

Treatment protocols for Electro-Acupuncture

What is Acupuncture?

Acupuncture is an old Chinese technique for treatment. Electro-Acupuncture is a newer intervention in the field of chiropractic.

Electro-acupuncture is a technique in which low frequency electrical current is applied to acupuncture points for either analgesic purposes or non-analgesic purposes.

The analgesic purpose includes the stimulation of local release of natural opiates within the body for the purpose of pain relief. Electrodes are applied to different acupuncture points (that's why a term electro-acupuncture).

What is Electro-Acupressure?

Electro-acupressure a safe remedy (Benefits):

Electro-acupressure is a non-invasive procedure and has the advantage of treating a chronic disease without drugs by manipulating body's natural defense mechanism.

Electro-acupressure is control system and information based on using direct current in the form of low frequency electromagnetic signals. It is done by using Acu-Vibe (Acu-Balls and Acu-Pen), which works in connection with acupressure points related to specific disease.

Electro Acu-pressure by Acu-Vibe enhances the body life force energy, muscular energy and circulation of blood is promoted by stimulating acupressure points.

The efficacy of electro-acupressure has been proven by traditional Chinese medicine as well as modern Chinese medicine.

Traditional Chinese medical theory has revealed that acupressure points are located along meridians of our body. Through these invisible channels of our body we can enhance our body's force. Acu-Vibe (Acu-pen and Acu-balls) help us to gain our body balance and blocked meridians by help of electro-magnetic waves.

Precautions while using Electro-Acupressure therapy:

- Apply your finger pressure in very slow rhythmic way to make layers of tissue and internal organs respond. Never give abrupt pressure.
- Lymph areas like your outer breast just below your armpits are sensitive areas to apply abrupt pressure.
- Do not apply Acu-ball directly on serious burns and infections, for a month.
- **Breathe smoothly and slowly** while holding the acupressure points.
- **If you are new beginner of acupressure therapy do not press longer start therapy with short sessions.**

What to expect in a session of Electro-Acupressure therapy:

- You need to be fully clothed during session.
- It is recommended to wear comfortable and loose clothes.
- Lie on padded table.
- Apply Acu-ball in such a way you should not feel pain, slight pressure give maximum benefits.
- If you have located wrong Acu-point you will be uncomfortable.
- Make sure to drink plenty of water before session.
- Try to eat light and non-spicy food before session, more food consumption will lead to abdominal discomfort.
- To remove toxic substances away from your body it is important to drink plenty of water after massage.
- Do not apply Acu-Pen on broken bones, fractures and disintegrated discs; adjust mild Electro-magnetic waves if you have weak bones instead of higher frequency.
- Always clear skin before applying Acu-ball.

Acu-Points Stimulation with Acu-Vibe:

The points stimulated by electro-acupressure can also be stimulated by Acu-vibe. Acu-pen is a pen shaped device which has both positive and negative electrodes assembled within its tip to provide a therapeutic effect. You can appreciate acu-pen from this image.



Acu-Pen for Local Acupressure Application

Another device under acu-vibe is acu-balls which are actually two metallic spheres having positive and negative charge. They allow the patient to get rhythmical massage over acu-points for therapeutic purposes. The next image will give you an idea about acu-balls.



Treatment Protocol to Reduce Blood Pressure

Points linked to Cardiovascular System

If you want to apply electro-acupressure on arms, you need to select specific points. In the forearm, just below the wrist are two points named as **Neiguan** and **Jianshi**. They are located at pericardial meridian PC 6 points and 5 points respectively. In order to mark accurately, the pericardial meridian 6 is located three finger breadths below the crease of the wrist.

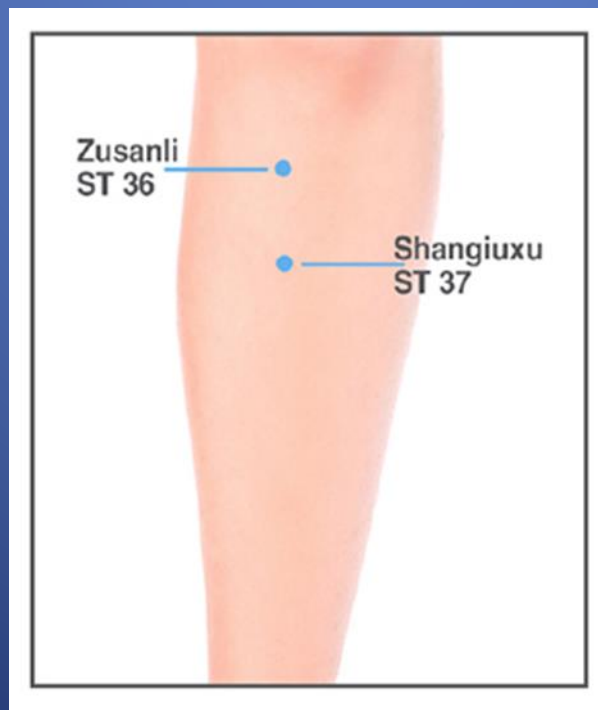
Figure 1. Neiguan and Jianshi Points and Pericardial Meridian 5 and 6



If you want to apply electro-acupressure at other points, you can select **Zusanli** and **Shangixu** which are located just distal to the knee joints at the Stomach meridian ST 36 and 37 points respectively.

The stomach meridian 36 is located four finger breadths below the inferior border of patellar bone and one finger breadth lateral to this point. These four points, two on the forearm and two on legs can be used for electrical stimulation to control blood pressure. There are different steps to this procedure which are explained within this document that explains how to perform electric acupressure.

Figure 2. Zusanli and Shangixu at Stomach Meridian 36 and 37



Protocols to Perform Electro-Acupressure

The following steps must be adhered to before treating with electro-acupressure;

- First find out if the person been treated is pregnant
- Choose the two points mentioned above either on forearm and leg. It is a common sense that if the person's arm is amputated, you can use his legs for the procedure.
- Clean the skin by rubbing with the alcohol swab. Aseptic measures should always be kept in mind before using electro-acupressure pen.
- Use specialized electro-acupressure pen to deliver low intensity electric current to the electro-acupressure points.
- Alternate current of 10-80 milliamps and 40-80 volts should be applied. Direct current is not recommended for the electro-acupressure as it has mild adverse effects.

Duration of Treatment:

According to different studies, if you want to decrease arterial blood pressure from electro-acupressure, you can use, 20-30 minutes session, once each week for 8 weeks.
20-30 minutes session twice each week for 5 weeks.

Things to take care of before performing Electro-Acupressure:

- Some contraindications to electro-acupressure are,
- Patients with installed pacemakers, there is a risk of stopping the heart.
- Trans cranial stimulation should be avoided. It carries a risk of epileptic seizures.
- If a woman is pregnant, avoid lower body acupuncture-points.
- Avoid overstimulation as it depletes the serotonin stores within the body and will cause the patient to sleep eventually.

- The use of alternate current nullifies the need of identifying a positive or negative electrode.
- The voltage and the current applied should be increased slowly and gradually
- Adjust the voltage of the device such that the patient just feels the pulsation. The current should neither be very high that it starts causing pain and not very low that the patient does not feel it.
- After adjusting the voltage and electrodes with electro-acupuncture pen, turn the device on.
- If a patient has not gone through simple acupuncture, it should be advised to patients to have a simple acupuncture before starting electric-acupressure. It is to assess the patient's stability and tolerance to electro-acupressure.
- The electrical output should be between 2Hz-5Hz to prevent habituation and adaptation.
- Avoid using older machines for electrical stimulations as there is a risk that older machines do not have good control of their voltage output. Also avoid using battery powered machines as they will gradually step down the voltage and current with time. Instead of battery powered machines, use machines which have an AC adapter as a power source.

Treatment Outcomes:

It has been a conclusion of many studies that electro-acupressure causes a decrease in both systolic and diastolic blood pressure. The mean time for which the effect is sustained is around two months. From different studies, the average decrease in the blood pressure is 6-8mmHg and that of diastolic is 4mmHg. Some studies also support a decrease of 10mmHg systolic blood pressure. Blood pressure is a cause of many chronic heart diseases. These include coronary artery diseases, stroke, myocardial ischemia and acute coronary syndromes. By the application of therapeutic electro-acupressure, these heart diseases can be controlled as they are the result of high blood pressure.

Some studies also noticed decrease in the levels of norepinephrine, renin and aldosterone after the application of electro-acupressure. Similarly an increase in the levels of serotonin within the body was also noticed. Serotonin is a mood elevator and release of serotonin can immediately make the patient happy.

Protocols how to prevent cancers

Introduction:

When cells in the body begin to divide abnormally without stopping and spread into surrounding areas this is termed as cancer.

Cancer originates from almost any part of body. Human cells divide and grow to form new cells, cells keep growing, become old and damage and when they die new cells take their place by replacing them. When cancer develops the broken down cells show abnormal growth they multiply rapidly without stopping they form growths called tumors.

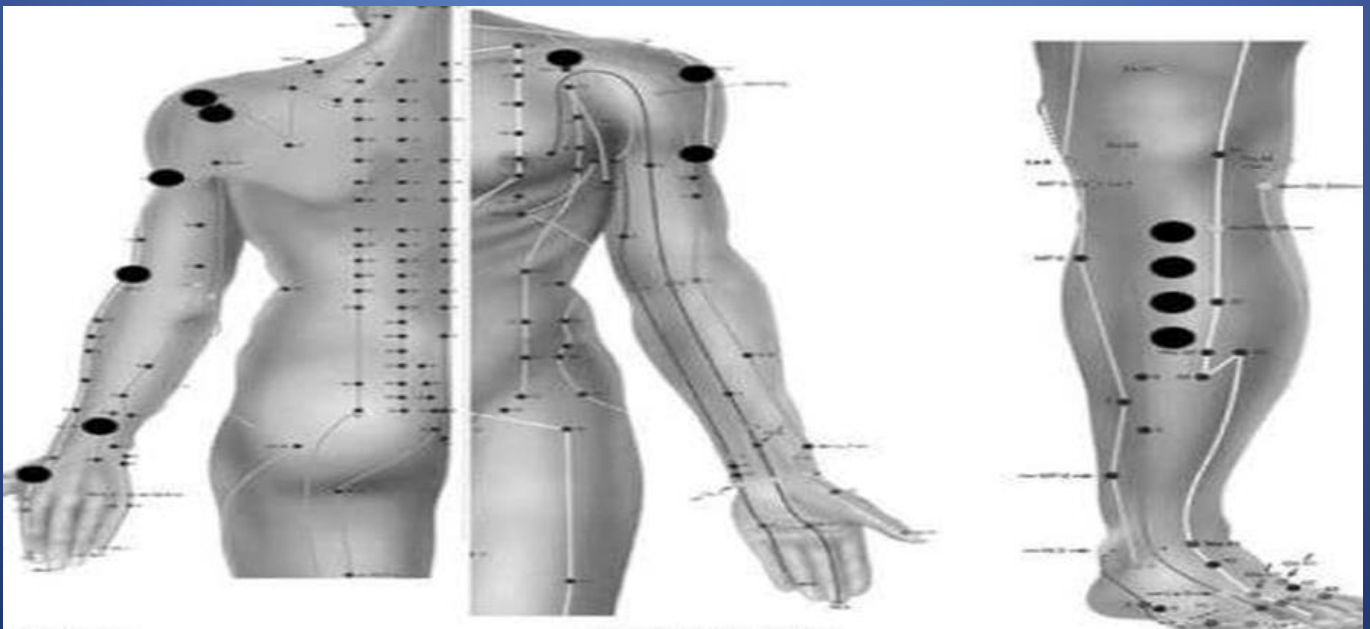
Each year 7.6 million people die of cancer. Studies show 30 to 40 percent of people are prevented and one-third are early diagnosed cases.

Prevalence of cancer is about 39.6 percent of men and women during their life span. Our increasing lifespan is major factor contributing towards cancer.

Acu-points for prevention of cancer:

- **Tian ding or celestial tripod (LI 17):** Is located at the lateral side of your neck on posterior side of SCM. It helps to reduce pain associated with cancers.
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- **Youngquan:** Is located at center of the bottom of each of your feet. Start from your left foot, massage this point with Acu-ball comfortably and deeply. Hold only for five minutes on each foot.
- **Guanyuan:** Is located at middle of conception vessel it is located four fingers below the navel point. It also helps in reducing muscles cramps. Make five gentle strokes in a clockwise direction and anti-clockwise. This point work out best in breast cancer.
- **Zhongwan:** Is located under the area of your breast bone. Massaging this area with Acu-balls will strengthen your digestive area and reduce nausea associated with cancer. Slowly make five circle of acupressure, massage for five minutes.
- **Dabao (SP 21):** Is located at the meridian of your spleen. It helps to cure stomach related cancers. Apply Acupressure at this point slowly and gently for five minutes starting from your left side.

- **Hegu:** Is located at the back of each hand where the bones of middle finger and thumb meet. It stimulates the body's immune system against disease. Apply Acupressure down the side of middle figure bone via Acu-ball.
- **Taichong:** Is located at the top of each foot where the foot thumb meets the second finger. Apply acupressure to this point deeply via Acu-ball; if you feel pain at this point it means that you have located the right point.
- **Jianjing (GB 21):** Is located on the top of both shoulders, halfway between neck and shoulder. Start applying pressure from left side by using Acu-balls.



Standard duration of therapy to prevent cancer by use of Acu-Vibe:

Standard duration of therapy to prevent cancer by use of Acu-Vibe:

Electro Acupressure is very easy to do and can be very therapeutic at your home or anywhere. With the help of Acu-ball it takes few seconds to reach the point. ACU-ball is basically a ball instrument which radiates electromagnetic waves frequency.

Frequencies can be adjusted according to body requirements.

Studies have revealed that by applying pressure with Acu-ball at each point for 5 minutes daily helps to boost up immune system prevent cancer.

Protocols to treat prostate cancer

Introduction (what is prostate cancer?)

The prostate is a gland of male reproductive system; its function is to make semen which carries sperms. It is located under bladder and is covered by upper part of urethra (urethra carry urine from bladder). Prostate is walnut sized gland.

Prostate cancer is major health problem in elderly men its prevalence is after age of 50. This disease is rare before age of fifty.

Prostate cancer progresses slowly, often progressing without any symptoms. The symptoms only show when it has progressed to an advanced stage. Once prostate cancer starts to grow quickly and spreads outside the prostate gland, it is dangerous.

Causes of prostate cancer:

There is no exact cause of prostate cancer but diet may lead to risk, red meat fats increase risk of prostate cancer, meat cooked at high temperature produce cancer causing substances that harm the prostate gland this disease is most common in countries where is high use of dairy products and meat.

