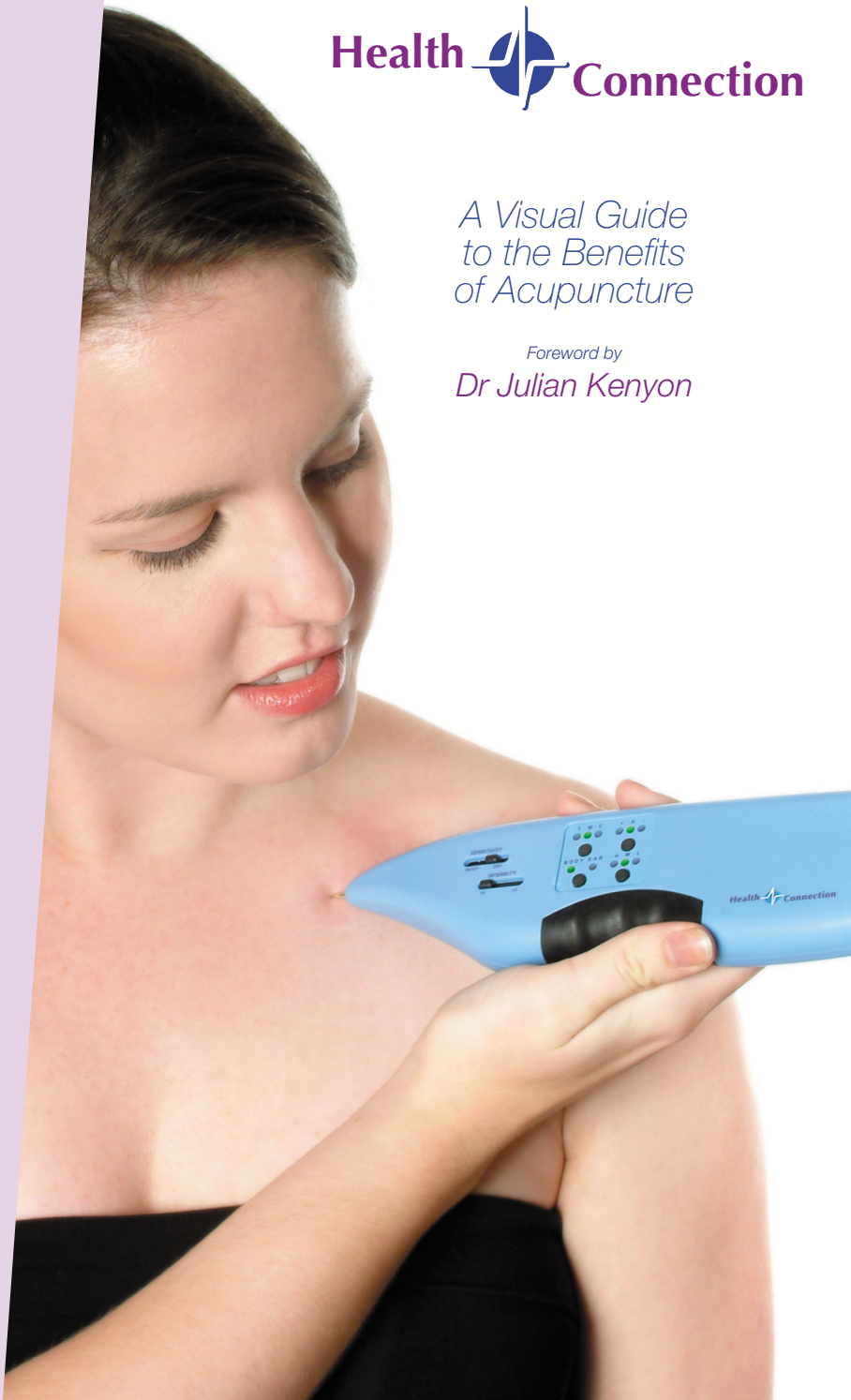


# Acupuncture User Guide

ACU-1



Health  Connection

*A Visual Guide  
to the Benefits  
of Acupuncture*

Foreword by  
*Dr Julian Kenyon*



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I became involved in acupuncture in the late 1970's through my work researching the development of the middle ear. I was interested in the forces that caused certain cells to move to certain places in the embryo and the factors that control shape in nature. This led me to explore systems of medicine which examined energy fields and manipulated these in some way to treat disease.

Traditional Chinese medicine, particularly acupuncture, was my first stop. I visited China several times in the late 1970's and early 1980's and learned the disciplines of traditional Chinese medicine and acupuncture. I returned to England and obtained extraordinary clinical results, mostly in the context of chronically painful conditions. Many of my patients remained symptom free for several years following treatment. Classical acupuncture involves the insertion of acupuncture needles into points on the surface of the skin, which occur in lines called meridians.

