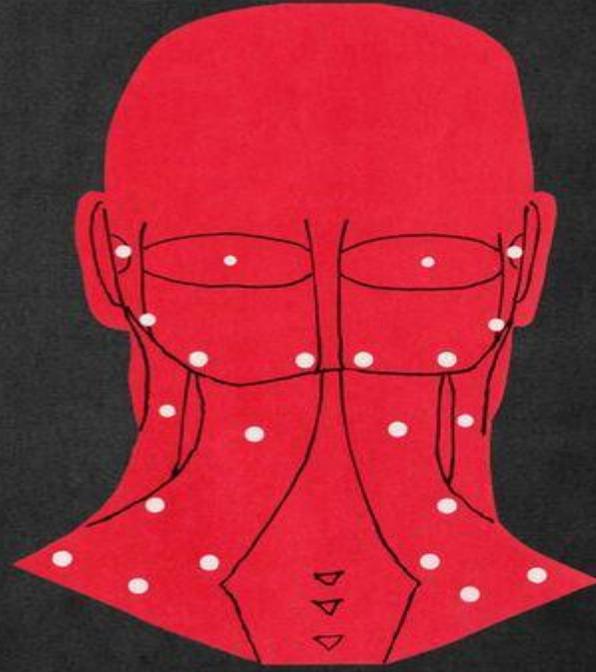
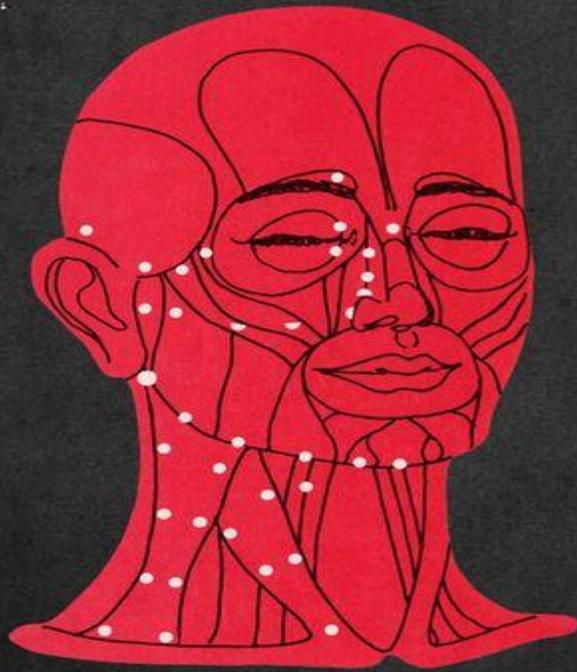


Simple Acupressure Healing Methods

Pressure Points

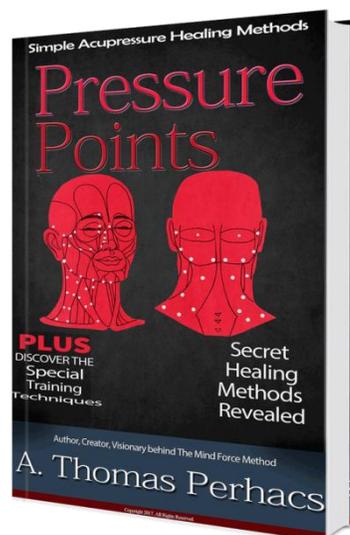


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Author, Creator, Visionary behind The Mind Force Method

A. Thomas Perhacs



Pressure Points

Simple Acupressure Healing Methods

By:

Al Perhacs

Revised 2018

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Hippocrates, the Founder of modern medicine, stated: "A wise man ought to realize that health is his most valuable possession and learn how to treat his illnesses by his own judgment."

INSTRUCTIONS FOR THE SPC-USA ACUPRESSURE ERASABLE PAIN CHART:

WHAT IS ACUPRESSURE?

Acupressure is firm, controlled and timed pressure applied by thumb, fingers, or elbow, on specific pain-causing "sore" spots of the muscles. No drugs or other medicines are used. "Sore" spots are actually a pattern of small knots, which constrict the flow of blood and oxygen, causing a painful muscle spasm.

Acupressure is both safe and healthful. Simple Pressure on the constrictive knots will melt them, to free the flow of blood and oxygen. The acupressure therapy is momentarily painful. Pain should be controlled by a variance of pressure to individual tolerances.



On completion of acupressure and suggested muscle-stretching exercises, the very source of the pain is usually removed - often

permanently – and blood circulation is enhanced in the areas treated.

Heavily muscled people will require more pressure than babies or the elderly. If the spot is extremely sore and tender, several mild applications of acupressure, over a period of time, can be used. Remember, you press each spot only as hard as can be reasonably tolerated.



For shoulder, back and seat areas, an elbow rather than thumb or fingers may be used. Also, when a smaller person, such as a child, is erasing spots on heavy-muscled adults, an elbow can generate the required pressure to erase pain. When pain is being erased from spasmed muscles, the *pain* may move from one place to another - temporarily - even some distance away. Search for sore spots near the new pain location, and erase them. Don't get discouraged. Remember you are not merely masking pain, as with drugs.

Instead, the pain erasure can be permanent!

Temporary pain relief is immediate, but easy-to-do muscle-stretching exercises, as directed, are required for permanent pain erasure. Stretching twice per day for several days is usually required. Severe

cases may require muscle-stretching exercises over a longer period of time.

Following surgery of any type, acupressure should be used to speed the healing process, and relieve pain. It should be started even before stitches have been removed.