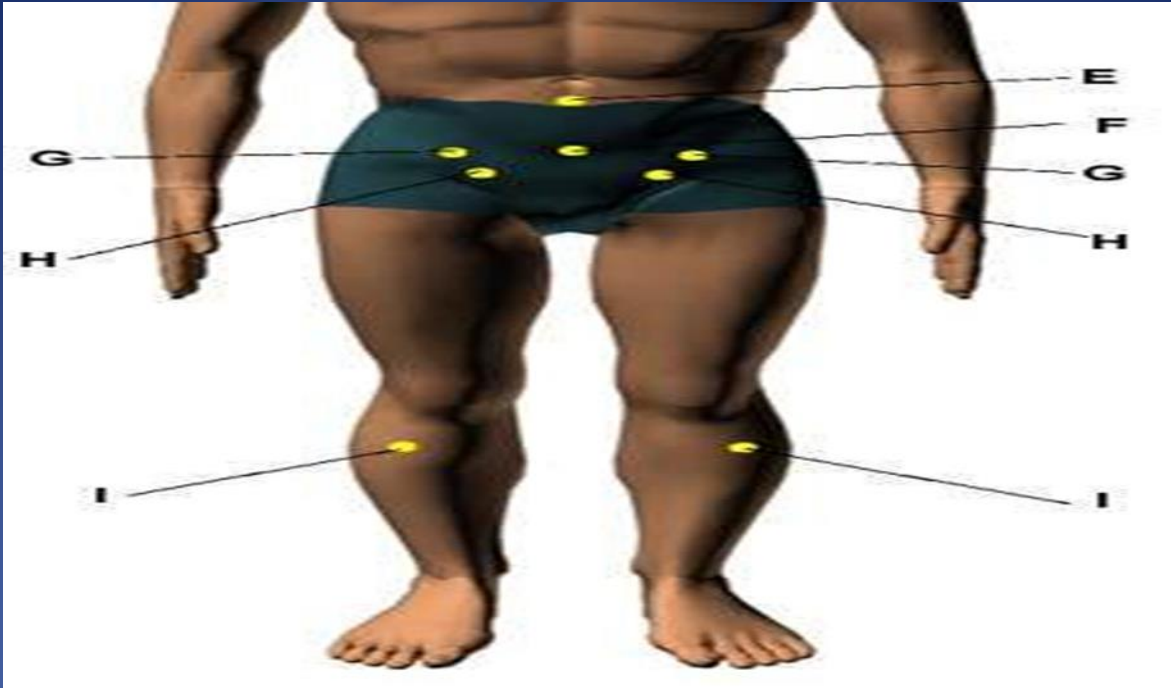
Hormones also play role in development of prostate cancer, excessive use of fats increase testosterone production which lead to higher risk of prostate cancer.

Sign and symptoms of prostate cancer:

- Burning or pain during urination
- Loss of bladder control
- Blood in urine (hematuria)
- More frequent urges to urinate at night
- Difficulty urinating, or trouble starting and stopping while urinating
- Difficulty getting an erection (erectile dysfunction)
- Swelling in legs or pelvic area
- Decreased flow or velocity of urine stream
- Painful ejaculation
- Bone pain that doesn't go away, or leads to fractures
- Numbness or pain in the hips, legs or feet

Acu-points for treatment of prostate cancer

- **Point Ren 4 (Gate of Origin):** Is located on the median line of lower abdomen 3cm below your umbilicus. It helps in reducing impotence, enuresis, frequent maturation, spermatorrhea, and retention of urine caused by prostate cancer.
- **San Yin Jiao (SP6):** Is located inside your leg above the ankle. Find the highest point of your ankle; four finger widths up your legs then apply deep pressure behind tibia bone.
- **Zu San Li (ST36):** Is located four fingers width at the bottom of your kneecap on the outer boundary of shin bone. Find the point and apply pressure in a downward direction. This point helps in reducing gastrointestinal disturbance caused by prostate cancer. Don't apply pressure on this point for more than 4 to 5 seconds.
- **Point KD-3 (Great revine):** Is located between top of middle malleolus and Achilles tendon attachment; it tonifies premature ejaculation, seminal emissions, weak lower back and impotence caused as a result of prostate cancer.
- **Shu-Stream and Wood point (BL-65):** Is located on the lateral side of your foot at fifth metatarsal bone; this point is used in thigh pain, lumbar region, and micturation problems.



Protocols to treat prostate cancer

- Accurately locate acupressure points.
- Adjust frequency at appropriate level.
Moderate frequency of Acu-pen is best.
- Do not apply on injuries or wound.
- Point ST 36, is at both sides of the body
apply Acu-balls on both sides one by one.
- Stop applying therapy if there is sensation
of pain over muscles.

Standard duration of therapy in prostate cancer:

Apply pressure on each point for 2 to 3 seconds with moderate electro-magnetic waves, prostate gland is sensitive to excessive pressure and heat, adjust frequency of Acu-pen at mild frequency. Studies have shown good results in patients who had given therapy twice a day.

There is no time limit for Acupressure therapy in prostate cancer. You can continue therapy till symptoms are subsided.

Self Care Protocol (precautions):

- Make sure to keep frequency of Acu-pen mild, 70 percent of lymph vessels are located just below the skin at prostate region higher electro-magnetic frequency damage lymph vessels as well as prostate gland.
- Stretch skin lightly because lymphatic vessels of prostate gland are attached to skin with help of small elastic fibers, higher frequency and strong stretch damage elastic fibers.
- To remove toxic substances away from your body it is important to drink plenty of water after massage.
- Do not apply Acu-Pen on broken bones, fractures and disintegrated discs; adjust mild Electro-magnetic waves if you have weak bones instead of higher frequency.

Protocols to treat cervical tumor

Introduction (what is cervix?)

Cervix forms part of the female reproductive system. It is the cylinder shaped neck of a tissue which connects the uterus with vagina and is located at lowest portion of uterus. Cervix is composed of fibromuscular tissue

There are two main portions of cervix:

- Ectocervix is the part which can be seen during gynecological examination. The central opening of ectocervix is termed as external as it allows opening between uterus and vagina
- Endocervix or Endocervical canal is a tunnel through the cervix from external into the uterus.

Transformation zone is formed when endocervix and ectocervix overlap each other.

The function of cervix is to produce cervical mucus that changes its consistency during menstrual cycle to promote or prevent pregnancy. During labor there is dilation of cervix allowing baby to pass through it. During menstruation cervix dilate to pass menstrual flow through it.

Causes of cervical tumor in females:

Cancer is caused by uncontrolled cell division cells in our body which have specific life span. When they die new cells are produced in our body to replace old cells.

Abnormal cells have two problems they do not die and they continue divide.

Continued division of cells in cervix form lump known as tumor

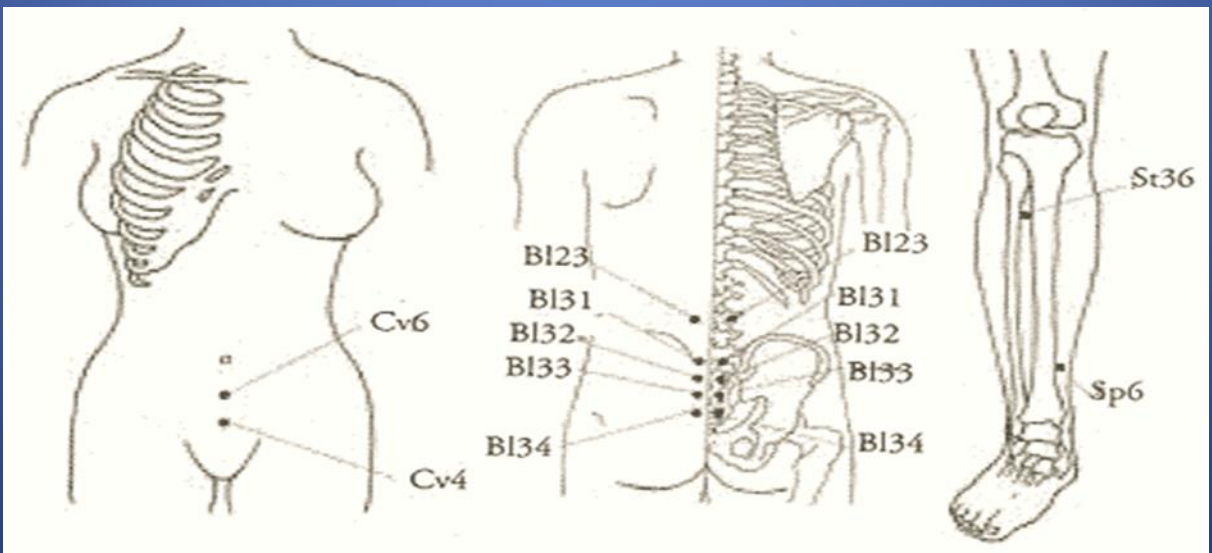
Signs and symptoms associated with cervical cancer:

- Pain during sexual intercourse
- Blood spots and light bleeding between or during periods
- Bleeding after intercourse
- Bleeding after menopause
- Increased vaginal discharge, douching, or a pelvic examination

Acu-points for treatment of cervical tumor:

- **Abdominal "V" point:** Place Acu-ball on lower part of abdomen in V position push in an inward and upward direction. Movement should be three seconds in deep stretches. It is useful to sub side pain.
- **Stomach point (CV 6):** To relieve cervical pain, stomach points are very helpful. Acupressure points are located under the naval (Belly button) are also called energy points. The exact point is at two fingers distance. By using Acu-pen weakness of lower back will be reduced, abdominal muscles will be strengthened and it will stop many back problems related to cervical tumor.
- **Lower back points (B23 and B47):** Lower back Acupressure points are effective to cure cervical tenderness as well as sciatica; these points are located near the spine. Lower back points are also termed as (sea of vitality) these lie at waist level. Points are at between second and third vertebrae. By giving appropriate acupressure it heals fatigue, aches in lower back, sciatica etc.

- **Knee back points (B53 and B54):** These points are beneficial to treat stiffness in abdominal area and back pain. These points are located in backsides of the knee caps. These points are also known as commanding middle. They are located at center of knee cap. By applying Acu-balls will reduce stiffness in back region in back and stiffness in back.
- **Foot Points (Sleeping and Sitting):** Foot points are effective in treatment of cervical tumor. Foot points are divided in two positions sitting and sleeping. At sleeping position points are located in big toe as well as second toe. Applying acupressure on this point will relive dizziness caused by cervical symptoms.



Standard duration of Acu-ball therapy in cervical cancer:

The option to treat cervical cancer via Acu-Vibe (Acu-pen and Acu-ball) depends of progressed stage of disease, depending how far it has spread and how far it has grown within cervix. Electro-Acupressure therapy is well suited in earlier stages of cervical cancer.

An average session lasts between 8 to 10 minutes. Apply Acu-pen for 1 minute at each point. Adjust frequency at moderate level with deep pressure. Continue therapy until symptoms have subsided.

Protocols to treat Fatigue

Introduction:

Fatigue is termed as exhaustion, tiredness, restlessness and lethargy. It describes a mental and physical state of being weak and tired. Although mental and physical fatigue is different, sometimes both exist together. If a person is in physical restlessness for a long period they also show symptoms of mental tiredness.

When someone suffers with physical fatigue, it means they lose their normal ability to do physical work. However mental fatigue leads towards being sleepy and lack of concentration. Rather than a sign, fatigue is symptom. Example of symptoms of fatigue includes dizziness and headaches.

Pathophysiology of Fatigue:

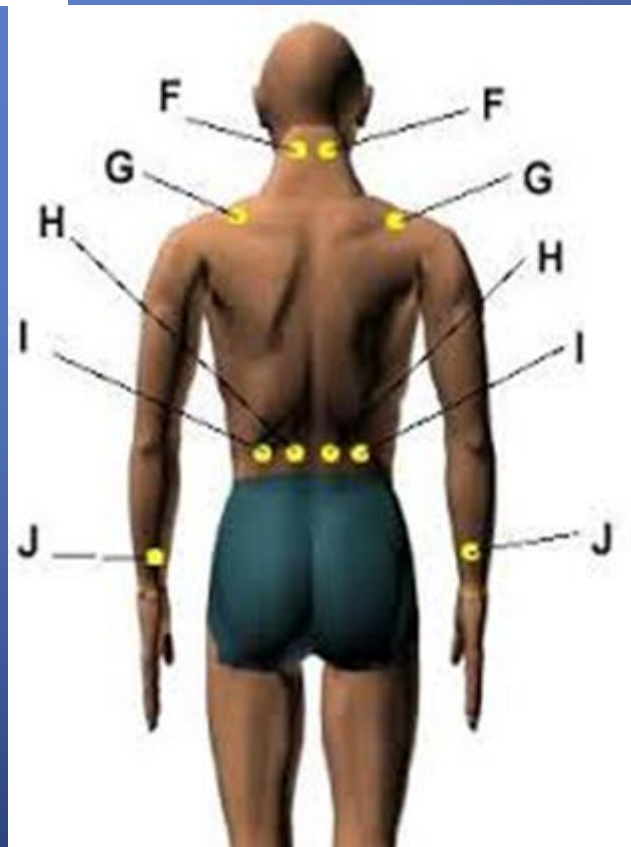
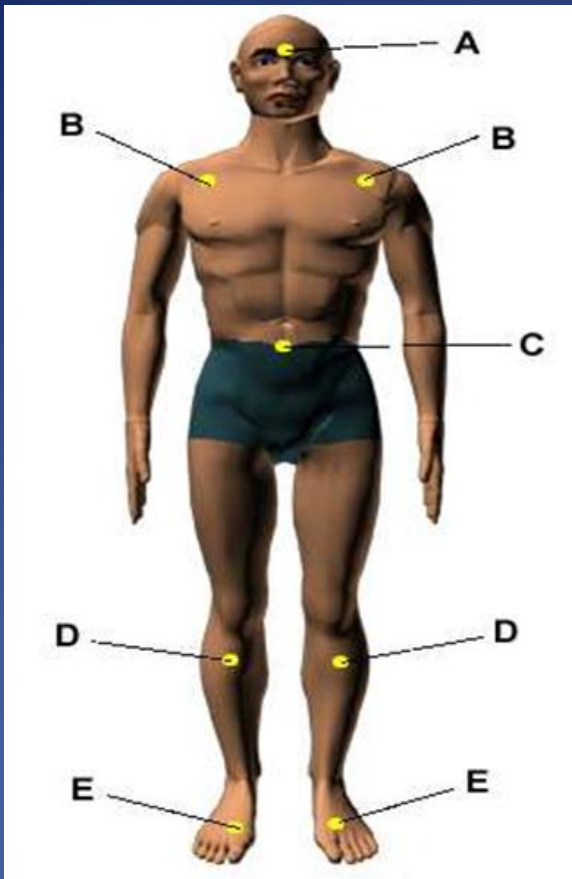
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- Fatigue is divided into peripheral and central in patients with chronic diseases. Central fatigue is associated with abnormalities in central nervous system (CNS).
- Pathophysiology of fatigue involves up regulation of immune system in CFS. In fatigue, levels of antibodies increase to various antigens.
- Many patients with fatigue have higher levels of:
 - Immunoglobulin G (IgG)
 - Viral capsid antigen (VCA) EBV
 - Most patients demonstrate raised coxsackievirus B, elevated IgG, human herpesvirus 6 (HHV-6), and *pneumonia* titers.
 - Minerals and electrolyte imbalance (Sodium and Potassium) in the body causes acute fatigue.
 - Nerve disorder Guillain-Barre syndrome causes weakness in arms, legs and other muscles of the body which first leads to fatigue and further progresses to paralysis.
- The thyroid gland regulates body energy. Problems with thyroid gland causes fatigue, low level of thyroid in body cause depression, fatigue, weakness, dry skin, constipation, intolerance of cold, brittle nails, or yellowish tint of the skin.