Acupuncture points have particular electrical properties and these, in the most simple terms, are areas of low skin resistance in comparison to the surrounding skin. They have no anatomical basis and only exist when looked at from an electrical point of view. It struck me that these points could be treated directly on the skin using a specific wave form without the insertion of a needle. Therefore, I constructed a prototype device that consisted of a simple circuit and a battery mounted on a pencil, and this yielded significant clinical results. I could teach a patient to find their own acupuncture points and then treat themselves using this device. I found this more successful than I had anticipated and this concept inspired the development of the Acu-Health machine.

Dr Julian Kenyon  
*Founder chairman of the British Medical Acupuncture Society*

Medical Director  
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**1** Installing The Battery



For safety reasons the Health Connection electronic Acu-Health machine is not shipped with the battery inserted. To insert the battery, simply slide the battery cover open and connect the battery to the terminals as illustrated. Replace the cover by sliding it fully closed until it clicks into place. Replacement batteries: 9v DC PP3.

**2** Replacing The Battery

When the battery needs replacing, the LED adjacent to the on/off switch will begin flashing green. This indicates that the remaining battery life is approximately 10 minutes. With usage of 30 minutes per day, the battery will last for approximately 1 month. Remove the old battery and replace as instructed above.

**Notes about batteries:**

Please ensure that your old battery is disposed of responsibly. To prevent short circuiting do not let metal objects touch the battery terminals.

**3** Cleaning The Unit

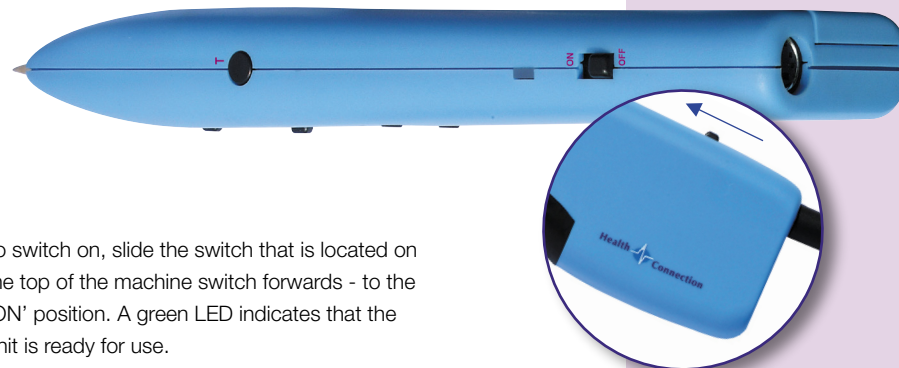
Do not immerse in water or other liquids. Clean with a damp cloth only - do not use solvents or alcohol based products. We recommend cleaning after each use.

Attaching The Probes **4**

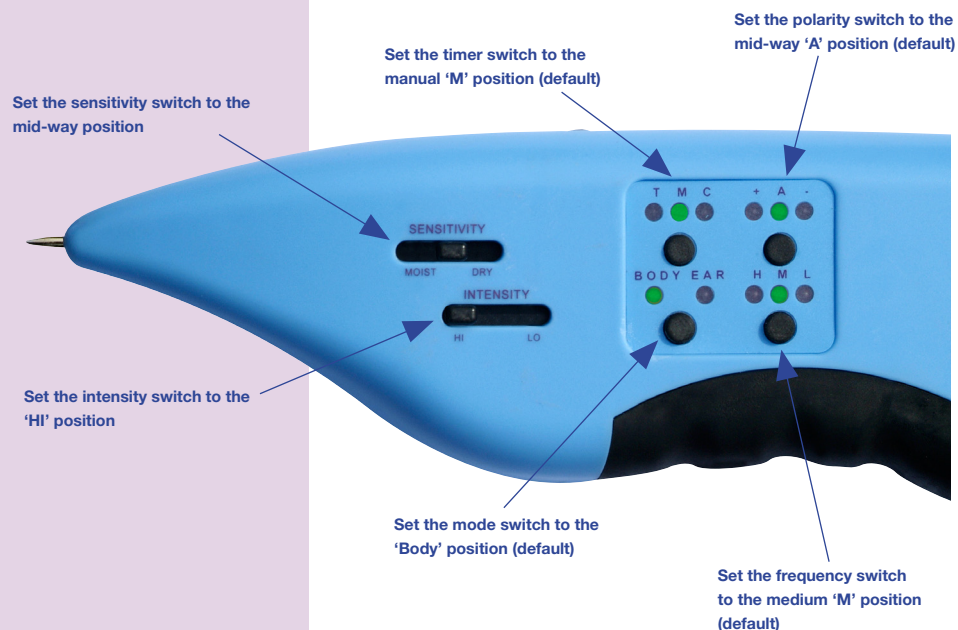


The various probes available for the Acu-Health machine plug into the five pin socket as illustrated.

