

Treating

Multiple Sclerosis

With

Acupressure

An Alternative

To Medication and Surgery

by Monte Cunningham

Acupressure is intended as an adjunct to, not a substitute for, conventional medical therapy. The information and methods set forth in this book reflect the author's experiences and are not intended to replace medical advice. Diagnosis and treatment are, by law, to be supervised by your physician. Cautions for use by special risk groups and pregnant women are found in the precautions section.

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I. Title

This is the first book that list all the specific points for a disease in a format that is easy for an individual to use themselves. My other books have more general listings of several different applications. When I first started putting together this information I didn't know what symptoms acupressure worked for the best. There has been enough positive feedback from the users of this program that I felt it was important to begin putting the points together in a easy format so people with MS would be able to easily find the points for all the various symptoms associated with this disease.

I put together material I was gathering about the different possible applications of acupressure in my second book **Acupressure Recipes: A Handbook for Pressure Point Healing**. It describes the eight most important points that are used for over two hundred conditions. The World Health Organization (1979) determined that many of these conditions lend themselves to treatment with acupuncture. These symptoms are recorded in the Recipe book to determine if acupressure gets similar results as compared with acupuncture. One of my primary goals in writing that book was to give people information on how to use acupressure and then see how it worked for different disease systems. Some points for MS in general are included in that book because it was reported that acupuncture helped many people for MS. The report by Louise Oftedal Wensel in "Acupuncture in Medical Practice" described below showed me some of the areas acupuncture was working. Could I get similar results for self administered acupressure? I put the book out and began teaching people how to use acupressure looking to see what people reported was working for them. The summary of the research results using the Stressaway Acupressure Program is found in Stressaway Acupressure.

One of the things I heard from people on a regular basis was that this was working for them when nothing else did for all kinds of problems. Within a few weeks after writing my Recipes book a friend of mine who saw what I was doing asked if it helped for MS. I explained that some people swear by acupuncture but I don't know for acupressure. He had a good friend that had MS and he said he would get the tools and the information for her and let me know. She reported that it helped her greatly. Over the next two or three years he told me on a regular basis that she kept thanking him for introducing her to acupressure because she felt it was what was keeping her well and not showing any signs of MS. Another time just recently I was at a health show in Tucson, Arizona and a lady came up to me saying how excited she was to see me and wanted to get several of my Kits (which includes 3 books and 3 tools). I usually have to demonstrate how it works and tell people what to expect to sell my kits but she explained that her mother has MS so bad that she was confined most of the time to a wheel chair. She had purchased the kit and by working with it within six months she was out of her wheel chair and that she had even danced at her sons wedding, saying all the time it was because of the acupressure that she was getting results. Another customer with MS who wrote asking for specific points for visual blurring reported later that her eye had gotten better using the Acu-ki and the Happy-feet.

Judy Graham wrote a book called **Multiple Sclerosis: A Self-Help Guide to Its Management**. She describes some of the many current and alternative techniques that have helped her and others in treating MS. Besides it being a good self help guide that covers many excellent topics one sentence stood out to me in evaluating how well acupressure helps. She simply said, "For most of the thirteen years, since my diagnosis, I have been treated by an acupuncturist who also uses osteopathy and homeopathy when needed." Obviously she was getting results to continue treatment with someone for thirteen years. All of my research

indicates that acupressure will work for any condition that responds to acupuncture.

So the task now becomes to give you enough information that you can do it yourself and get good results and get feedback from you on how well it works. I already know that developing these systems take time since I have been working on acupressure for the past twenty years. When people use self help methods of healing there is not a lot of demand to therapists to treat them so there isn't a lot of money in this field. As I describe in my introductory book, that goes with this book, most clinical research in the United States is funded by drug companies, directly or indirectly through institutions supported by them. Since acupressure is a substitute for drugs in treating many medical conditions, drug companies cannot be expected to fund this research. That is one of the reasons the Acu-Ki Institute has begun research on the Internet that can build up some kind of database that hopefully will generate officially recognized research. If you wish to participate join us at www.stress-away.com. We need your input.

As I was developing the materials for several areas where people were reporting results and the literature indicated this methodology was working I came across an important documentation of the results achieved at the Washington Acupuncture Center. This is the largest study of acupuncture treatment results in the United States for 21 different conditions. They reported on 11,982 cases who had 6 to 182 treatments of acupuncture during a three year period from 1973 to 1976. Eighty percent of these cases rated themselves as having gotten significant improvements.

One of the categories in this study of acupuncture which was for multiple sclerosis showed that 85% (449) of the cases had significant improvement in a group of 528 cases. Seventy four reported slight improvement and five reported no improvement. Numbers of treatments ranged from 10 to 68. Although this study was not double blind and did not meet the scientific communities definition of scientific and objective, it gives us an indication of some of the possibilities of using acupuncture for this symptom. Acupressure uses the same points as acupuncture and uses the same underlying theories to explain how it works which is explained in Stressaway Acupressure. It has the advantage that each person can do it themselves or work with a family member so the numerous numbers of treatments that are sometimes needed can be done in a cost effective manner. Many people report that they get better results with acupressure because they can do it themselves thereby getting more treatments more often.