The major spots to be pressed are shown on the Chart as black dots. Sore spots may be found in other locations. The entire muscles in a painful area should be searched for constrictive knots or sore spots.

If pain is not erased by following directions on the SPC-USA Erasable Pain Chart, you should consult a physician.

THESE ARE THE BASIC DIRECTIONS:

Press spots shown as black dots on the Poster to check if they are sore. Apply pressure to sore spots only; pressure on other spots is not necessary unless otherwise indicated. Note the shape of the muscle structure, and check the area around the shown dots to see if there are sore spots. Apply pressure, and hold it to sore spots only. Check the entire length of the muscle.

PRESS EACH SORE SPOT ON HEAD, HANDS, AND FEET FOR 5 SECONDS. COUNT OUT THE 5 SECONDS: "one-thousand-and-one, one-thousand-and-two, one-thousand-and-three, one-thousand-and-four, one-thousand-and-five".

PRESS EACH SORE SPOT ON NECK, SHOULDERS, TORSO, ARMS, AND LEGS FOR 7

SECONDS. COUNT OUT THE 7 SECONDS:"one-thousand-and-one, one-thousand-and-two, one-thousand-and-three, one-thousand-and-four, one-thousand-and-five, one-thousand-and-six, one-thousand-and-seven".

JUST BEFORE GENTLY RELEASING THE PRESSURE, MOVE YOUR FINGER, THUMB, OR ELBOW IN A "+" SHAPE. The average pressure is 5 pounds on head and neck; 10 pounds on hands and feet; 16 pounds on shoulders, torso, arms, and legs; 30 pounds on seat. You can check the amount of pressure you are using by pushing down on your bathroom scales. The amount of pressure applied should be adjusted to individual tolerances.



Warning! Pain medication (even over-the-counter) can erase the acupressure and corrective exercise therapy on your muscles. Drugs work to **ARTIFICIALLY** stimulate circulation and relax muscles. The **MUSCLES** can quickly become drug dependent because they are artificially relaxed. They can then revert to old, painfully constrictive memories and again cause muscle spasm.

DO NOT GIVE UP TOO SOON. Be sure you have followed the complete muscles when searching for tender spots. Sore spots, particularly in adjoining areas, or anywhere on the body, could be the trigger mechanism causing the pain. Include armpits and under groin in your search. The "rule of thumb" for number of acupressure treatments needed is one *for* each decade (ten years) of age. Be sure you have followed the exercises specified for each area, at least twice a day for 4 or 5 days.

If you are trying it on yourself, you may not be pressing hard enough to melt the constrictive knots.

Ask a friend to help you. If a spot is extremely tender, apply heat with massage, heating pad, or a warm shower, before using acupressure, Acupressure applied with Chi-generated heat works best (**see *SPC-USA Chi Power Chart***).

STOP PAIN, SWELLING, AND BRUISING ON BUMPS AND SPRAINS WITH ACUPRESSURE:

As soon as possible after a bump, bruise, or sprain begin using the acupressure. **DO NOT APPLY ICE!**

Ice constricts the blood flow and will actually retain swelling and bruising in the affected area. You must begin treatment immediately on injury.

FIRST: Elevate the injured part high enough to allow the blood to flow back to the heart and lungs. The idea is to push the accumulated blood out of the injured area.

SECOND: Begin at the edges of the injury and apply pressure with your thumb. Hold each spot for the 5-7 seconds. The process is quite painful, but the results are worth it. Work your way around to the very center of the injury, even if the skin is broken (cover an open area with a sterile bandage first).

THIRD: You may have to apply hard pressure several times over a period of several minutes, depending upon the extent of injury. It is best if someone else applies the pressure, since the natural reflexes of the body may prevent your hurting yourself that much.

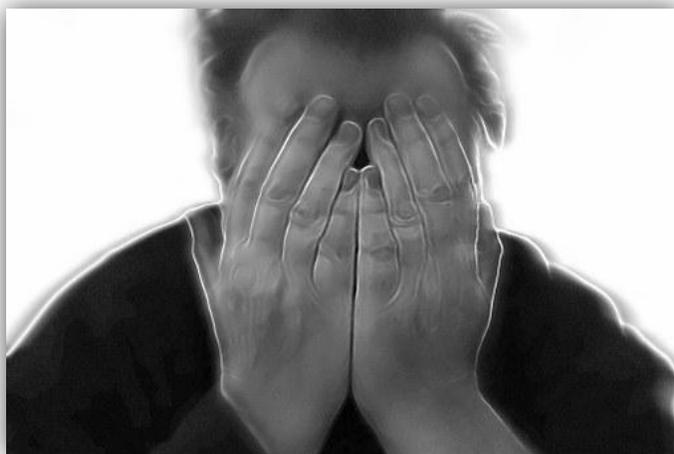
FOURTH: Gently exercise the injured part while still elevated, and then while in normal position. After a short rest) you are free of pain and swelling, and back in action again!

These procedures should be followed even if a bone is cracked or broken. The Chinese set the bones in this manner. Each day they carefully examine the position of the bone to assure that it is growing

back in exactly the right position. If the bone is put in a plaster cast, this examination is impossible. We are not recommending that you should set your own broken bones. We are simply stating that it has been done by many with good results. Plaster does not allow the blood vessel massage necessary to stop pain and itching. You may have to use a restrictive form that can be removed daily for massage and examination, otherwise the bone may break a blood vessel and cause internal bleeding.

