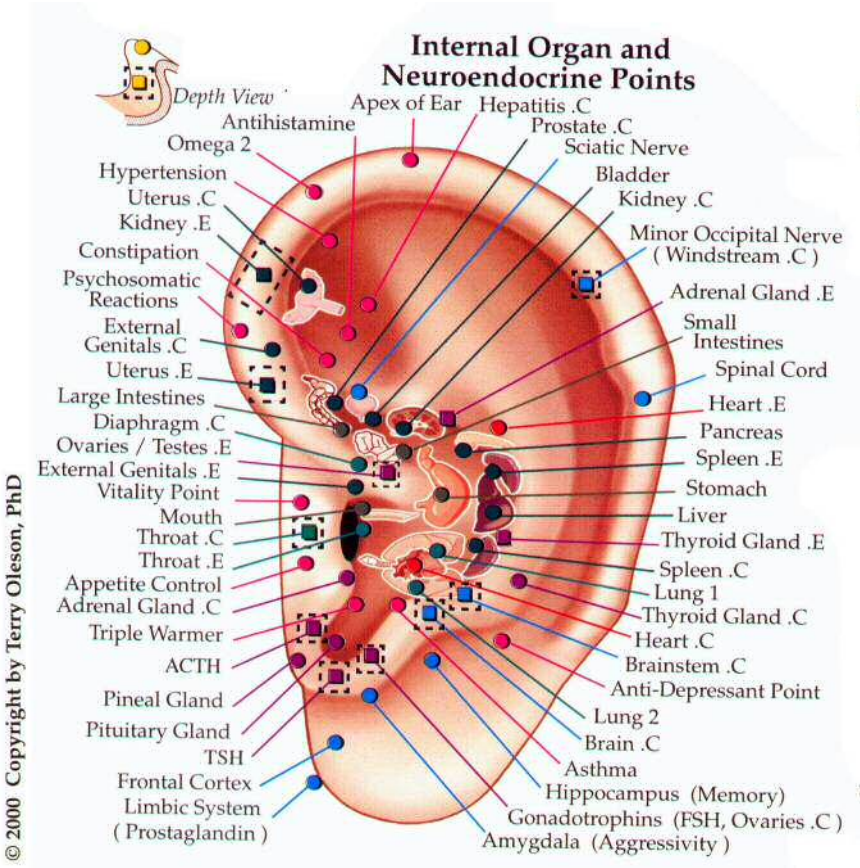
The pictures here are from Terry Oleson's latest book " *Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture.* " Much of the material in this section is a quote from this book so that I can be as accurate as possible. Auriculotherapy is a therapeutic intervention in which stimulation 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 somatotrophic 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. Our emphasis here is to give you enough knowledge that you can produce the well-documented 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 well as blood circulation to that area. Clinical problems related to 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 350 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.



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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

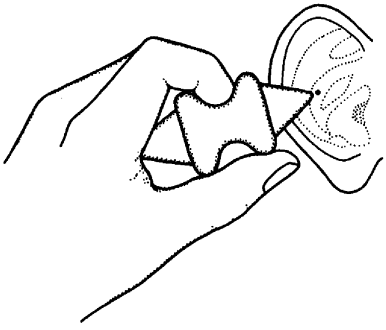
picture. Then move the tool onto the correct spot looking for the sensitive place. The pictures only give you the general area where you find the sore point. The Mini Acu-Ki has the sharpest point designed specifically for the ear.