People using acupressure may need to do two treatments a day for 30 days before seeing significant improvement. The acupressure treatment of multiple sclerosis is aimed at relieving its symptoms. As the symptoms decline the person should continue a daily use of the pressure points to maintain remission of symptoms. The points for Multiple Sclerosis should be done on a regular basis as long as the points are sore and as long as the person shows signs of the disease. We would expect the progression or growth of the disease to stop once the system is balanced but we don't know if the body can repair itself. Other symptoms that may occur that are related should be treated also. The same guidelines that are found in **Stressaway Acupressure** apply to use for this disease. Stressaway Acupressure is an introduction to acupressure that was meant to be a companion book to this book on MS.. It is included on this CD as a reference for this book specifically on MS. You may want to begin your understanding of how to work with Acupressure in general by studying that book or it's summarized introduction **Acupressure: Ancient Wisdom For Modern Day Healing**. It is usually sold with the one acupressure tool, The Acu-Ki

Some of the drugs which have been prescribed for multiple sclerosis, such as cortisone derivatives, have caused serious adverse reactions. Sometimes, however, they are dramatically

effective for treating acute exacerbations. Although improving a patient's general health with vitamins may be helpful, there apparently is no other treatment for multiple sclerosis as effective as acupuncture or acupressure. The alternative treatments listed in Graham's book will give you a good place to begin studying the many options you have. Acupressure will probably be eventually determined to be one of the most beneficial and the most economical treatment methods.

Acupuncture has been reported to be effective but all I have is personal testimonials for the benefits of acupressure for Multiple Sclerosis. The first step to determine its effectiveness is to put the materials together that relate to MS and get feedback on how well people are able to understand and use it. I also need to get feedback on other symptoms, related to MS, that may not be covered here. Once we see that people are able to get benefits with acupressure as presented here we can go onto the more involved task of quantifying the results they get.

Presently there is no evidence of reversal of impairments (an indication of no change in the underlying disease activity) but there have not been any studies done to determine this. At this time acupuncture (acupressure) treatment of multiple sclerosis is aimed at relieving its symptoms. Whether acupressure can arrest the progress of the disease has not been determined.

A simple study is being conducted at www.stress-away.com to determine acupressures effectiveness in treating the underlying neurological condition. When a person is first diagnosed with MS there is no way to determine how serious the disease will effect them. Some people will go for years with only minor exacerbations and effects on their lives whereas others will be seriously effected from the beginning of the disease. Because of the ability of acupressure to deal with underlying causes of disease we would expect that individuals who began a systematic program of self treatment with acupressure would be more likely to be part of the group that had less severe symptoms over time and less of their lives disrupted. Since the cost for this is almost negligible, and the treatment can be done in the persons spare time (e.g., while watching TV as described in Stressaway Acupressure) by themselves, this seems to be a reasonable study.

It is impossible to explain scientifically at this time why acupuncture (or acupressure) should be effective in multiple sclerosis, but its rate of success in relieving symptoms is much higher than could be expected from spontaneous remissions. Most patients show significant improvement by the time they have had ten treatments. With acupuncture this improvement last for years in many cases but in others booster treatments are required every 4-6 months. With acupressure the person can determine when they need to repeat treatments by keeping track of the soreness of pressure points that relate to their symptoms and any change in their symptoms. There is a preventative treatment procedure that can be easily studied in the book **Stressaway Acupressure**.

The major points used for Multiple Sclerosis are summarized below. The printout of each condition is alphabetically listed on this CD in jpg form. Just use whatever program you use to read jpg and you can print the points for your specific symptom. As you work with the point over a period of time you will learn the points by heart that give you relief. I do many points for balance and prevention as I am in bed waiting for sleep to come.

MULTIPLE SCLEROSIS C2 G12 GB20,30,41 H1 K3 Lv3,5
 Sp6,9,10 S36,43 B54,60

EAR: Corresponding Body Area, Brainstem (CW 4), Medulla Oblongata (HX 15, PP2), Point Zero (HX 1), Shen Men (TF 2), Thalamus Point (CW 2).

ACUTE	GB41 Li1 Li3
ANEMIA	GB39 B17
ATAXIA	GB34 K1 Li4 Si3 Si4 Sp6 S36 T23
DEPRESSION & EYE PROBLEMS	GB19 GB20 Li4 Lv1 Lv3 Lv8 B18
DIGESTION	C12 B25 B27
ENERGY	P6 Si3 Sp4 S36 B62
FEAR, INFECTIONS, & LOWER EXTREMITY PROBLEMS	K2 K3 K7 K10 B23
GYNECOLOGICAL PROBLEMS	Lv3 B18
INSOMNIA	G4
INTENTIONAL TREMORS	C24 G26 GB2 H6,8 L5,7 Li10 P3 Sp6 S33,36 T7 B1,15,38
LACK OF JOY	H3 B15
LEGS PARALYZED	Lv8 B11
LOSS OF BLADDER CONTROL	Si3
MALABSORPTION	C4 Li4 B25 B27
MENTAL EMOTIONAL COMPONENT	G20
MUSCLE INCORDINATION	GB39 Li13 Si16
MUSCLES	G17 GB34
NEUROLOGICAL SWITCH	K27 Lv3
NYSTAGMUS	G16 L5 Si18 S3 S36 B2 B38 B60
PARALYSIS	GB34 Lv8 B11
SCANNING SPEECH	C23 G15 GB20,21 K1 Li4 S36 B38
SEVERE	Lv2 Lv3
SEXUAL PROBLEMS	G4
SPEECH	G15
UNILATERAL SYMPTOMS	Lv5 (Treat opposite side)
VISUAL DISTURBANCE (<i>See Eye</i>)	
WEAK	C4,6 GB19 Sp21 S36 B17,38,43,60
WEAK LEGS	GB30,31,43 Sp7,9,14 S31,33 B25,28,58,61
WEAK LIMBS	C6 GB30 K3, Lv13 P7 Sp21 S36 B20