ERASING A TENSION HEADACHE:

Examine the drawing of the back of the head on the Poster. Note the line of dots which form a pattern at the base of the skull. Press each spot, and if it is sore, hold the pressure for 5 seconds, counting out the seconds.



Spread fingertips about an inch apart, and beginning at the top of the head, press in a broad row to each ear. Again, beginning at the top of the head, press in a broad row down the back of the head, checking for sore spots, and holding each one for 6 seconds. Exercise: Upon completion, firmly massage the entire scalp with fingertips or butts of palms.

Now look at the drawing of the front of the head on the Poster. Start with the spot at the bridge of the nose between the eyes. If sore, press for 6 seconds, using finger or thumb. Then start at the dot

shown above the left eye, and press upward toward the eyebrow. Now feel the bone structure around the eye cavity. Press all the muscles around each eye cavity firmly, holding for 5 seconds each.

The Exercise is: Stretch eye muscles by opening eyes as wide as you can and closing them as tight as you can, 4 times. With eyelids closed, look up, look down, look left, look right. Repeat 3 times.

Next, using thumb and fingers, pinch across each eyebrow the entire width, holding each pinch for 5 seconds.

Again, using all fingertips slightly spread apart, press in a row across entire forehead, checking for sore spots. Hold each one for 5 seconds. Exercise by: massaging forehead.

Using thumb and curved fingers, above and below jawbone, press along entire jawbone, from each ear to chin. Press muscles around entire mouth, and hold each spot for 5 seconds. Exercise by: opening mouth wide and closing mouth tightly, 5 times.

Bend chin down and to the left, so that the muscles on the left side of your neck are easier to feel. With fingers and thumb, squeeze neck muscle from your left ear down to where it attaches to the left side of your collarbone at two points. Hold each squeeze for 7 seconds. Then place fingertips at top edge of collarbone and gently press skin and small muscles over the edge, reaching toward the underside of the collarbone. Start at the "v" of the collarbone, and move across to your left arm joint.

Hold each tender spot for 7 seconds. You may find a real "ouch" that's been bringing your headache back again and again. Repeat the entire procedure for the right side of the neck.

Again, examine the muscle structure shown on the back of the neck on the Poster. Start at the skull and follow each of the muscles down to where they attach to your shoulder bones. Also check each spot across to your arm joints, pressing skin and small muscles over the edge, reaching toward the underside of the shoulder bones.

Exercise by: moving head backwards, with chin in air; then forward, with chin down, to stretch neck muscles. Then rhythmically turning head to far left, then far right, gently increasing side vision. If movement is jerky, search for additional sore spots. Forcefully shrug your shoulders several times. If your job requires your being in one position for long periods of time, such as watching a computer screen, try to 'develop a habit of forcefully shrugging your shoulders several times during a work session.

This will help prevent tension headaches from occurring.

TO REMOVE A SINUS HEADACHE AND CONGESTION:

See front of head drawing on the Poster. Use the following steps to "drain sinuses" even if spots are not sore. Press the spot between the eyes, on the bridge of the nose, then upward against each eyebrow, and downward over tear ducts. Search for sore spots around each eye cavity. Then press spots ON FACE down each side of nose. Hold each spot for 5 seconds. Press inward toward nose flange and hold 5 seconds. Exercise your eyes by opening wide and shutting tight, 4 times. Then, with eyelids closed, look up, look down, look right, look left, 4 times.



Now with your finger or thumb, feel the skull bone across the middle of each cheek toward each ear. Press up and under edge of cheekbones, holding 5 seconds each. Massage cheeks. Search for sinus cavities above each eyebrow. Hold each spot for 5 seconds, then massage the areas. Next, using fingertips, slightly spread apart, press in a line from each eye to each ear.

Next, start with the spot at the jawbone hinge, and press in a circle around each ear, pressing firmly against the skull, and holding each spot for 6 seconds. Exercise by opening mouth wide, then closing mouth tightly) 4 times. Now lean your head horizontally to the left and hold it there for 15 seconds. Then lean your head horizontally to the right and hold it there for 15 seconds. This is to drain your inner ear passages.

You should now be free of a sinus headache, with your sinuses clear and breathing easy.

TO REMOVE A "MIGRAINE" HEADACHE:

Use fingertips slightly spread and press across entire top of head.



Hold each spot 5 seconds. Now using fingertips, press all muscles above each ear.

Hold 5 seconds. Do both sides of head, even if pain is only on one side. Massage top and sides of head firmly. It is important to press

firmly enough to melt the constrictive spots, to free the flow of blood and oxygen. You should now be free of the "migraine" headache. If not, follow instructions and Exercises for Tension Headache.

EYEACHE:

- (1) Pinch eyebrow between finger and thumb, the full length of each eyebrow.
- (2) Press upward next to nose cavity against eyebrow.
- (3) Press spots around each eye. Hold each tender spot 6 seconds.

Exercise: Close eyelids, and look up, down, right, and left, 3 times. If pain persists, do spots for Tension Headache.

EARACHE:

- (1) If pain is in right ear, lie down on left side with left ear against pillow, for at least 15 seconds, to allow right inner ear to drain. (If in left ear, do opposite.)
- (2) Press in a line around each ear, on the muscles which attach the ear to the skull.
- (3) Pinch any sore spots on ear between thumb and finger (every place where you can pinch the ear) for 5 seconds each.
- (4) Earache may be caused by wax buildup. You can get wax remover at a pharmacy. If ear is itching inside, see a physician for skin allergy medicine. Often a couple of drops of warmed extra virgin olive oil will help.