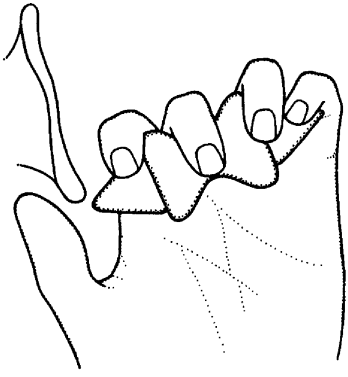




It is about one-sixteenth of an inch in diameter. When you miniaturize your body down to the size of the ear, some of the parts are no larger than the head of a pin so you need a sharp point to get accurate stimulation. When you are putting pressure on some of the ridges of the ear, it is hard to keep 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





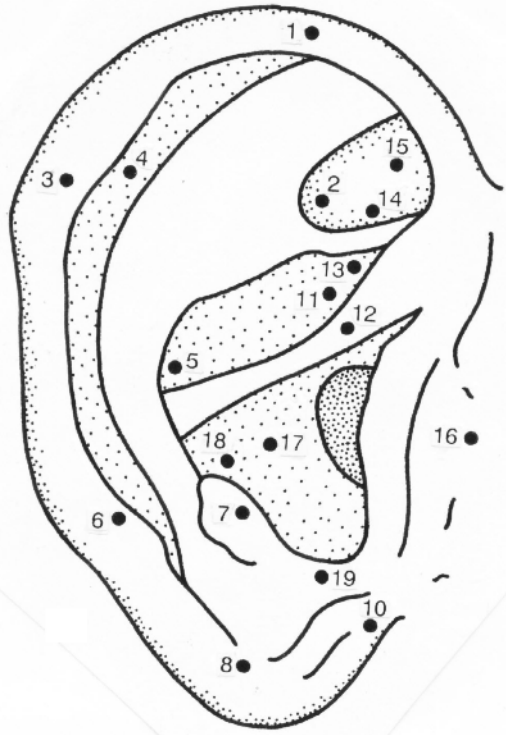
other picture shows how you can use your thumb to get more control.

The thumb is placed behind the point on the ear you want to press. Then you place the Acu-Ki on the ear 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 body part), 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.



Ear – symptoms

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



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 a 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.

Micro-System Sensitivity and Cross-Referencing

Part of the original work described by Terry Oleson explored the relationship between areas of tenderness in the ear and corresponding areas of the body, as understood within traditional auricular mapping systems. In these models, sensitivity in specific points is viewed as a functional indicator of stress or imbalance, rather than as a medical diagnosis.

As noted elsewhere in this book, traditional theory suggests that areas without significant stress are often less sensitive when gently examined, while areas under strain may present with noticeable tenderness. The ear is one of several commonly used micro-systems for self-observation and exploration, along with the hands and feet.

Working with more than one micro-system can provide additional context. When tenderness is found in one area, some practitioners traditionally compare it with corresponding points in other micro-systems to better understand overall patterns of tension or stress within the body.

For example, one individual reported discomfort in her lower back and initially associated it with a back-related issue. When auricular points traditionally associated with the back were gently explored, they were not especially tender. However, points commonly associated with digestive function showed marked sensitivity. When asked about digestive comfort, she acknowledged experiencing ongoing difficulties in that area.

Further exploration of corresponding points in the hands and feet revealed similar sensitivity patterns. Because the foot reflex system offers a broader physical map, the area of greatest tenderness aligned with regions traditionally associated with the intestinal tract. This information was used as a guide for focused self-care, not as a medical conclusion.

Additional information on auricular mapping can be found through the work of Terry Oleson (www.auriculotherapy.com). His publications offer historical and theoretical background on these traditional systems.

This book provides a foundation for personal exploration and learning. It is only a beginning, and readers are encouraged to continue studying, observing, and applying these concepts thoughtfully and responsibly.

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 live experiences—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 it's members can increase their individual and community health through educational acupressure programs.

Monte Cunningham Stressaway Acupressure P.O. Box 564, Snowflake, Arizona 85937 monte@stress-away.com
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 Quickly Your with e



How to Restore Health Acupressur

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 outcomes 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 B

10 Day Stop the Pain Challenge

This appendix describes an educational challenge format for self-care practice and tracking. It is not a substitute for medical care. If you use prescription medication, consult your clinician before making any changes.