Acu-points for treatment of fatigue:

- **Third eye point:**
- **Location:** it is located between the eyebrows where the bridge of your nose joins with the forehead.
- **Benefits:** Subsides confusion, irritability, headache, chronic fatigue.
- **Letting go point:**
- **Location:** it is located on the outer part of your chest, from armpit, four fingers up width and one finger inward.
- **Benefits:** relieves asthma, difficult breathing, fatigue, chest congestion, and emotional repression.
- **Sea of energy:**
- **Location:** it is located three finger widths below your belly button.
- **Benefits:** it relieves chronic fatigue syndrome, dizziness, confusion, general weakness and extreme fatigue.

- **Three mile point:**
- **Location:** it is located four finger widths below your kneecap, width of one finger from shinbone. If this point is not located accurately your foot will flex up and down. For proper therapy points must be located accurately.
- **Benefits:** it relieves fatigue, general weakness, dizziness; strengthens muscle tone all over the body.
- **Bigger rushing:**
- **Location:** it is located on the top of your foot between big toe and second toe.
- **Benefits:** it relives dizziness, fatigue, relieves fainting, headache, nausea and irritability.
- **Gates of Consciousness:**
- **Location:** it is located just below your base of the skull between hollow of the large neck muscles, depending on the size of the neck two or three inches away.
- **Benefits:** it relives neuromotor coordination, eyestrain, irritability, shock, trauma, injuries, headache associated with fatigue.
- **Shoulder well:**
- **Location:** it is located on the highest point of shoulder muscle, one or two inches away from the side of lower neck.
- **Benefits:** it relives headache, poor circulation associated with fatigue, shoulder tension, anxiety and irritability.
- **Sea of vitality:**
- **Location:** it is located in the lower back four fingers away from the spine at waist level.
- **Benefits:** cure many fatigue syndrome symptoms like irritability, confusion and dizziness.



Standard duration of Acupressure therapy in Fatigue:

Acu-ball massage for 2-3 minutes on each acupressure point of fatigue relieves symptoms of fatigue. If there is a chronic case of fatigue, apply therapy twice a day for better results.

Protocols to Improve Eyesight

Among the five basic senses, the sense of sight is the most important one. A person is considered to be handicapped if their sense of sight is not working. Human eye is the organ of vision. The eyes perceive light, the light is focused on retina. Retina is like a nervous layer and has neurological connections and different receptors known as **rods** and **cones**. The amount of light and the different colors seen by people are due to these receptors. Just to give an idea about the **rods**, cat eyes have more rods as compared to that of humans which is why they can see in the dark.

Eye Diseases and Pathologies:

There are several diseases of the eye including glaucoma, xerophthalmia, retinitis pigmentosa, conjunctivitis etc. Glaucoma can be treated with surgery, night blindness can be treated with vitamin A supplementation. All of these disease can be treated with supplementations and antibiotics except the most dangerous one which is retinitis pigmentosa. It is the inflammation of retinal layer which over time causes permanent blindness in people. It is devastating because after its onset there is nothing much you can do to protect it.

Uses of Electro-Acupressure in Eye Diseases:

Electro-Acupressure is a safe remedy and it has dual benefits in much economical way.

Electro-acupressure has the ability to cure diseases for which there is no satisfactory treatment in other medical domains.

Apart from curing disease, electro-acupressure has the benefit of improving your eyesight and give your eyes a relaxing interval which is like a massage for eyes.

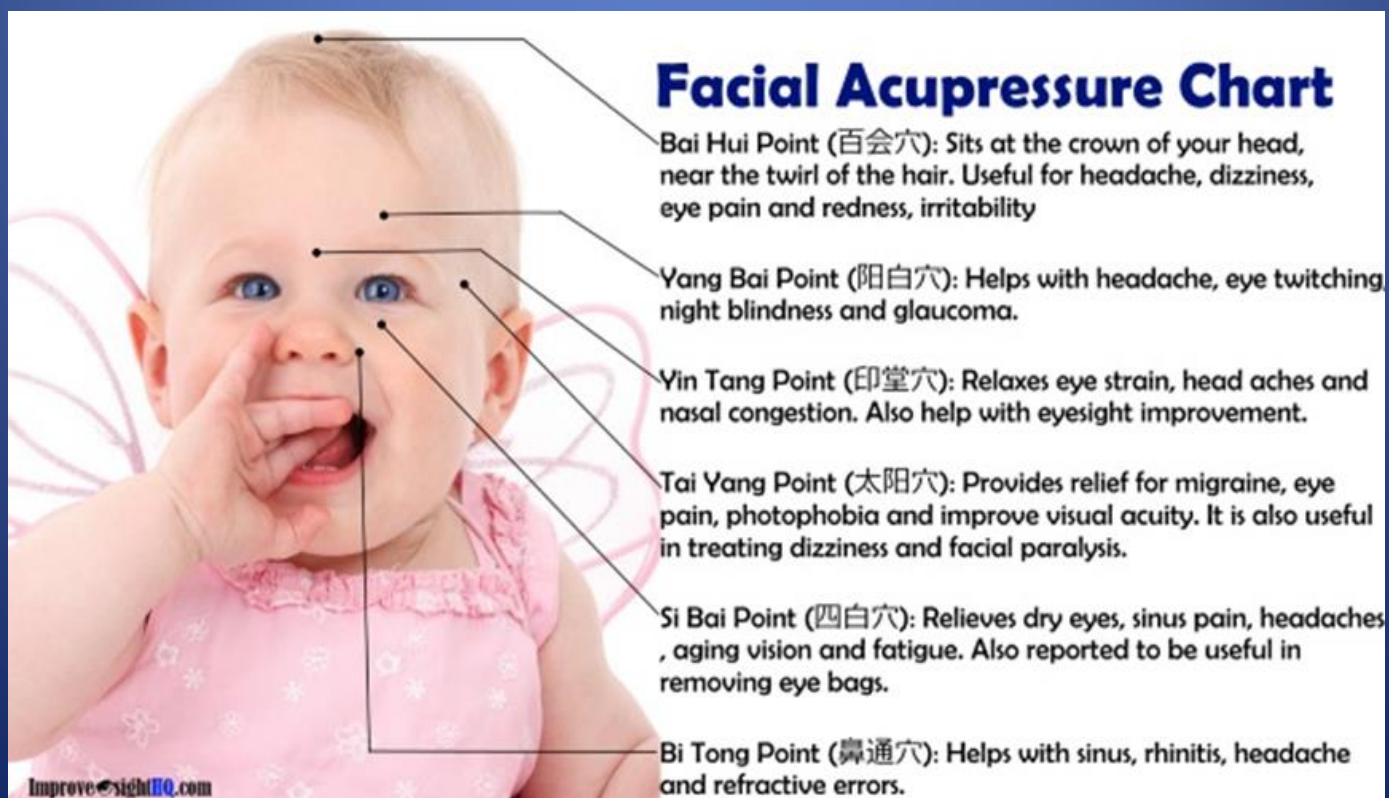
Electro-Acupuncture a Safe Remedy:

We have a good news for the patients. Many people would have added a fear in you that retinitis pigmentosa is a permanent disease that cannot be cured no matter what you do. The traditional Chinese medicine offers its cure which is much economical, long lasting and have proven benefits.

Acu-Points Stimulation with Acu-Pen:

Care should be taken while using acu-pen for the activation of acupoint meridians as the eye is a sensitive part of the body. According to the above study we have devised a protocol to follow electro-acupressure. The acupoints that have been agreed by many to have positive effects are **Bai Hui, Yang Bai, Yin Tang, Tai Yang, Si Bai and Bi Tang**. They, along with their use is shown in figure below.

Figure 1. Electro-Acupressure Points for Eye Pathologies



Protocol for the Treatment of Eye Disease and Improving Eyesight:

- First a person must know which meridians are to be activated. According to different doctors of traditional Chinese medicine, there is little contradiction about which point is the most effective one. However, the points mentioned in the above image are agreed upon by many physicians.
- Once you identify the points, the next step is to stimulate them. You can stimulate them by using electro-acupuncture, simple acupuncture, electro-acupressure, simple acupressure or by using an electro-acupressure pen.
- Transdermal electrical stimulation devices (TEN) are very effective and can be performed at home. Acu-Pen is a type of TEN and can be purchased online.
- Be very careful about the eyes. Since the pen releases low frequency electromagnetic radiations so care should always be taken.
- After that, apply the electro-acupressure pen one by one on each point.
- Total session should be around 20-30 minutes long.

Standard Time of Therapy:

Some studies have shown that 10 sessions of 30 minutes each splatted into two weeks (i.e. 5 sessions per week) gives a long lasting relief for different eye diseases. If a normal person who does not have any eye pathology performs this, it will benefit his eyesight.

Protocols to Treat Headache

Headache is the most common pain that occurs in people. Secondary to headache is the lower back pain. Some studies suggest that more than 1.6 billion people experience headaches. Considering the world population to be 7 billion in 21st century, such statistics are really alarming. Headaches consist of two types, primary headache and secondary headache. Primary headache is caused by no obvious reasons or anatomical deformity and its pathophysiology is unknown. On the other hand, secondary headache as the name suggests is due to some secondary causes like tumor, malignancy, intracranial hemorrhage etc. headache is actually the pain in the head, neck or anywhere between this. It can be broadly classified as migraines (the real culprit), tension-type headache and cluster headache.

Acu-Points for the Treatment of Headache:

- There are several acu-points that are actually pressure points on the region of head and neck. These acu-points when properly worked on relieve headaches easily and are very easy to locate on the body.
- Third Eye (**Yin Tang**) is located at the midpoint between two eye brows. According to latest nomenclature, it is called GV24.5.
- Bright Light (**Guang Ming**) is located at the inner corners both in the left and right eye.
- Welcome Fragrance (**Ying Xiang**) or large intestine LI-20 meridian. It treats the sinus pain that occurs in the forehead. It is located at the margin of nose on both sides between the nose and lips.
- Wind Pool (**Feng Chi**) also called gall bladder 20 or GB-20. It is located in the two hollows on each side of neck.
- **Wind Mansion** which is located in the middle of GB-20.

ACUPRESSURE POINTS for Relieving Headaches and Migraines



JOINING
THE VALLEY
(L 14 or He Gu)



THIRD EYE POINT
(GV 24.5 or Yin Tang)



DRILLING BAMBOO
(B 2 or Bright Light)



FACIAL BEAUTY
(ST 3 or Stomach)



GATES OF
CONSCIOUSNESS
(GB 20 or Feng Chi)



BIGGER RUSHING
(LV 3 or Great Surge)



WIND MANSION
(GV 16 or Feng Fu)



HEAVENLY PILLAR
(B 10 or Tianzhu)

Protocols to Treat Headache by Acu-Pen:

- First you have to locate acu-points accurately and precisely. You don't have to learn all the points, these 5 points mentioned in this guide are enough to relieve a headache. The remaining points are also there and relieve headaches but these points are the most effective.
- Clear the area on acupoints, it should not be wet otherwise the current from acu-pen will face impedance.
- After that, take out your acu-pen and turn it on. Apply acu-pen on points for 20-30 minutes in total for 3 days in one week. The voltage should be lowest at the beginning and should increase gradually.
- Avoid using acu-pen if you are pregnant, epileptic, or have pacemaker.
- **Standard duration of therapy** is 3 times a week for 3 weeks. Studies have shown that this duration of treatment is very reliable and is superior to simple acupressure.

Protocols to improve immune system

Introduction:

The role of immune system in human body is to protect the body against damaging foreign bodies or disease. Immune is a collection of processes and structures in the body which when function properly identifies various threats like bacteria, parasites, viruses and separate them from normal healthy tissues of the body.