MOUTH:

Prior to and after a visit to a dentist, press around mouth, both inside and out. Acupressure the corners of your mouth, then stretch mouth muscles by opening mouth wide (you should be able to get your fist inside your lips) and closing tightly, repeatedly.

Also acupressure the inside of your mouth (gums and cheeks) after any dental procedure. The mouth muscles can have harmful effects over your entire body. Replace missing teeth before you develop unhealthy symptoms because of jaw displacement. Any type of jaw injury is a potential for health problems.

SHOULDER PAIN:

Shoulder pain is perhaps the most difficult pain to remove. It requires someone to apply the acupressure for you. These are the instructions for the applier,

Begin by checking the spots as you see them on the back of the body drawing on the Poster, and on the front of the body drawing, in the shoulder and neck area. Take your thumb and forefinger and

press firmly each spot along the entire neck muscles between head and shoulder-front, side and back.

Press over the edge of the top of the shoulder blade all the way to the arm joint.

Next, lift the subject's arm, and beginning at elbow, pinch back of arm muscle all the way to armpit. Pinch firmly, holding sore spots for 7 seconds each. Then using your thumb, or fingers, search the entire armpit for sore spots. Press each sore spot firmly for 7 seconds. Do both arms and both armpits even if only one shoulder is in pain. Also pinch along the entire muscles at the front and back of the armpits-upper arm to chest, and upper arm to back.

Pinch firmly, holding each sore spot for 7 seconds.

Now press along sides of subject's body – the spots along the ribs - holding each sore spot for 7 seconds. With thumb and finger, pinch along entire front side of arm muscle, between shoulder and elbow, pinching each sore spot firmly for 7 seconds. Do other arm.

Now have the subject lie on the floor or table, face down, and check along both sides of spine, from shoulders all the way down **(see the two rows of dots on the Poster)**.

Check for sore spots at the lower edges of the shoulder blades.

Firmly press the skin against the edge and under the shoulder blade. Hold each sore spot for 7 seconds. If you have trouble locating the lower shoulder blade, have the subject move arm slightly up and down, or twist slightly, so that shoulder blade is seen.

Now have the subject sit up. Check for sore spot in middle of shoulder blade (not shown on Poster).

Stand at side of subject, facing opposite direction.

Put one wrist under subject's arm and lift upwards, while using other elbow to press on spot in middle of subject's shoulder blade. Hold 7 seconds. Now move to other side of subject and do other shoulder blade.

Exercise One: Now have subject stand up, and stretch left arm straight out to left, palm up and open, with thumb pointing as far backward as possible. Very slowly rotate hand as far as possible while breathing out. Very slowly breathe in while rotating hand back to the starting point. Do this 4 times. Do the same with right arm, 4 times.

Exercise Two: While standing, subject should clasp hands behind neck, and stretch elbows as far backward as possible, then move elbows as far forward as possible. Repeat 3 times.

Exercise Three: Subject must shrug shoulders at least 4 times, several times during the day. Really shrug them. With head and neck stretched as high as possible, pull shoulders as low as possible. Then, push shoulders as high as possible, while lowering head as far as possible.

The subject should be free of shoulder pain if you have searched the entire muscle areas, and erased all sore spots, and the subject has followed the exercises.

CHEST MUSCLE PAIN (LESSENS SEVERITY OF CHRONIC ANGINA AND HELPS BREATHING):

(1) Keep head and chest elevated. If breathing is difficult, use bent



forefingers to press at both sides of bottom of ribcage, pressing slightly up and under the bottom ribs. Hold for 7 seconds.

(2) If you can generate Chi Power, gently hold the palm of your hand over the sufferer's chest where

pain is most severe, and direct Chi there. Have the subject purse lips to inhale slowly, then exhale slowly.

(3) If subject has had heart surgery, you will need to check all muscles between ribs for sore spots. Especially in the center front and at sides. Using thumbs or fingertips, press entire ribcage across chest from center front, around side, to spine in back.

Exercise: Hold fists together on front of chest. Then swing elbows back as far as possible. Straighten arms fully outward to sides, hands open while slowly inhaling. Return to starting point, while slowly exhaling. Do 4 times. NOTE: SPC-USA Chi Power exercises can greatly enhance circulation that will help build lungs and lessen angina symptoms.

NECK MUSCLE PROBLEMS:

The neck muscle which starts just behind the ear lobe and attaches to the collarbone can be the cause of a lot of problems, including chest pain, earache, toothache, or shoulder pain, even if you have no pain in the neck. It may have been caused by whiplash or by holding the head in the same position for long periods of time, such as watching a computer screen. It is also a difficult muscle to find on most people. To find the one on the right side, you must turn your face downward and far to the left.

Use bent forefinger and thumb to squeeze the muscle, or push against it with fingertips, to check for sore spots. Follow the muscle all the way to the collarbone where it attaches in two spots. Hold each sore spot for 7 seconds. Do both sides of neck.

Exercise: Sit on a chair and reach your right hand back to grab the middle of the back of the chair while you look as far to the left as possible. Then bend head forward until chin touches chest, and stretch head backward as far as possible. Then reach your left hand back to grab the middle of the back of the chair while you look as far to the right as possible. Repeat each movement 3 times.

UPPER BACKACHE:

See back of full body drawing on Poster. Check spots shown on shoulders and at base of neck. Check for sore spots at edge of and under shoulder blades.

Check spots shown in two rows down each side of spine.