(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



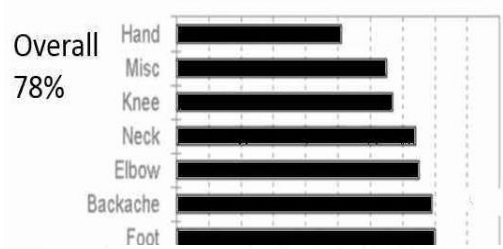
Accept the Challenge to End Your Pain

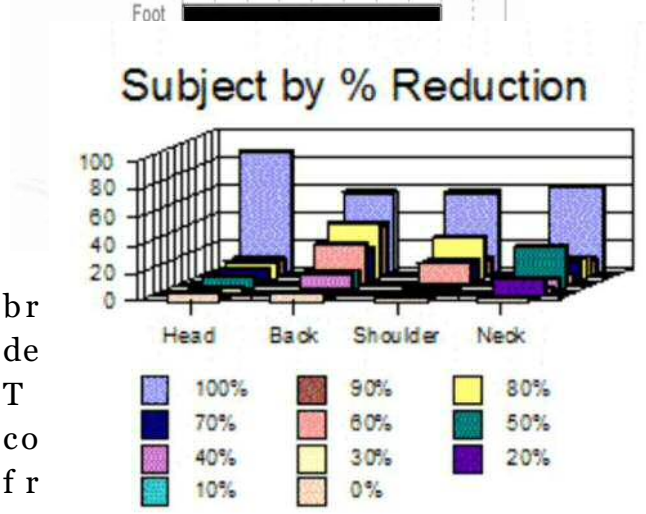
I hurt my back playing football in high school. It took me 20 years to come up with a workable solution for my devastating pain. It involved using a tool I developed for myself so that I could apply pressure onto acupressure and reflexology points. I began sharing

with others this method of acupressure I called Stressaway Acupressure in 1979 in fairs, flea markets, department stores and wherever I could demonstrate how these 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 below shows the number of people that had different percentages of pain relief in the five minute demonstrations. The blue bar is brief. At many of the complete pain free.

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 w o u l d 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 attach, 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 more than 4000 conditions selected from more than 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 45 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 $1, $5, $15, $57 and $147. Everyone can afford it. The first one month trial level of participation ($1) 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. Results vary by individual. 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. Some participants report needing less pain medication over time; however, any change in prescription medication must be done with medical guidance.

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 press points more often or less often. During the first 10 days of your self treatment we will send you a short survey about how it is progressing which will take about five seconds so we can measure how long it takes for your pain to go away.

We will do this every two days for the first 10 days. Then every five days for the next 30 days and then at three months, six months and one 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 $1 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 sessions of acupressure to get lasting results, on average for most conditions. The web page has the lettering clearly. The next appendix just gives you an idea of what our web page and flyer looked like.

Accept the Challenge to End Your Pain

Appendix G

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.



Modern health care leaves many people frustrated.

Costs rise, results are uncertain, and individuals are often left feeling powerless in their own healing process.

Acupressure: Ancient Wisdom for Modern Day Healing offers a different approach — one that emphasizes personal awareness, traditional knowledge, and simple, practical self-care methods used across cultures for thousands of years.

Drawing on decades of teaching and hands-on experience, Monte Cunningham introduces accessible acupressure techniques based on Traditional Chinese Medicine mapping of the hands, feet, ears, and body.

Inside, you'll learn how to:

- Locate points used to stimulate a Healing Response
- Apply simple techniques using your hands or basic tools
- Explore patterns of tension, sensitivity, and balance
- Build a practical, personal self-care routine

If you are looking for practical tools you can begin using immediately — along with a deeper understanding of how the body reflects stress and balance — this book invites you to explore these ideas at your own pace.



Monte Cunningham brings more than sixty years of experience in research, teaching, and real-world application. His work has helped thousands of individuals explore simple, hands-on

methods for supporting their well-being