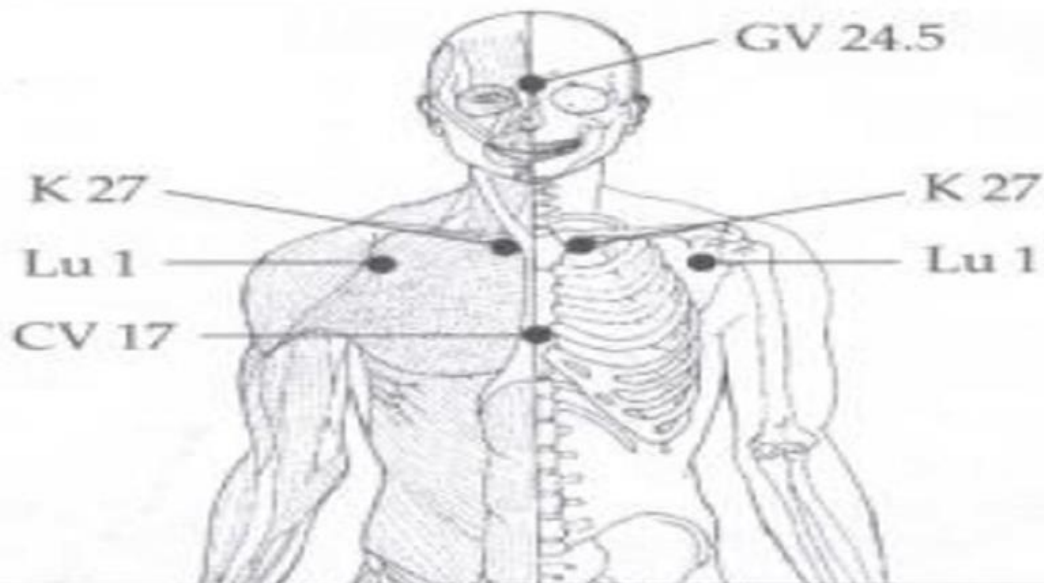
Major components of the immune system

- **Lymph nodes:** Are small (bean shaped) structures which are part of lymphatic system the function of lymph nodes is to produce and store cells that protect our body against disease and infection. Lymphatic system consists of spleen, thymus, and bone marrow. According to San Diego studies lymph is part of lymph nodes that contain clear fluid that carry fluid to other parts of our body.
- **Spleen:** Is largest lymphatic organ in our body on the left side of our body which help our immune system to boost up, it contain white blood cells that fight against infection in our body.
- **Bone marrow:** In the center of the bones it is a yellow tissue that produces white blood cells, it has spongy consistency it is located inside some cells, such as thigh bones and hip bones contain stem cells in immature form.
- **Lymphocytes:** Are small white blood cells which play role in protecting body against disease, there are two types of lymphocytes B-cells (which make antibodies that attack toxins and bacteria) T-cells (destroy cancerous or infected cells). Helper T-cells decide which immune response body should make to particular pathogen.
- **Thymus:** Is small organ and give site to T-cells to mature it is part of immune system, and is located beneath the breastbone, it enhances the production of antibodies in our body that sometimes result in muscle weakness.
- **Leukocytes:** Are white blood cells that fight disease by identifying and eliminating pathogens from our body, also known as second arm of the innate immune system, high count of leukocytes is termed as leukocytosis.

Acu-points for improving immune system:

- **Bearing Support (B 36):** It is a particular acupressure point that give resistance to flu and colds, it is located near your spine near the tips of your shoulder, some studies show that cold enter in your body through these points so Acupressure therapy relives symptoms relating to B 36 point.
- **Elegant mansion (K 27):** It strengthens your immune system and relives your chest congestion, asthma, coughing, anxiety, breathing difficulties, and depression. It is located under protrusions of your collarbone.
-
- **Sea of vitality (B 23 and B 47):** It relives lower back pain, fatigue and boost up your immune system. It is located in the lower back between your second and third lumbar vertebrae two and four finger away from your spine.

- **Sea of energy (CV 6):** It strengthen the immune system condition and internal organs and relives muscle pain of abdomen, gas, constipation and your body general weakness. It is located below your belly button at two fingers width and pubic bone.
- **Three mile point (St 36):** It give strength to your whole body especially immune system, it regulates the muscles and relives fatigue. It is located below the kneecap four fingers width below and outside your shinbone.
- **Bigger stream (K3):** This point strengthens your immune system, swollen feet, ankle pain, and relieve fatigue. It is located inside mid of ankle bone and at the backside of your ankle at Achilles tendon.
- **Bigger rushing (Lv 3):** It boosts your immune system, eye fatigue, headache, hangovers and fainting. It is located on top of your foot from big toe to second toe.



Standard duration of therapy to improve immune system:

To improve immune system via use of Acu-Vibe (Acu-Pen and Acu-Ball) apply pressure with Acu-ball to each point for 30 seconds to 1 minute, apply pressure on both sides, then move on to next point, to get maximum immune boosting effect, do therapy twice a day, once when you get up in morning and second before you go to sleep, if there is still tiredness increase therapy to three times a day.

Protocols to treat Lower Back Pain

Introduction:

Lower back pain is pain, stiffness or muscle tension at costal margin localized below and above inferior gluteal folds, associated with sciatica sometimes. There is no specific cause of lower back pain it may be due to (e.g. infection, inflammation, fracture, rheumatoid arthritis, osteoporosis and tumor). Chronic lower back pains are associated with specific conditions e.g. pain due to herniated disks, sciatica (lumbosacral radicular syndrome). Lower back pain will be chronic if it persists for 12 weeks or more.

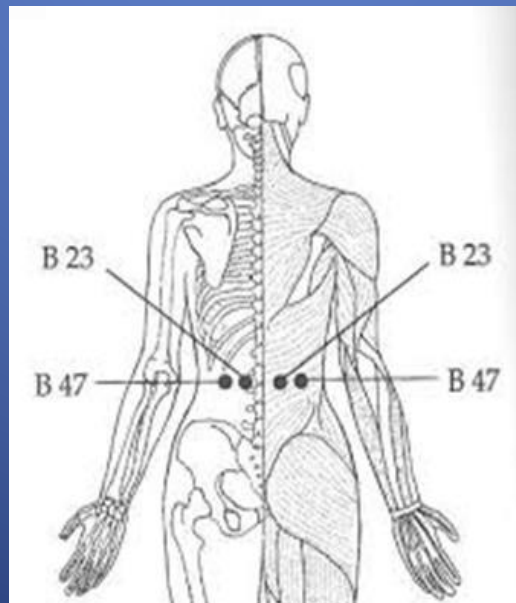
Pathophysiology of lower back pain:

Lower back pain exists as a result of many causes that are involved in pathophysiology. The most common causes are facet processes, muscle or ligament related injuries, and age related degenerative disc. These are divided into musculoskeletal pain syndromes, nerve root syndromes and skeletal causes.

Acu-points for treatment of Lower back pain:

Acupressure therapy is effective in muscular tension associated with all areas of the back. Important points are located on the upper back and on either side of the spine.

- 1) Stomach Point
- 2) Lower Back Points
- 3) Hipbone Points
- 4) Knee Back Points
- 5) Foot Points (Sleeping and Sitting)
- 6) Hand Point



Acu-points

- **Stomach point (CV 6):** To relieve lower back pain stomach points are very helpful. Acupressure points located under the navel (Belly button) are also called energy points. The exact point is two finger distance. By using the Acu-pen, weakness of lower back will be reduced, abdominal muscles will be strengthened and it will stop many back problems.
- **Lower back points (B23 and B47):** Lower back Acupressure points are effective to cure lower back pain as well as sciatica; these points are located near the spine. Lower back points are also termed as (sea of vitality) these lie at waist level. Points are between the second and third vertebrae. By applying appropriate acupressure heals fatigue, aches in lower back, sciatica etc.
- **Hipbone points (B48 and GB30):** Hipbone points are very good in reducing pelvic tension and hip pain. Acupressure points are located near the hip bone. The hip points are also known as vitals and wombs. Points are exactly located on mid base of buttock and on top of hipbone. Applying acupressure on these points reduces your lower back pain.
- **Knee back points (B53 and B54):** These points are beneficial to treat stiffness in knee and back pain. These points are located in backsides of the knee caps. These points are also known as commanding middle. They are located at centre of knee cap. By applying Acu-balls will reduce arthritis in back and stiffness in back.
- **Foot Points (Sleeping and Sitting):** Foot points are effective in treatment of back pain. Foot points are divided in two positions sitting and sleeping. At sleeping position, points are located in big toe as well as second toe. Applying acupressure on this point will relieve back pain faster.

Standard duration of Acupressure therapy in lower back pain

In lower back pain stiff muscles and pains are treated via use of Acu-Vibe (Acu-Pen and Acu-Ball) by giving moderate treatment according to body demand relieves lower back pain. Many studies have shown that standard duration of therapy for lower back pain is about 3-5 minutes. If symptoms are intense take Acupressure therapy twice a day.

Protocols to treat Lymph Drainage

Introduction:

Our body's lymphatic systems consist of a network of tissues and organs. The purpose of the lymphatic system is to help the body get rid of toxins and unwanted materials. The main function of the lymphatic system is to transport fluid to the lymph which contains white blood cells that fight against infection throughout the body.

The lymphatic system consists of:

Lymphatic vessels (which are like veins and capillaries of circulatory system)

Lymph nodes (where lymph is filtered and vessels are connected with lymph nodes)

Parts of lymphatic system:

The adenoids, tonsils, spleen and thymus are parts of our lymphatic system.

Lymph Nodes

Lymph nodes (small bean shaped glands) are part of lymphatic system; function of lymph nodes is to carry lymph fluid, waste material and nutrients in bloodstream and between the body tissues. Lymph fluid is filtered by lymph nodes trapping viruses, bacteria and other foreign bodies which are then destroyed by lymphocytes (special white blood cells).

Lymph nodes can be individual or in group in a body. They may be small as pin or large in appearance as an olive. Lymph nodes are felt in groin, neck and underarms. In normal conditions, lymph nodes are not painful or tender. Lymph nodes cannot be palpated.

Lymphatic drainage

Lymphatic massage is also termed as lymphatic drainage. It is a manual drainage technique developed in Germany. This technique was developed for treatment of lymph edema (an accumulation of fluid in place of lymph nodes when lymph nodes are removed after surgery).

Lymph drainage is general pressure technique used to move accumulated waste material from damaged area of the body.

If a proper lymphatic drainage is given by Acu-Vibe (Acu-pen and Acu-balls) through proper massage movements, natural body waste becomes more enhanced by its electro-magnetic waves and it helps in removal and detoxification. By applying Acu-ball on damaged area reduces excessive fluid and pain in that particular part of the body.

Lymph drainage gives best results on a body which has recently undergone surgery.

People who had lymph drainage through Acupressure therapy must drink adequate water for fast removal of toxins and harmful substances. Do not consume salts and alcohol during acupressure therapy of lymph because it lessens the body's capacity to clear or remove toxins from the body.

Lymphedema:

Lymphedema is caused by procedures that involve the lymph nodes like surgery in breast cancers. For example, your left breast lymph nodes are removed then your left arm will be affected with lymphedema.

Lymphatic system helps us to eliminate our body from waste material. Natural movement of smooth muscles helps to eliminate waste material from body. However surgery and other damage in our body, causes fluid to build up in our lymph nodes and lymph system, this condition cause lymphedema. If you ever had surgery involving lymph nodes the doctor would've suggested lymphatic drainage

Acu-points for Lymph Drainage in lymphedema:

Lymphatic drainage is a gentle technique by making use of the Acu-Vibe (Acu-pen and Acu-ball). It helps in moving waste fluid from the damaged area. With the help of Acu-balls, patients perform their own lymphatic massage after surgery. It reduces symptoms of pain and heaviness in the damaged area.

Acupressure therapy includes two methods:

- Clearing
- Reabsorption

The process of clearing is to use the Acu-ball with gentle pressure so area gets prepared to bring more fluid in, making flushing effect.

Acu points involved in lymphedema

Supraclavicular lymph area: is located under the collarbone directly.

Axillary lymph area: is located under your arms.

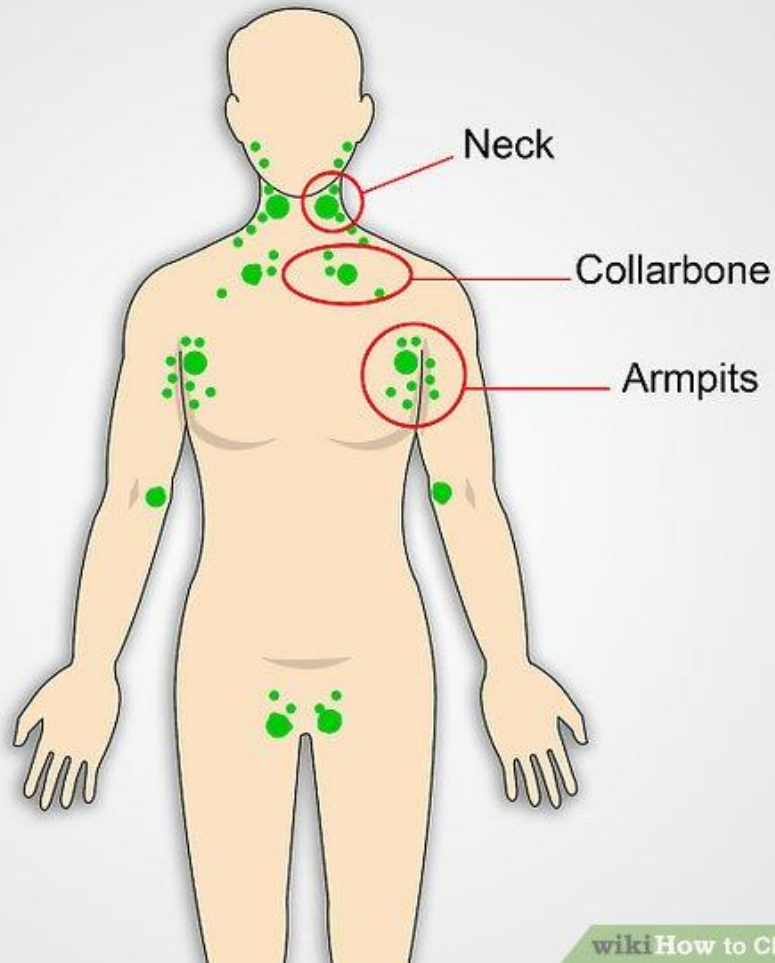
Acupressure therapy can be repeated as much as ten times a day. But, not on the side of lymphedema.

Lymph Drainage in Inguinal (Groin):

There are many causes which are involved in etiology of enlarged inguinal lymph nodes.

Infections: Infections of genitals or legs cause swelling of lymph nodes in groin area; systemic swelling also causes lymph nodes swelling in many individuals. Sexually transmitted diseases, Bubonic plague, Bacterial infection, viral infection and Toxoplasmosis.