Exercise: Clasp hands on back of head. Move elbows as far forward as you are able, while slowly exhaling. Then move elbows as far backwards as you are able, while slowly inhaling. Repeat 4 times. Next twist upper body, hands still clasped to back of head, as far to left, then as far to right, as you are able, 5 times.

If pain persists, complete the following steps, and repeat exercises. Check neck for sore spots.

Check armpits and sides for sore spots. Check entire head for sore spots. Complete steps for Lower Backache.

LOWER BACKACHE AKD SCIATIC PAIN:

See back of body drawing on Poster. Check the spots shown as black dots where hip pockets would be in the seat area and spots on the buttocks. Check 8 spots on belt line (4 on each side of spine), and 2 above belt line. Check 3 spots down side of each hip (see drawing of outside of leg and hip). Pressing these sore spots requires using your elbow.

Begin at shoulders and press in 2 rows down each side of spine (as shown on Poster).

Exercise One: Lie on your left side and draw your right knee toward your chest, 5 times; lie on your right side and do the same with your left knee. Lie on your back and do same, 6 times for each knee.. Also move your head forward to touch your knee. It is not necessary to actually touch head and knee "the purpose is to stretch the back muscles. Still on your back, arch your back and tighten seat muscles; hold for 10 seconds. Next tighten abdominal muscles; hold for 10 seconds.

Exercise Two: On hands and knees, arch your back like a cat as much as possible; hold 5 seconds; then wiggle shoulders and buttocks, to gently stretch back muscles. Then let your back (and abdomen) sag like a swayback horse as much as possible; hold 5 seconds; then wiggle again. Repeat 3 times.

Exercise Three: Still on your knees and left hand, move your right hand between your body and left arm and try to touch as far up on

the left side of your back as possible. Repeat balancing on knees and right hand, and reaching with your left hand far up on right side of back. Repeat several times with each hand.

MENSTRUAL CRAMPS, PAIN IN GROIN:

See front of body drawing on Poster. Check spots shown in groin area and on fronts and sides of hips. Press against and under lower edge of ribcage, from center to sides, about one inch apart. Hold each sore spot for 7 seconds.



Then gently press on, over, and under edge of pubis bone (center of groin area) to search out and erase sore spots, by holding pressure for 7 seconds. Check for sore spots between legs under groin. (A pratfall could have caused the problem.) Then check for sore spots around navel (belly-button) and other abdominal muscles. Press spot above hip, moving skin and muscle down and inward over edge of hipbone.

Exercise One: Sit on floor. Put soles of feet together, 8 to 10 inches in front of body. Gently push left knee toward floor and then release it, 6 times. Do same with right knee, 5 times.

Exercise Two: Frequently throughout day, tighten anus orifice as if you were to draw water into the intestines. Push abdominal muscles outward while taking a slow, deep breath (as from two inches below navel); then tighten abdominal muscles while exhaling slowly. Next,

place feet together and do several **HALF KNEE BENDS** with feet flat on floor.

If pain persists, follow directions for Lower Backache.

CRAMPS OR PAIN IN ARMS:

Press all spots shown on arms. If pain persists, check the full length of each muscle for sore spots.

Exercise: Turn hands up and down, rotating wrists, 5 times. Bend and straighten arms, 5 times.

WARNING: This can also be a symptom for heart problems. If there is a doubt, check with Medical Doctor. There are a number of very good medicines on the market to relieve heart-caused pain.

ELBOW PAIN ("TENNIS ELBOW"):

(1) Lay arm on table with palm down. (See front of body drawing on Poster) press middle spot at elbow and move in a line down to wrist, checking for sore spots. Erase them by holding pressure for 7 seconds.

(2) Press outer spot (see drawing) and move in a line from elbow to wrist, erasing sore spots.

(3) Press spot at elbow on inside of arm, and move in a line to wrist, erasing sore spots.

(4) Check the spot above elbow on inside of arm (see drawing), and move along curve of muscle to spot on outside of arm at shoulder cape, erasing sore spots. From this same spot, follow edge of shoulder cape muscle (shown on drawing) up to collarbone. Return from collarbone, across outside of shoulder to the same spot.

(5) (See back of body drawing) squeeze between thumb and fingers the full muscle of the back of arm, from elbow to shoulder.

(6) Check for and erase sore spots in armpit.

(7) Squeeze chest muscle at armpit.

(8) Squeeze back muscle at armpit.

Exercise: Follow Exercises listed for Shoulder Pain.

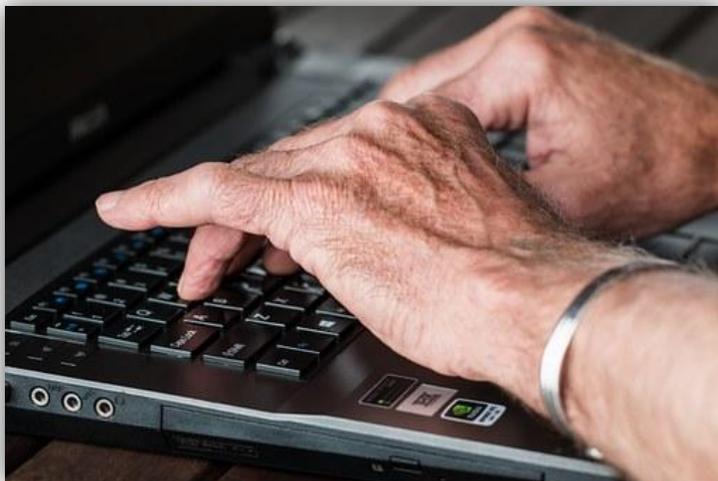
(9) Check area around "funny bone" at back of elbow, and erase sore spots. (10) Again using thumb and fingers, squeeze lower arm muscle, from "funny bone" down back/body side to wrist, then down back/outside of lower arm muscle. (11) Follow complete instructions and Exercise for erasing pain in Hands.