Cancer and tumor: Cancers occurring within the area of lymph nodes of the groin cause swelling in inguinal area, leukemia, pelvic malignancy, melanoma and lymphoma.



wikiHow to Check Lymph Nodes

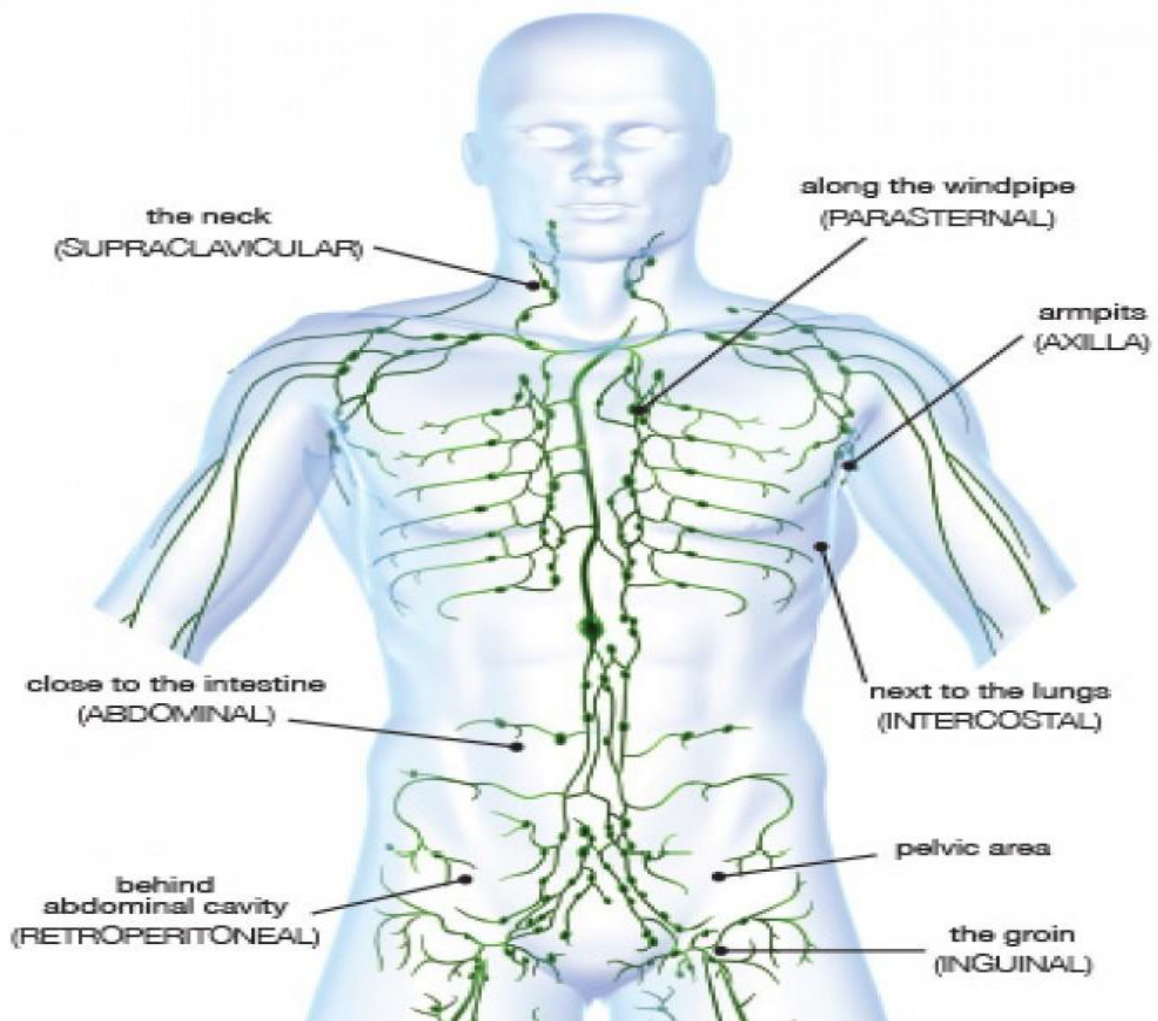
Acu-points for treatment of Lymph Drainage:

Most of the lymph nodes are located on the front of the body and are easy to reach. You can clean damaged lymph nodes within 15 minutes resulting in healing, detoxification and relaxation.

Here are some Acupressure points for treatment of lymph drainage:

- **Clavicle (Collarbone):** Put your fingertips at the base of neck, at upper edge of clavicle bone using lightest strokes by Acu-ball then stretch your skin medially to sterna notch. Release stretch after three seconds, repeat this procedure for four times.
- **Back Chain (Trapezius):** Place Acu-ball on trapezius muscle at the back of your shoulder, using light electro-magnetic radiations in a curving motion toward outer shoulder and then forward, stretch for three seconds, repeat the same procedure four times.
- **Neck Hug (sternocleido-mastoid muscle):** Place Acu-ball on your sternocleido-mastoid muscle on the lateral side of your neck. There should be gap of three fingers from the mid of your throat. Use mild electro-magnetic waves, give three second stretch on both sides, repeat four times.
- **Spinal Chain:** Apply Acu-balls along the side of the neck, set mild frequency of electro-magnetic waves and giving strokes in forward and downward direction toward clavicle bone for three seconds.

- **Waterwheel (behind your earlobe):** This is the smallest but a very important point of acupressure. Our face and hands drain through this node. Place Acu-ball behind earlobe, it is a soft spot. Apply strokes in downward direction for three seconds, and repeat procedure four more times.
- **Axilla (Armpits):** Slightly lift your left arm apply Acupressure at top of your left axilla gently pushing inward in a central direction; push in for 4 seconds and then release.
- **Abdominal "V" point:** Place Acu-ball on lower part of abdomen. In a V position push in an inward and upward direction. Movement should be three seconds in deep stretches for three seconds.



Standard duration of Acupressure therapy in Lymph Drainage:

Studies on lymph drainage indicate that the standard duration of therapy is 3-4 minutes on each node, once a day for 15 days by using Acu-Vibe (Acu-Pen and Acu-Balla) keep frequency mild.

Self Care Protocol (precautions):

- Make sure to keep frequency of Acu-pen mild, 70 percent of lymph vessels are located just below the skin. High electro-magnetic frequency will damage lymph vessels.
- Stretch skin lightly because lymphatic vessels are attached to skin with the help of small elastic fibers. Higher frequency and stronger stretching will damage elastic fibers.
- To remove toxic substances away from your body it is important to drink plenty of water after massage.
- Pregnant women should press lightly on shoulder points.
- Do not apply Acu-Pen on broken bones, fractures and disintegrated discs; adjust mild Electro-magnetic waves if you have weak bones instead of higher frequency.

Protocols how to improve oxygen saturation of blood

Introduction:

Constant supply of oxygen is needed by cells in the human body to produce energy needed to fulfill their life sustaining functions. Oxygen derived from air is used by blood, tissues and organs. Low blood oxygen levels occur due to reduced environmental oxygen or hypoxemia.

Normal levels of oxygen in your blood are about 75 to 100 millimeters of mercury (mm Hg). Levels below 60 mm Hg are termed as low oxygen saturation in blood. This low oxygen level in blood lead towards many medical disorders.

Reduced Environmental Oxygen and Hypoventilation

To ensure adequate oxygen delivery to body tissues, there must be sufficient amount of oxygen in the air. Reduced amounts of oxygen levels lead to hypoxemia. It most commonly occurs in people living in extremely high altitudes like mountain climbers. Hypoventilation leads to hypoxemia. Too shallow and too slowly breathing causes low oxygen saturation of oxygen in blood.

There are many causes that contribute to hypoventilation:

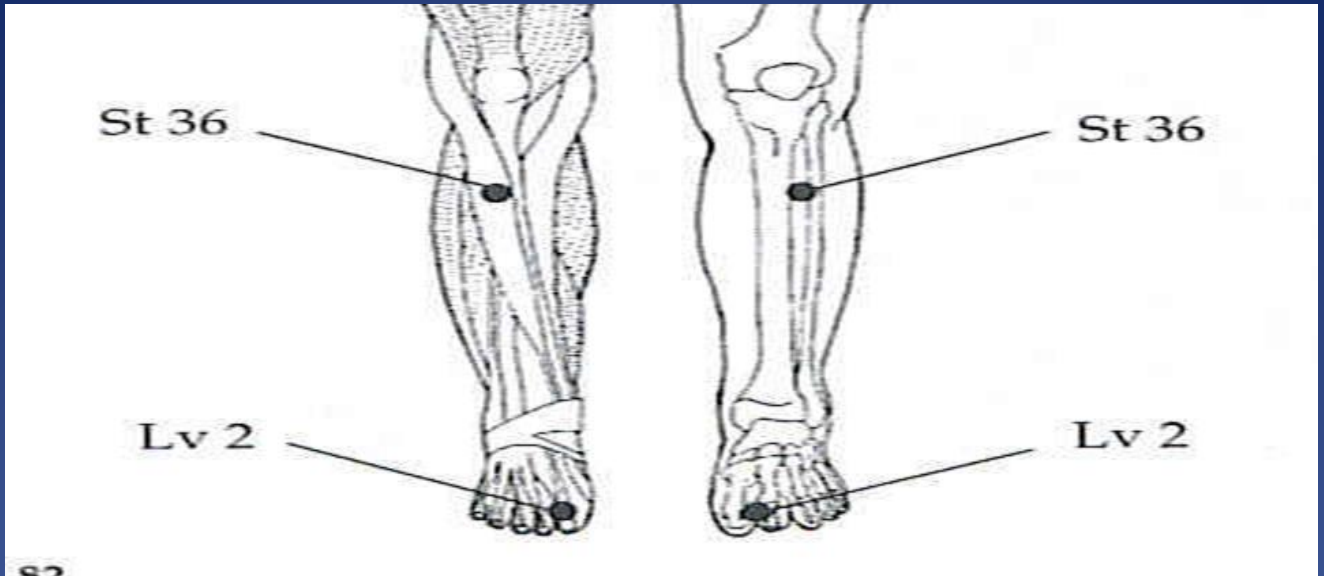
- Use of drugs, brain injury and alcohol toxicity causes suppressed respiration.
- Nervous system conditions effects breathing signals that are generated by the brain.
- Caused by conditions like myasthenia gravis and muscular dystrophy, which causes weakness in the chest muscles.
- Physical conditions such as collapsed lung, multiple broken ribs and obesity.

Sign and symptoms:

Irritability, restlessness or confusion
Increased heart and breathing rate
Lightheadedness or dizziness
Frequent headaches
Shortness of breath or breathlessness with minimal exertion

Acu-points to improve oxygen saturation of blood:

- **Spleen-12 (SP-12):** It is your pelvic region in the center where thigh joins your trunk give mild strokes with the help of Acu-balls.
- **Bladder-40 (BL-40):** It is found behind each of your knee it is a soft fleshy area, good blood flow through popliteal area can be promoted by pressing these points called bladder 40, and it is soft area behind back of knee. One way to ensure to locate BL-40 is to apply pressure on middle portion of calf muscle that run at back of your popliteal fossa.
- **Stomach-36 (ST-36):** It is located four finger width below side of your kneecap, one finger outside tibia, right spot can be recognized if there is relaxation and contraction of muscles on moving.
- **Spleen-6 (SP-6):** It is located about three fingers width above inner ankle bone it can be felt by applying pressure on calf muscle behind your shin bone.



Standard duration of therapy to maintain oxygen levels in blood

Studies revealed that by applying pressure with Acu-ball to each point for 2 to 3 seconds to 1 minute, on both sides, then moving on to next point, to get maximum immune boosting effect. Do therapy twice a day, once when you get up in morning and second before you go to sleep.

Protocols to Treat Pharyngitis

Introduction

Pharyngitis is inflammation of the pharynx, which is located in the back of the throat. It is frequently eluded to just as "sore throat." Pharyngitis can bring about scratchiness in the throat and eventually trouble in swallowing. Sore throat is one of the common reasons for doctor visits. Most cases of pharyngitis occur during the colder weather. To properly treat a sore throat, it's important to identify its cause. Pharyngitis might be caused due to viral or bacterial infections.

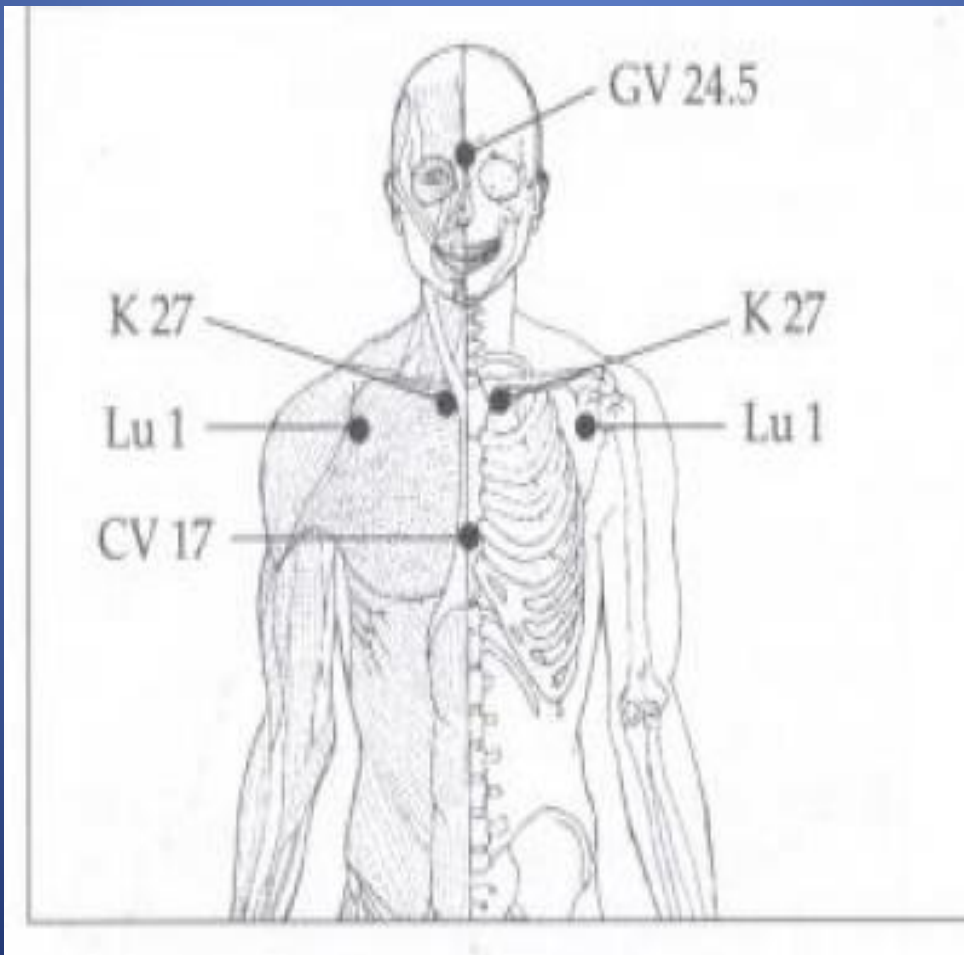
Pathophysiology

Pharyngitis is the result of inflammatory response in the pharynx which causes pain, fever, edema, vasodilation, and tissue damage which further cause redness and swelling in the uvula, soft palate and tonsillar pillars. Creamy exudates might be present in tonsillar pillars. If it remains untreated it causes pneumonia, bacteremia, rheumatic fever or nephritis.