PAIN, TINGLING, OR NUMBNESS IN WRISTS OR FINGERS (OFTEN CALLED "CARPAL TUNNEL SYNDROME"):

Follow instructions for Elbow Pain.

STIFF OR PAINFUL ARTHRITIC HANDS AND FINGERS:

(1) Press all spots shown on palms and backs of hands.



(2) Squeeze sides, then top and bottom, along full length of each finger and thumb.

Exercise: Repeatedly bend and stretch fingers, gently bending all at once. Work up to completely bending

and straightening each, one at a time.

CRAMPS OR PAIN IN LEGS:

(1) Press each spot shown on legs.

(2) If pain persists, search the length of each muscle for sore spots.

Exercise: Holding onto a chair or table, bend both knees slightly, then straighten up, 5 times. Try to bend knees a little farther each time. Later, when legs and knees are more limber, you can stretch leg muscles by grasping one ankle while stretching other leg as far behind you as possible. Do both legs.

KNEE PAIN:

(1) (See front of body drawing on Poster) check for sore spots in a straight line, from spot shown in middle above knee, to top of leg. Erase by holding 7 seconds.

(2) Check in line from inside spot above knee to groin.

(3) (See outside of leg and hip drawing) check in line from spot above knee) to top of hip.

(4) Check entire area around and on top of kneecap for sore spots.

(5) This pain usually requires the help of another person. The helper should sit by your side and lift your leg over his. Then using an elbow, he may acupressure all points mentioned. He then must move on the other side of you, still in the sitting position, and repeat the procedure with his elbow on the outside of your leg. The elbow is broader and can be used with greater pressure.

(6) Have the subject lie on his stomach, and use your elbow on the muscles behind the knee.

(7) In most cases, you will need to do both knees and legs, even though the pain is only in one knee.

(8) Sometimes the pain is caused by toes, feet, ankles, shins, or calves. Be sure to check all of these areas as well.

Exercise: Place feet together and do several half knee bends with feet flat on floor. If your pain is too severe to do knee bends, lie on your stomach and have your helper grasp your foot and bend your leg back, gently increasing the length of the bend, each time. Do both legs, but one at a time.

STIFF OR PAINFUL ARTHRITIC FEET AND TOES:

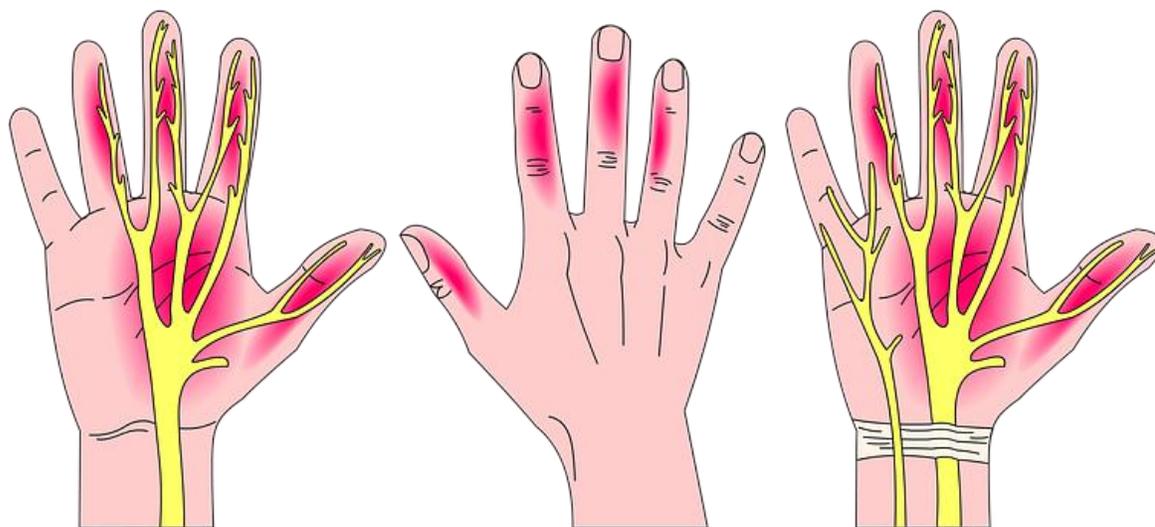
- (1) Press each spot shown on feet and ankles.
- (2) Squeeze sides, then top and bottom, along full length of each toe.



Exercise: Repeatedly bend feet up and down, then side to side, moving only at ankles) not at knees. Repeatedly stretch arches and toes. Remember to exercise in slow rhythmic movements.

If movements are jerky, search for additional sore spots. Have helper stretch foot muscles by bending foot and then toes up and down and side to side.

PAIN, TINGLING, OR NUMBNESS IN ANKLES OR TOES (OFTEN CALLED "TARPAL TUNNEL SYNDROME"):



- (1) Begin at back of calf muscle, at spot shown in middle (see back of body drawing on Poster) and search for sore spots on entire back of leg, up to knee and down to ankle. Erase sore spots by holding pressure for 7 seconds.
- (2) Search for sore spots from front of knee to ankle, on top and both sides of shinbone.
- (3) Check around kneecap for sore spots.
- (4) Follow instructions and Exercises for Feet and Toes.