The common throat issue to be treated by pressure point massage is the soreness. The mucous membrane of the inner throat gets resistant to infections in cold weather. The points mentioned below will demonstrate how to treat throat issues with pressure point massage.

Acu-points to Treat Pharyngitis

Initially a person will feel an intense cold feeling in the back of the throat after electro-acupressure. But do not worry as it is due to speedy recovery of pharyngitis secondary to electro-acupressure.



Acupressure point massage directed particular toward a sore throat.

The K27 point (Elegant Mansion) additionally eases breathing difficulty, coughing, and chest congestion. This point is close to the breastbone in the hollow underneath the collarbone.

Stimulate acupressure point 13 10 (Heavenly Pillar) to treat pharyngitis. This point can be utilized to lighten heaviness in the head, burnout, stress and overexertion. Point 13 10 is a half inch underneath the base of the skull and a half inch to each side of the spine.

You can ease your bronchitis, sore throat and chest congestion, dry coughing and heartburn with CV 22 (Heaven Rushing Out). This point is simply beneath the Adam's apple at the base of the throat.

Utilize Extra Point 17 (Ding Chuan). This point treats general throat issues coughing, neck and shoulder pain, and thyroid issues. Additional Point 17 is marginally above and to the side of the vertebra at the base of the neck that juts when the head is tilted down.

Intense point B 36, called Bearing Support, is particularly useful to stimulate the body's normal resistance to cold and flu. It is situated close to the spine, off the tips of the shoulder bones. As indicated, cold and wind enter the pores of the skin. The muscles in this upper back region have a tendency to get cold.

Important to note

While using the acu-pen, place acu-balls on abdominal points cautiously, if you are ill. Avoid the abdominal area entirely if you have a life threatening disease like tuberculosis, intestinal cancer, leukaemia and serious cardiac conditions.

Duration of therapy

Acupressure is suggested practicing every day. If it is impossible, then practice acupressure at least 2-3 times a week for 15 minutes in case of pharyngitis.

Minimum treatment duration: 4 weeks.

Maximum treatment duration: 8 weeks.

Most of the Acupressure Points exist on the left and right half of the body (left and right ear). For both Acupressure Points, the pressure will be applied for 5-7 minutes on both sides.

A four week break is recommended after a treatment.

You can do 2 Acupressure Treatments in parallel with acu-vent pen. Accomplishing more than 2 parallel acupressure in a day is not recommended.

The more built up the muscles are, the more weight you should apply. If you feel extreme pain or sensitivity, steadily remove the pressure until you feel a balance between pain and sensitivity. If you place acu-pen on the point long enough for up to 2 minutes the pain will diminish.

Protocols to treat Parkinson's disease

Parkinson's disease is a progressive chronic neurological disease mainly of later life which causes less dopamine production in the (substantia nigra) which causes:

- Resting muscles tremor
- Slowness of movement
- Rigidity
- Impaired balance
- Abnormal gait

The nervous system is affected by Parkinson's disease which makes people's muscles weak and cause their legs and arms to shake.

Pathophysiology of Parkinson's disease:

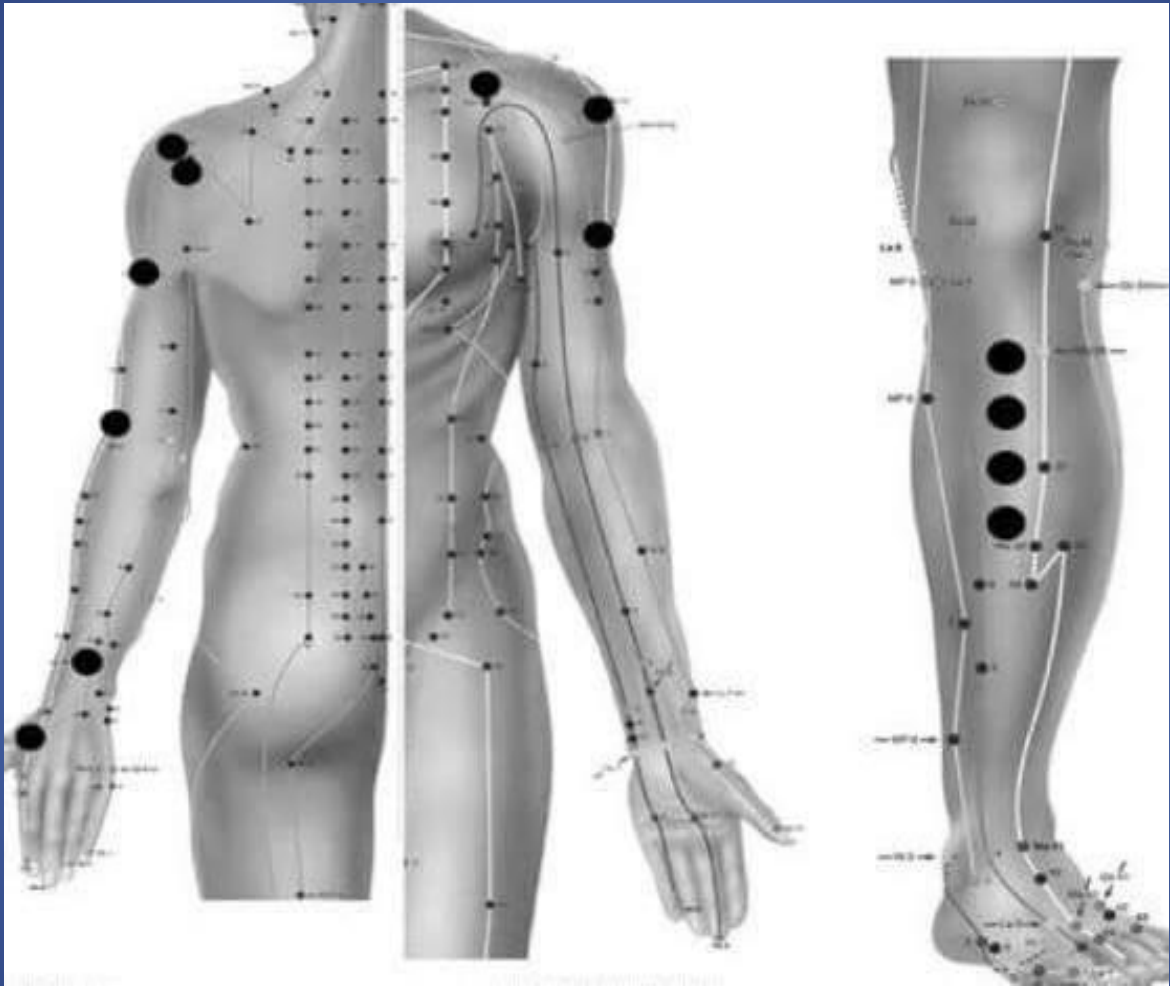
Although many studies have been held on pathophysiology of Parkinson's disease, it is still considered idiopathic (unknown reason of disease). It might involve environmental factors and host susceptibility. Genetic factors are involved in a minor percentage those suffering from Parkinsons. Symptoms associated physiologically with Parkinson's disease are indicated in a decrease in neurotransmitter secretions (dopamine). Symptoms get more intense over time with increased cell damage.

The disease cause varies when the disease starts. Patients appear with fewer symptoms, which gets worse with age and progresses rapidly. Parkinson's disease is a complex neuron degenerative disease with gets intense with age. Studies show that it affects nucleus of dorsal motor of the

- Vagus nerve
- Nucleus
- Olfactory bulbs

Acu-points for treatment of Parkinson's disease:

- **Points (B 23 and B 47):** Fortifies your immune system and internal organs, and relieves lower back problem and pain due to muscles tremor in Parkinson's disease. It is located between second and third lumbar vertebrae in lower vertebrae.
- **Three mile point (St 36):** Immediately boost the immune system with more energy. It helps to strengthen and tone the muscles group with more endurance. It is found below the kneecap, outside the shinbone one finger width
- **The outer gate point (TW 5):** Helps to strengthen the whole body in Parkinson's disease and balance the immune system. It is found above the center of the wrist width above one and half fingers.



Protocols to treat Parkinson's disease by Acu-Pen:

- First locate points accurately.
- Adjust electromagnetic frequency of Acu-balls, always keep frequency in moderate rate.
- Points B23 and B47 are located on both sides of back Acu-pen will be applied on both points one by one for three minutes each point.
- Massaging head, brain, spine, with acupressure pain benefit from the holistic approach to the treatment to overcome tremors associated with Parkinson's disease.
- Using Acu-Pen over area of diaphragm as it stabilize the nervous system Pressing the following points for a good three minutes each time can help with the symptoms to a considerable extent.
- By applying Acu-Pen on entire spine give alertness and confidence when disease sets in. Also apply Acu-Balls on the reflexes of toes which help in giving relief from stressful symptoms of Parkinson's disease.
- Stop applying acu-balls if there is sensation of tension over muscles.
- Pressure massage on entire spine give energy to muscles in Parkinson's disease.

Standard Duration of Therapy in Parkinson's disease:

We believe that body can be brought in state of healing by using Acu-Vibe. (Acu-Pen and Acu-Ball) All structures and organs of the body gain energy by massaging potent points and results in the body returning to its previous balanced state.

Parkinson's disease is degenerative disease it progress with age so conventional treatment does not give maximum benefits. Many studies have shown Electro-Acupressure therapy by Acu-Pen for 3-5 minutes daily twice a day help body to attain restorative balance.

Precautions:

Apply acu-ball pressure in a slow, rhythmic manner to enable the layers of tissue and the internal organs to respond to pressure. Never press any area in a forceful, abrupt, or jarring way. Lymph areas should be touched lightly. Do not apply acu-pen directly on burns and infections it will aggravate the symptoms. Discontinue therapy in the first month of surgery or scars. Special care should be taken in acupressure therapy during pregnancy. If you have chronic disease use abdominal points carefully.

Protocols to treat sciatica

Introduction:

Sciatica is a pain of the sciatic nerve, which is caused by irritation of sciatic nerve. Sciatica pain ranges from mild to severe. Pain is caused by irritation of sciatic nerve. Sciatica pain is usually confused with general back pain. Sciatic nerve passes through lumbar spine in sciatica nerve root is usually compressed.

The sciatic nerve is widest and longest nerve of the human body. It is located from lower lumbar region lower back, through buttocks and down legs ends below knee.

Sciatic nerve controls muscles in the lower legs and supplies sensation to lower body, and provides sensation to the skin and lower legs.

Sciatica is a symptom not a condition involving sciatic nerve.

Sciatica is a symptom not a condition involving sciatic nerve.

However 90 percent of sciatica cases are due to a herniated disk.

Etiology of sciatica lies in three regions of lumbar part

- Disks
- Nerves
- Vertebrae
- Wrong administration of injection in buttocks can also cause sciatica

Types of sciatica:

Sciatica is divided into two categories

- **Acute sciatica (short-term):**

Acute sciatica does not require long treatment, short term therapy reduces symptoms. Acute sciatica last for 4-8 weeks.

- **Chronic sciatica (long-term):**

Chronic sciatica requires long term physical therapy, which requires acupressure therapy including exercise. Chronic sciatica lasts for more than 8 weeks.

Pathophysiology of sciatica:

Sciatica is commonly caused by lumbar nerves compression (L4 or L5) and as well as sacral nerves (S1, S2 or S3), or by a compressed sciatic nerve.

When the dorsal nerve root is compressed it causes sciatica. This is caused due to spinal disk herniation or spinal disk bulge, which forms enlarging or roughening of the vertebrae.

There is a reduction of the diameter of the lateral foramen as a result of degenerated disk. Through this hole, nerve roots leave the spine.

The intervertebral disk contains fibrosis and annulus which form a ring around nucleus pulposus. Nucleus pulposus exude from its place when there is tear in annulus fibrosus and press against spinal nerves in the spinal cord. Existing nerve roots and cauda equine causes numbness, inflammation or excruciating pain.

Inflammation goes through spine and causes pain in lower back or at posterior thigh due to soft tissue tension.

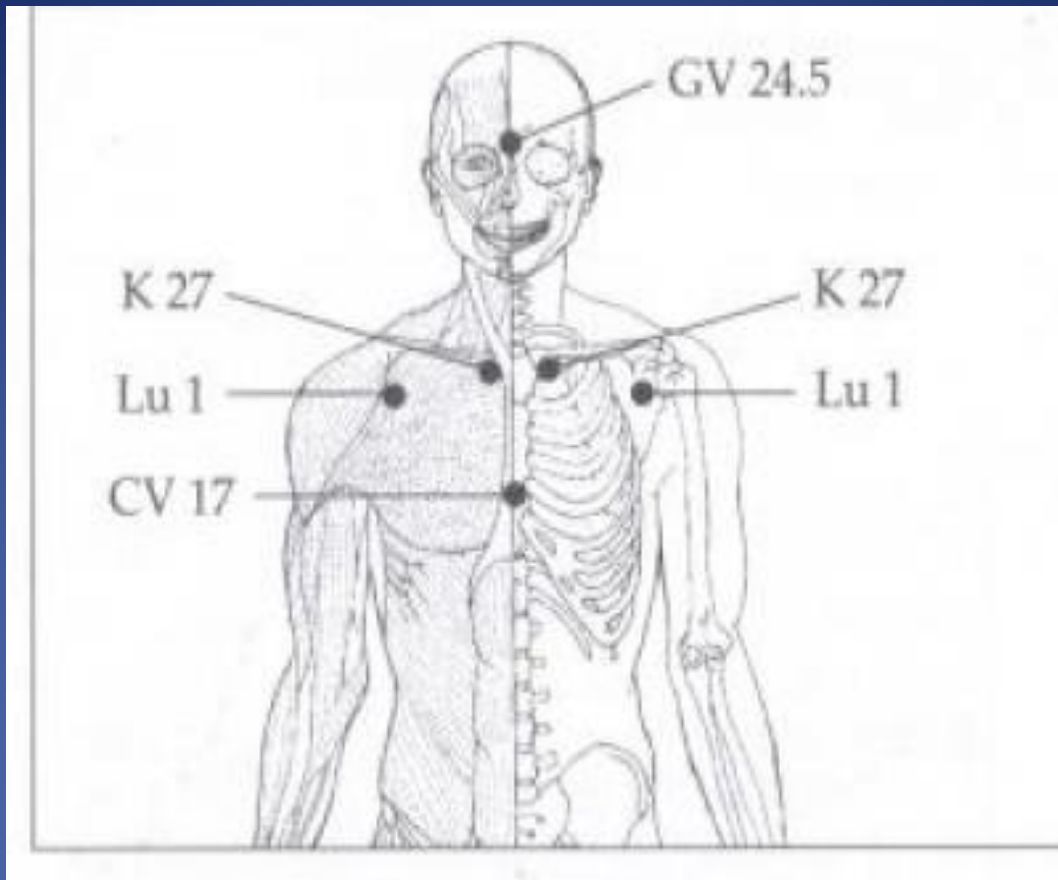
Acu-points for treatment of sciatica:

Acupressure therapy is effective in sciatica associated with spine and lumbar area of the back. Important points of sciatica are located

- On the lower back and along the leg toward knee.
- Stomach Point
- Lower Back Points
- Hipbone Points
- Knee Points

Stomach point (CV 6): To relieve lower back pain associated with lumbar and sacral region stomach points are very helpful. Acupressure points are located under the naval (Belly button). The exact point is at two fingers distance. By using Acu-pen degeneration of spine, weakness of lower back will be reduced, abdominal muscles will be strengthened, and it will stop many back problems by reducing inflammation.