Note: Use hand to gently pull toes upward toward shin and then stretch toes back toward calf.

RELIEF OF PAIN FROM HEMORRHOIDS:

Press spot at very bottom of tailbone, and hold 7 seconds. Press the skin to under the tip of the bone.



You will know it is the right spot if it is sore. This does not remove the hemorrhoids, but it can stop pain, itching, or bleeding. They are usually a symptom of prolonged tension or anxiety, which has also affected your internal organs. The diligent practice of SPC-USA Chi Power can prevent recurrence.

RELIEF FOR UNWANTED HABITS, ANXIETY, STRESS, TENSION, OR ANGER:

If used immediately, Steps (1) and (2) may do it. If not, use as many Steps as required.

(1) Take a slow, deep breath (see Deep Breathing Exercise).

(2) Open mouth, place thumb on inside of middle of left cheek, with forefinger on outside of same spot, and pinch gently but firmly. Hold 5 seconds. Do same on right cheek.

(3) Press spots on jaws, directly under ear lobes. If tender, hold for 5 seconds.

(4) Using thumb and forefinger of right hand, pinch left hand at point between thumb and forefinger, for 5 seconds.

Reverse positions and repeat.

(5) Search entire head and neck for sore spots, pressing each one for 5 seconds. Then massage scalp.

DEEP BREATHING EXERCISE: Breathe very slowly, below navel. Goal is to take 30 seconds to inhale and 30 seconds to exhale. Repeat 5 times. With practice, you can do it!

YIN/YANG EXERCISES:

Move in a slow Yin/Yang rhythm, to gradually increase your stretch. Yin (negative) releases, while Yang (positive) pulls. This can be done in time with slow music. If the movement is jerky, you still have problems. Search for additional sore spots and repeat stretching exercises with resistance, to build strength. Relaxed muscles should be mushy, but capable of becoming like stone on command.

PRESSURE POINTS FOR PROTECTION:

A sharp strike on any of the Acupressure Points can cause great pain. All of the Kata Forms are intended to strike another body at given angles over the pressure points shown on the SPC-USA Acupressure Chart. Sharp, hard pressure applied to two points, one very quickly following the other, magnifies the pain and can render a person unconscious. When you add Chi to the strike, the strike can go deeply into the body to affect his entire nervous system. A sharp finger strike on the center dot of the three large dots on the chest near the shoulder, can immobilize while still being conscious if rendered with quivering Chi. It can take the "fight" out of your enemy quickly.



There is a discipline called Tuite (tuweetay) that teaches exactly the correct angles to apply this hard pressure. Few teach the Tuite disciplines. They are very dangerous for the novice to use. All Tuite practitioners should be very well self not use this technique. Tuite requires strong study of inner muscle at most devoted practitioner will learn this because it requires deep study of medical charts. Tuite is to be used only as a last resort to prevent permanent injuries.

HARD CONTACT SPORTS:

Sharp blows or prolonged pressure applied on many of the points shown (LARGE DOTS, in particular) can cause muscle spasm, pain and immobility. The points to disable are (usually) over a knotted muscle. Anyone who has knotted muscles is subject to disablement in this manner. Therefore, a complete check of all points shown on the Chart, is advisable prior to full contact sports. Due to either hard contact, inactivity, or drugs, anyone can develop points that are repeatedly sensitive and will require repeated acupressure. Also, prior to competition, use the relaxation techniques to help you maintain mental control.

CHINESE SPLITS & AMERICAN SPLITS:

Before you begin this type of stretch exercise, you must first stretch your neck muscles every time.

Roll your head to pull each neck muscle. You will not be able to achieve great success without stretching your neck first.

It's also a good idea to stretch your calf muscles before trying to work on the Splits. Stand with your back to a wall, and gradually inch your heels upward until you are standing on your tippy toes. Slowly inch back down. Repeat several times.

You must acupressure your leg and groin muscles every day. Try sitting down, with both legs stretched out to the sides, while you work the acupressure points in and around the groin area. Be sure you try to relax your muscles, trying not to tense up, while you apply the acupressure. Next, bend forward to try to touch your chin to the

floor. Of course, it is only when you have become really stretched out, that you will actually be able to do this. Be sure that the first couple of times that you bend forward that you stay relaxed and arch your back. Keeping your back arched will help you stretch your muscles, but will help you avoid backache.

Only when you are fully relaxed will you feel serious pain while acupressuring the leg and groin muscles. Remember that after a few acupressure treatments and stretches, this pain will be significantly reduced.

Beginning stretchers should wait two days between hard stretches. Do only easy stretches on those two days. Acupressure every day! More advanced students should stretch hard only on even days. Then on odd days, stretch easy and relax as much as possible while acupressuring leg and groin muscles. Then is when the serious pain begins. Learning the Splits requires daily practice and daily acupressure!

Before you practice this leg stretch, acupressure the muscles in your leg and groin areas to remove any knots you may have acquired. While you are practicing Splits, acupressure the groin or leg muscles that are in pain. You can then continue your stretch to an increasingly greater degree. After practicing, acupressure the muscles again.

Ballet dancers use a bar to stretch muscles. You can even use a wall to help learn this stretch. But, you should always use as much pressure with your thumbs on groin area spots as you can handle, to help with the pain of this very difficult exercise.

COMMON HOUSEHOLD REMEDIES:

All medicine is simply an aid to natural healing. The body heals itself. Medicine can often help. Acupressure and Chi Power are the best and least expensive of all healing methods. Olive Oil, preferably extra virgin olive oil, relieves chafing and itching from chapped skin, sunburn, and heat rash.