- **Lower back points (B23 and B47):** Lower back Acupressure points are effective to sciatica; these points are located near spine through lumbar and sacral region on both sides. Points are at between second and third vertebrae. By giving appropriate acupressure you heal tenderness, inflammation, aches in lower back, sciatica etc.
- **Hipbone points (B48 and GB30):** Hipbone points are very good in reducing sciatic nerve tenderness and hip pain along with sciatic nerve. Acupressure points are located near the hip bone. Points are exactly located on mid base of buttock and on top of hipbone. Applying acupressure on these points reduces lower back pain caused by sciatic nerve inflammation.
- **Knee back points (B53 and B54):** These points are beneficial to treat stiffness in knee and back pain caused by sciatic pain. These points are located in backsides of the knee caps. They are located at center of knee cap. By applying Acu-balls will reduce arthritis in back and stiffness in back or swollen nerve ends and tenderness associated with it.



Protocols to treat sciatica by Acu-Pen:

Accurately locate acupressure points for sciatic nerve.

Adjust frequency at appropriate rate high frequency will damage sciatic nerve ends moderate frequency of Acu-pen is best.

Do not apply excessive pressure on inflamed areas.

Points B23, B47, are at both sides of the body apply Acu-balls on both sides one by one.

Stop applying therapy if there is sensation of pain over muscles.

Protocols to Treat Sinusitis

Introduction:

Sinuses are air containing cavities within the bones of the face. Sinuses are named after the bones in which they reside. They are basically hollow air-filled sacs lined by mucous membrane and are made up of ciliated columnar epithelium.

Sinuses have small orifices (ostia) which open into recesses (meatus) of the nasal cavities. The function of cilia is to push the secretions of sinuses to the nose from where they are expelled. Sinuses provide resonance to our voice and make it loud. There are four types of sinuses.

- Maxillary sinuses
- Frontal sinus
- Ethmoidal sinuses
- Sphenoid sinus

What is Sinusitis?

It is an acute inflammatory process involving one or more of the paranasal sinuses. It may occur due to the persistence of upper respiratory tract infection for more than 10 days without improvement.

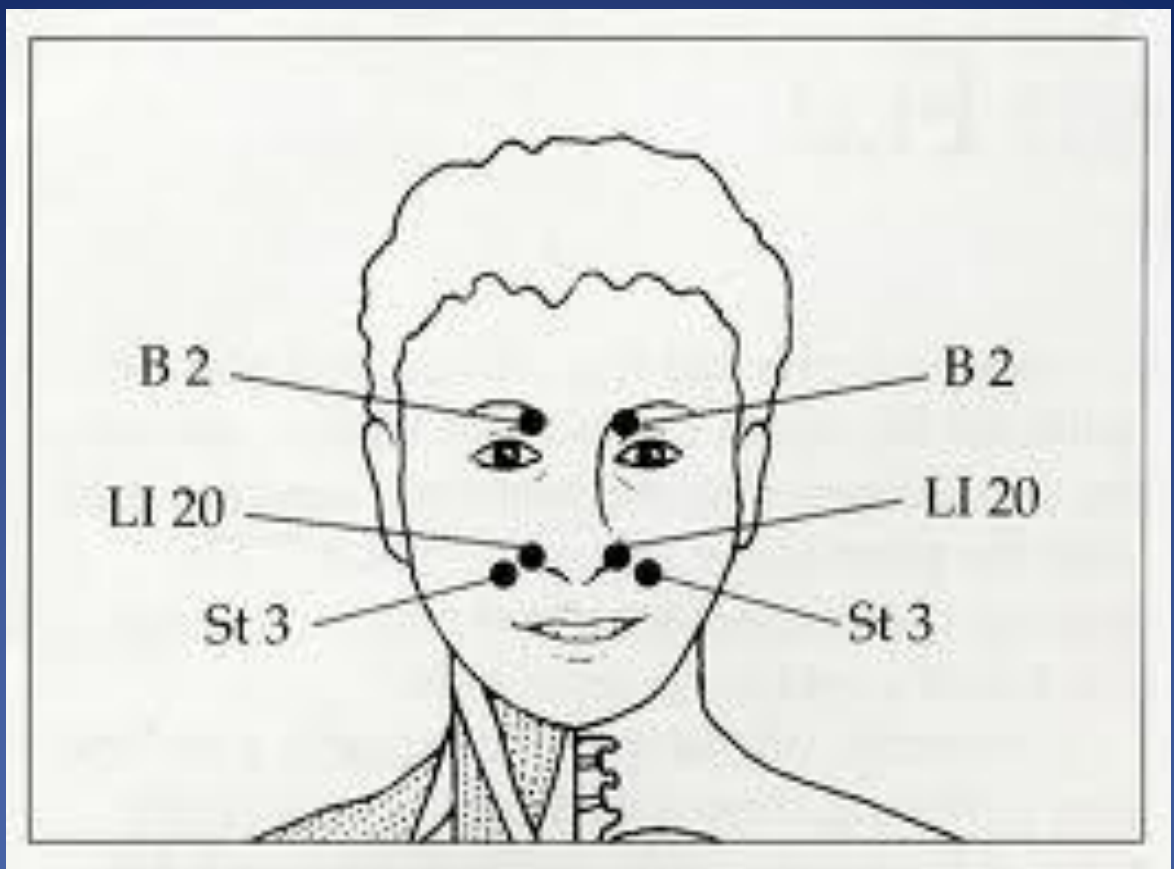
The most commonly infected sinuses are maxillary and ethmoidal sinuses. There are three types of sinusitis classified according to the onset of symptoms i.e. acute sinusitis, sub-acute sinusitis and chronic sinusitis.

Acu-points for the Treatment of Sinusitis:

There are several acu-points that are actually pressure points on different regions of the body. These acu-points when properly worked on, relieve sinusitis easily and are very easy to locate on the body.

- **Point B2** which is located at the midpoint of two eyebrows where they meet the ridge of nose. It is used to dislodge the upper and frontal sinus.
- **ST-3** and **LI-20** points are used to relieve the congestion of maxillary sinus which is in the maxillary bone. These points are located below both eyes and under the cheekbone.
- Hoku also known as **LI-4** is the webbing located between the thumb and index finger. It should be kept in mind when using the acu-vibe products should be applied in a downward pressure on this point to keep the energy flow in a downstream manner. When a pen is applied properly, it would lead to antihistamine and painkiller effect of the sinuses.

The sinuses are like air packets which if lodged with mucus and pus can cause referred pain to head and toothache.



Protocols to treat sinusitis by acu-pen:

- Locating the acupoint accurately is an art and requires practice, but, once you get to know how to do it, you will not forget it. There are almost 6 points for sinusitis and it does not mean you have to apply electro-acupressure to all six points. Work out the acupressure combination that suits you best. This acupoints combination is different for everyone.
- The points should be dry and clear so to allow the acu-vibe products to work effectively.
- After that take out your acu-pen and turn it on. Apply acu-pen on points for 20-30 seconds twice a day. The voltage of acu-pen should be lowest at the beginning and should increase gradually according to the body adjustments.

Standard Duration of Therapy:

Duration of treatment for sinusitis is less. Many studies have shown that applying acu-pen electromagnetic radiation or acu-balls pressure for 20-30 seconds on acupoints works fine for most of the people. 20-30 seconds for each sinus twice a day for three to five days is the standard therapy duration. If you are not getting proper outcomes within this duration, you can continue for longer intervals or more number of days.

Protocols to treat lumbar compression fracture (T11 and T12)

The vertebrae and bones of your spine are strong, but sometimes vertebra gets fractured like any other bones of the body. When bones collapse in a spine it is called vertebral compression fracture. This is a fracture related to the thoracic spine which is the middle portion of spine and particularly lower vertebrae of thoracic spine.

Pain often occurs in the lower back but sometimes in the upper back or neck. Some people also complain about hip, abdominal or thigh pain.

If there is compression of nerves at the fracture site, you will experience symptoms of tingling and weaknesses.

Anatomy of the spine:

Bottom part of thoracic spine T11 and T12 and first part of lumbar spine are involved in compression fractures.

Causes of lumbar compression fracture:

- These fractures occur generally from too much pressure on your vertebral body. This is usually due to pressure on your spine of bending downward and forward. For example, in sitting position falling from your chair on the floor causes your head to go forward at same time buttock hit the floor, this cause spine to bend forward causing increased pressure on front part of your spine (vertebral body).
- When bone collapses and the anterior (front) part of body forms a wedge shape, then cancellous bone inside the vertebral body is compressed or crushed. In cases of severe compression, vertebral body protrudes into your spinal canal and puts pressure on the part of the spinal cord associated with nerve compressions.
- Physical trauma to back causes lumbar compression of spine including nerve compression.
- Osteogenesis imperfecta congenital disease (Brittle bone disease)

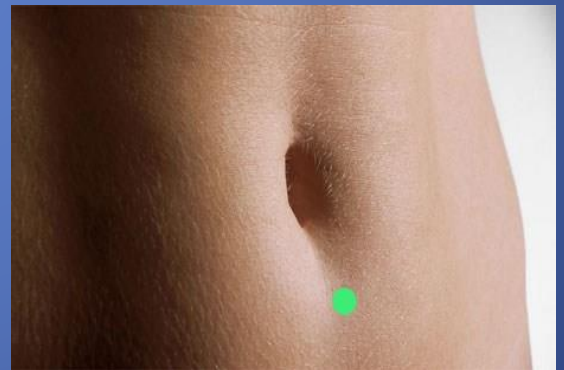
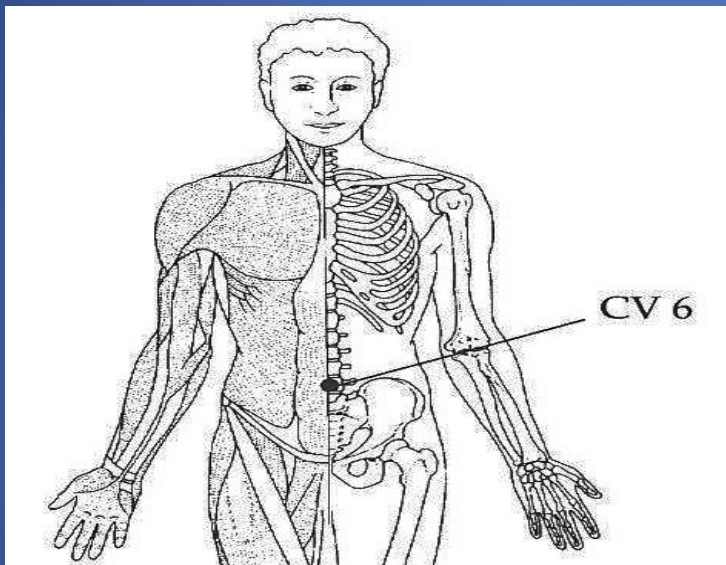
Acupressure points in treatment of lumbar compression fracture:

Acupressure is a healing method without any side effects. By applying firm pressure on related pressure points regularly you will get maximum benefits.

- Stomach Point
- Lower Back Points
- Hipbone Points
- Knee Back Points
- Foot Points (Sleeping and Sitting)
- Hand Point

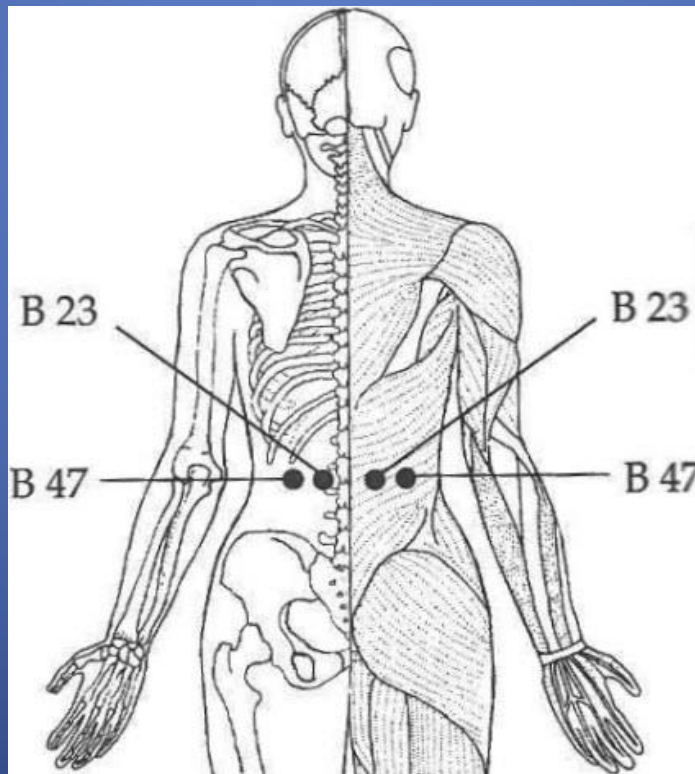
• Stomach point (CV 6)

Stomach point is very helpful in treating lumbar compression fracture pain. The stomach point is located under the navel (Belly button). Exact point to locate CV6 point is below two fingers from navel. CV6 point helps to reduce pain and it strengthens muscles around lumbar region. It also reduces weakness by applying firm pressure.