Distilled white vinegar gets rid of most fungus-caused problems (like athlete's foot). Baking Soda made into a paste, or added to your bath water relieves allergies (such as mosquito bites) and sunburn. It is also an aid to healing cuts inside the mouth. Salt is also a major cleanser of wounds.

Alcohol can help kill germs to prevent infection, but this also kills good bacteria. Plain water with very mild soap is the best cleanser over open wounds.

LIVE PLANTS:

We inhale oxygen, and exhale carbon dioxide.

Plants take in carbon dioxide and give out oxygen. For this reason, we need many live plants inside, especially in our work and sleep areas, as well as outdoors. Plants also absorb air pollutants.

**WATER:**

Drink plenty of pure water. You need the water to help your digestive and blood systems. Get a carbon filter and attach it to your drinking faucet, if necessary. Soft drinks, beer, tea, or coffee are not substitutes, and will require your drinking additional water to get rid of the residue they leave in your system.



FAT, BLOOD:

Leviticus 3:17, "This is a permanent law throughout your land, that you shall eat neither fat nor blood", still applies to us today. In Old Testament days, God required that they be given to Him as a sacrifice. By taking it away from the people, God was protecting them from harm.

SALT:

Leviticus 2:13, "Every offering must be seasoned with salt, because the salt is a reminder of God's covenant." Many medical journals today warn against salt because they think it causes high blood pressure. But, salt and potassium are vital to your electrical system. A person that sweats too much salt from his body will die. Loss of potassium has the same effect.

People who live in tropical, insect-infested areas develop a higher blood pressure and thinner blood, which increases Yang Chi, and protects them from insect bites. People who live in cooler climates have lower blood pressure and thicker blood, which increases Yin Chi, and enables them to easily draw animals, birds and fish to them.

Details for developing Yin and Yang Chi Power are found in SPC-USA Chi Power Charts.

Additional Stretching Tips

The secret of getting stretched out is in using your body's pressure points. The main reason people don't like to stretch is due to the pain involved. They try stretching out to their maximum and by the next day they are in so much pain that they give up. However, if you use the pressure points (also called acupressure) while you stretch and then again after, this will usually be enough so that you won't have the pain the next day. The pain is due to lack of blood flow. Without good blood circulation, the area screams out to your brain that it is in pain.



When you use pressure points in the area of the pain, it causes the blood to start circulating again and takes the pain away. For example, if you ever push down on the middle of a water balloon you will see that the water is pushed in both directions. When you push on a pressure point, your blood is pushed in both directions. Pushing down on the pressure point causes the blood to flow through painful areas which are constricted. Be sure you read pages 3 and 4 of the Pressure Points booklet to learn how to use the pressure points.

Using pressure points is more effective than using a stretching machine. A stretching machine stretches your muscles unevenly, the maximum pull being in the middle of areas being stretched. For example, if you loop a rubber band over your index fingers and start pulling it apart) you'll find the area in the middle of the rubber band

will really be stretched. If you told someone to try stretching only the middle part of the rubber band further, it probably wouldn't stretch much more. However, if you told them to stretch the area of the rubber band next to your index fingers they would be able to stretch it a lot more than the middle part of the band. A machine stretches the middle of the muscle, but not the part of the tendon where it attaches to your bone.

If you want to get more flexible, you have to stretch all the tendon areas (tendons are the end parts of your muscles that attach your muscles to your bones). This is why pressing down all along your tendon areas will help you get more flexible.

If you hit a person on a pressure point which is located on the chart we provided, it will certainly hurt them. Try locating a pressure point on yourself and push down hard and you will see what we say is true. As with anything else) it takes practice to become good at it. When most people get into a fight, they're just trying to make contact and are not specifically trying to hit someone in a pressure point area. Through practice you can learn to target those pressure point areas and it will make a difference.

The lines on the chart indicate the upper layer of muscle structure. The larger dots on the chart mean the pressure point is closer to the skin and easier to reach. The smaller dots are located deeper and you usually have to go through a muscle or tendon group in order to reach it. You will find it is easier to reach some pressure points by pushing on them at an angle, which will allow you deeper penetration.

Before you start doing a maximum stretch workout, be sure you warm up your body. This helps you avoid injuries to your muscles and

tendons and allows you greater flexibility. Start out with stretches which will loosen you up only) but not pushing it hard. Next, run in place, use an exercise bike, or take a hot shower, in order to get your body warm enough where you can start stretching to your maximum.

- To get into a splits position, you must train your body to do what your mind tells it. This is done by stretching every day. It is also accomplished by teaching your body to stretch in the right way. You should try to relax as much as possible, taking long slow relaxing breaths, as you stretch. As you reach your maximum stretch position for a particular stretch, you need to hold the stretch for at least thirty seconds. This will allow your body to adjust to the new stretch level making it easier to reach the same level the next time you stretch. After holding the stretch for a minimum of thirty seconds (up to a maximum of 10 minutes) while being as relaxed as possible, you should tighten up and hold for 5-7 seconds, relax, then tighten again for 5-7 seconds.

Stretch every day, but stretch to your maximum only every other day. After stretching to your maximum, make sure you again work on all the sore areas of your body. Pushing on the sore area itself, and then to the areas around the sore area will help take the pain away. If you find that the pain is not going away, you will need to take a hot bath in Epsom Salts for at least 30 mins.

For best results, make the water as hot as you can stand it.

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