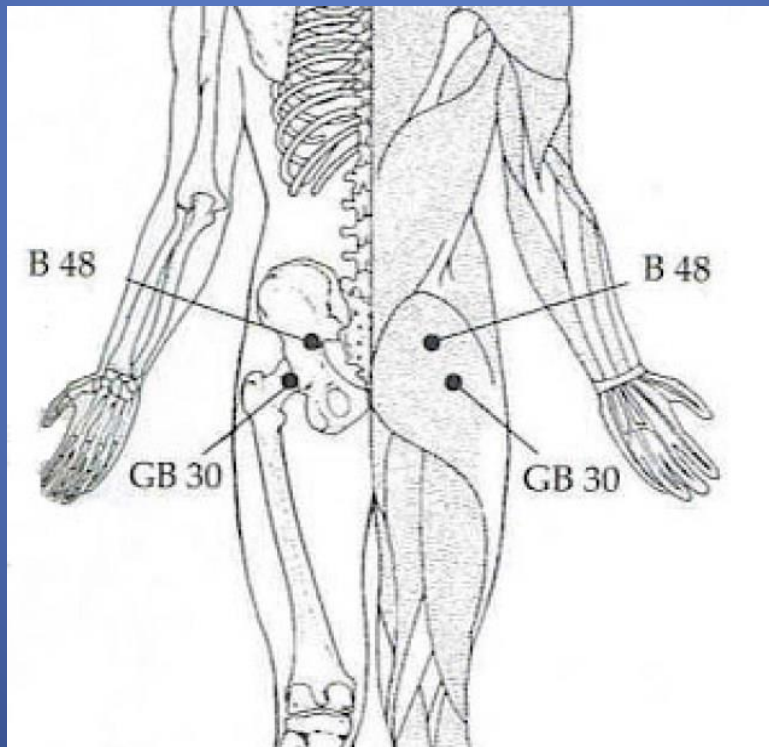
- **Lower back points (B 23 and B 47)**

Lumbar acupressure points are effective to relief sciatica associated with compressed nerve due to vertebral compression and back pain associated with it. These points are located near the spine; the exact location for acupressure are the second and third lumbar vertebrae. These points help in reducing nerve pains associated with lumbar compression fractures.



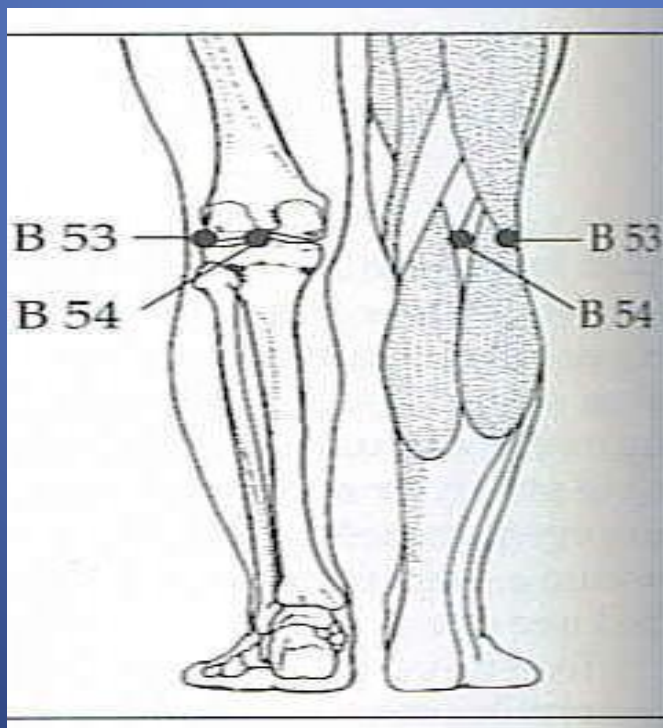
- **Hipbone points (B 48 and GB30)**

Points B48 and GB30 are very helpful in reducing lumbar tension as well as pelvic pain. These points are located near the hip bone and located exactly at top of hip bone and middle base of buttock.



- **Knee back points (B 53 and B 54)**

Point B53 and B54 are helpful to reduce stress and stiffness in lower lumbar region; these points are located at the back of knee cap on middle of backside knee cap. These points are also termed as commanding middle; these points are helpful in relieving sciatica, stiffness in back, and dislocated nerves of lumbar region.



- **Foot points (sitting and sleeping)**

These points are useful in reducing joint pains and improve blood flow of the lumbar and back region. These points are divided in two parts for example, foot points during sleep and foot points while sitting. During sleep acupressure points are located between the big toe and second toe, Acupressure point while sitting are located on the bottom of your toes.



- **Hand point**

Hand point is directly associated in order to give stability to the lumbar region. Acupressure point heals back pain when you lie down. Apply pressure for few seconds and repeat two or three times to get best results.



- **Standard duration of therapy:**

By using electro acupressure therapy apply pressure on each point for a minute or more with Acu-ball

If fracture is worse around the anterior, middle and posterior column of vertebrae, then apply acupressure therapy twice a day for one minute on each point.

Studies have proved that a lumbar fracture take three months to heal by applying acupressure therapy on daily basis.

Treatment Protocol to Stimulate Vagus Nerve

The Vagus nerve is the largest cranial nerve of the human body. It is the tenth cranial nerve that arises from medulla oblongata in the brain stem. It is a very important nerve which stimulates the parasympathetic nervous system. Parasympathetic nervous system is a part of autonomic nervous system which controls what is called “rest and digest” in the body. The Vagus nerve has another feature i.e. it is a mixed nerve which includes both afferent (towards the central nervous system) and efferent (away from central nervous system) fibers. In other words, it can be said that 80% of fibers within the vagus nerve are afferent or sensory while the other 20% fibers are efferent or motor.

Organs Controlled by Vagus Nerve:

The Vagus nerve controls various structures within the body. Its activation causes stimulation of gastric secretions in the gastrointestinal system. If we consider the heart, then activation of vagus nerve causes inactivation of heart and cardiac depression. In simple words, stimulation of vagus nerve causes decreased heart beat as increased heart beat is the feature of sympathetic nervous system and the vagus nerve is a nerve of parasympathetic nervous system. Some studies also suggest that the vagus nerve has anti-inflammatory effect. It has the ability to suppress inflammatory responses and thus causes a general relaxation within the body.

Electro-Acupressure Points to Stimulate Vagus Nerve:

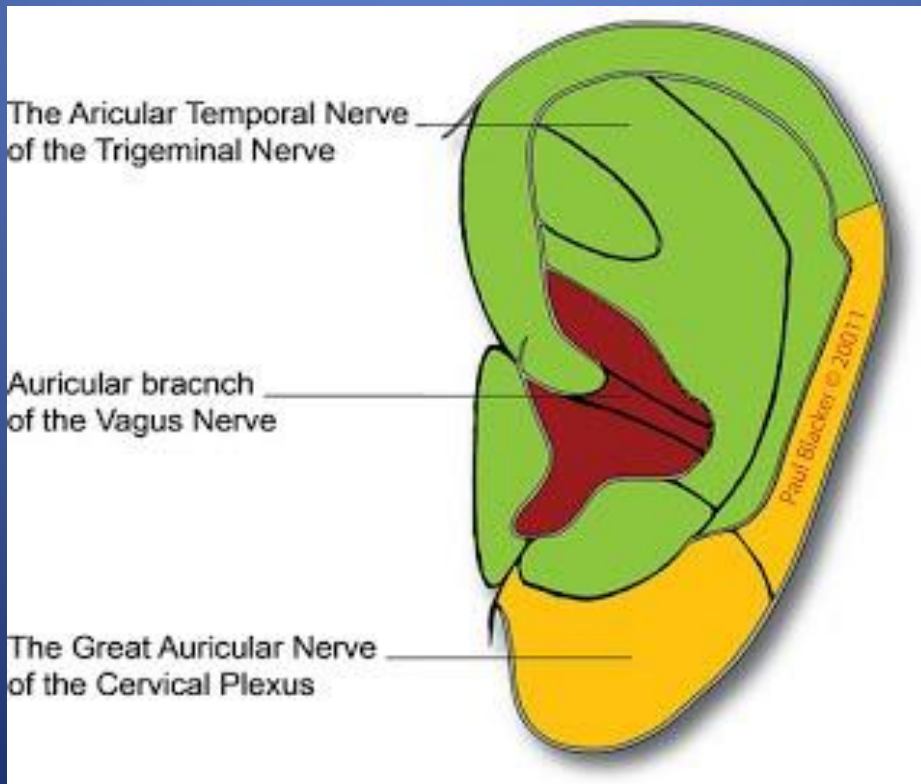
Since the vagus nerve has the potential to stimulate parasympathetic activity, it relaxes the person in depression, increases the secretions and motility of gastrointestinal system, increase blood flow to GIT, decreases heart rate, lowers blood pressure and many more. Knowing all these, it would be wise if we find the points which stimulate the vagus nerve.

The answer to this question as to where the vagal stimulation points in the body are is very simple. The code to this riddle lies in human ears. The electro-acupressure points for vagal stimulation are within the ear precisely within the ear concha.

Electro-Acupressure Points within Ear Concha:

Three nerves are involved in the sensory supply of ear. The auriculotemporal nerve, the great auricular nerve and the most important, **the auricular branch of vagus nerve (ABVN)**. The ABVN supplies the ear concha and it is here where the electro-acupressure is the most effective for vagus nerve purpose. The nerve distribution of ear auricle can be demonstrated from the following figure,

- **Figure 1. Nerve Supply of Ear**

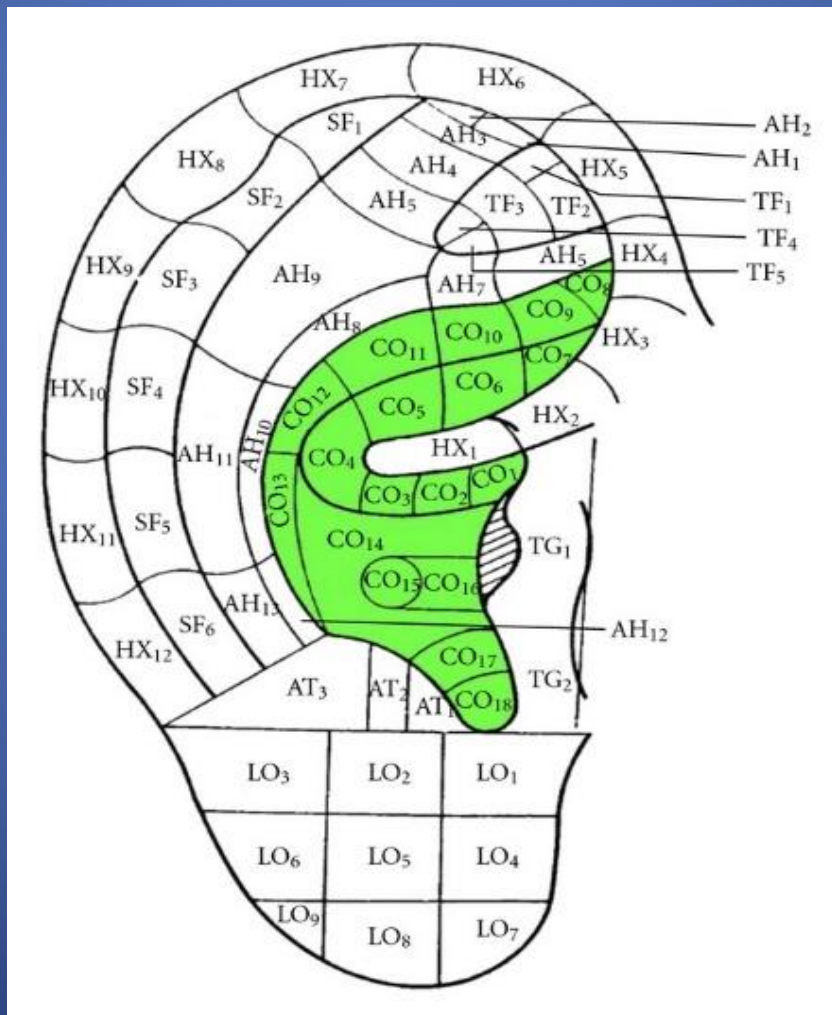


The figure above clearly shows three nerve branches that supply the ear. Stimulation of auricular branch of vagus nerve directly stimulates the vagus nerve. In order to stimulate vagus nerve, there are different procedures and the most simple and easy to reach is the electro-acupressure.

- [Protocols to Stimulate Vagus Nerve by TENS Electro-Acupressure:](#)
- Vagus nerve can be stimulated by transdermal electric nerve stimulation (TENS) acupressure technique. It is actually a modification of fancy intradermal devices which are very for most of the population. An easy and inexpensive approach for stimulation of vagus nerve is the use of **electro-acupressure pen**. It is a non-invasive procedure which does not involve any surgery and skin incision and can be performed by any person himself.

Protocols to Stimulate Vagus Nerve by Electro-Acupressure Pen:

- Figure 2. Map of Different Electro-Acupressure Points



CO or colon meridian is synonymous with large intestine meridian. Different points within the ear concha are CO1 or **Shangyang**, CO2 or **Erijian**, CO5 or **Yangxi**, CO11 or **Quchi**, CO15 or **Jianyu**, CO16 or **Jugu**, CO18 or **Futu** and CO20 or **Yingxiang** etc. there are other points as well, but the meridians mentioned here are the most important ones.

- First have a thorough understanding of the points within the ear concha.
- Use electro-acupressure pen which releases low frequency electromagnetic waves within the ear or the skin.
- Ear is the best option of choice because the skin here is thin and electrical stimulation of vagus nerve here gives the best outcomes.
- Now turn on the electro-acupressure pen and select the voltage which suits you. It often comes with a modulator that allows you to select the voltage between 0-9. The voltage should not be very small to have no impact to large enough to cause discomfort.
- A low frequency current of 10mA should be applied for 20-30 minutes which is the standard time of electro-acupressure.
- Do not fear the therapy as it causes a slight buzz in the ear which resolves by itself.
- Do not exceed this time as it has been shown that excessive stimulation of vagus nerve cause unconsciousness and vasovagal shock.

Many researches show that if these points within ear concha are stimulated by electro-acupressure, a person gets the following benefits;

- Regulation of heart beat and CVS, vagus nerve stimulation directly affects the heart rate and overstimulation may cause marked decrease in heartbeat.
- The vagus nerve also connects to different regions of the brain by nucleus of tractus solitaries and thus stimulation at ear can relieve seizures. It is a result of many animal researches that stimulation of vagus nerve decreases experimentally induced seizures in dogs and rats.
- It enhances GI secretions and motility thus benefits the digestion.
- Studies on lab rats have shown that vagal stimulation has an anti-inflammatory effect thus it relieves inflammation. Some studies found that it can even reverse arthritis which is an inflammatory condition of joints.
- Some weak trials have also shown its importance in smoking cessation however, much of the research is needed in this field. The only thing to remember is avoiding overstimulation of the nerve as it may leads to vasovagal shock.