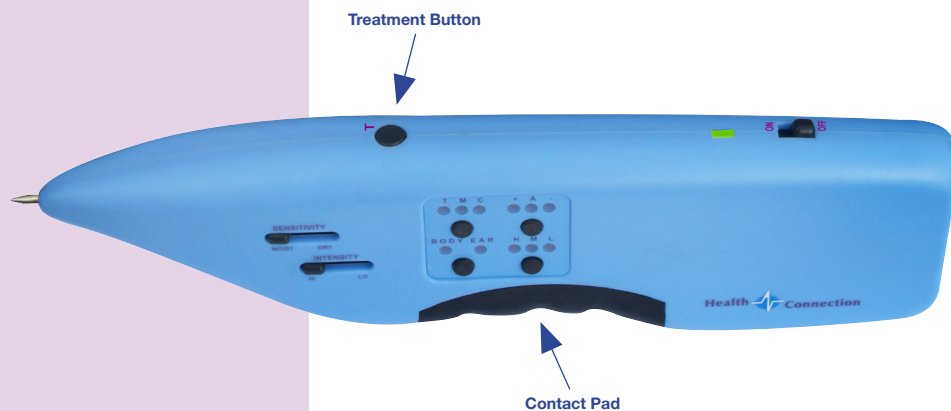
Switching on **5**



To switch on, slide the switch that is located on the top of the machine switch forwards - to the 'ON' position. A green LED indicates that the unit is ready for use.



When the machine is switched on, the default settings are as illustrated. We recommend that you do not alter these settings during first use, as they provide a good starting point and allow you to begin using the device immediately. Detailed descriptions of all the settings are listed on the pages to follow. Please note that the above configuration is designed for use on the body only, and the settings should be adjusted as indicated in this guide for auricular use (i.e. ears).



Place your thumb on the treatment button (marked 'T') and grasp the unit ensuring that your fingers make contact with the black 'contact pad' as illustrated. Please note: this completes the circuit, allowing the machine to work properly.

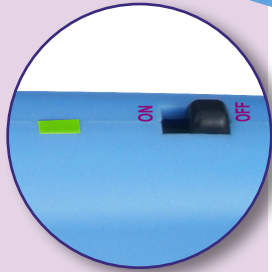
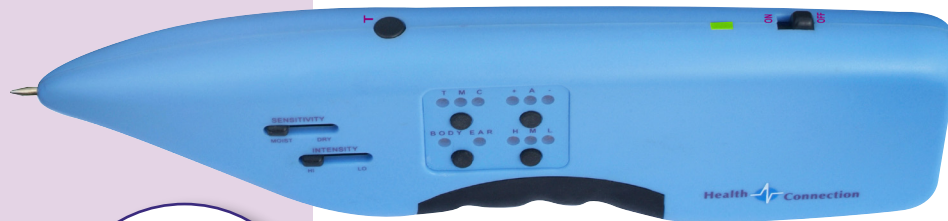
To search for an acupuncture point, move the probe over your skin with a consistent and firm pressure. Start at a point approximately 10mm away from where you think a point might be located. Move the point of the machine evenly and slowly towards the point. Stop when the unit emits a noticeably high-pitched sound (i.e. distinctly more high-pitched than the usual sound). Should you require confirmation that you have located an acupuncture point, press the 'treatment button' for between 1 – 2 seconds, you should feel a slight 'stinging' sensation. If you do not feel any sensation, increase the intensity by adjusting the position of the 'Intensity' switch and repeat the search.

You can also improve the search for acupuncture points by moistening the skin slightly. Once you have found the point that stings slightly, slide the 'Intensity' switch to a comfortable setting, and press the treatment button for about 30 seconds.

This device gives better results if you treat your points on the 'Lo' intensity setting rather than 'Hi'.

When a third person is using the probe, the patient has to have contact with the black contact pad to complete the circuit.

*NOTE: Do not press the treatment button whilst searching for points.*



The light is designed to enable the hard of hearing to locate acupuncture points in place of sound. It will switch off once a point is located. If you are able to hear the audio signal clearly, you can ignore the light. Note: The accuracy of the indicator light relies upon the sensitivity being set correctly (See Below)

Setting The Sensitivity



The point at which the green LED lights up (the equivalent of the audio signal reaching the highest pitch) is dependent on the setting of the 'Sensitivity' switch. This switch adjusts the sensitivity of the light to suit various skin types - dry to moist. It does not affect the sound or the treatment. The control should be adjusted so that the light goes out when the probe is located on the treatment point. You can then use the light instead of the audio signal; when it goes out the point should be located on an acupuncture point. You should then proceed to the next stage - confirmation of the point's location with the treatment button.



Setting the Timer Control (T-M-C)

This device has a built in timer, allowing automatic treatment timing. The timer control switch has three settings: 'T' = timer (30 seconds), 'C' = continuous and 'M' = manual. We recommend using the unit on the 'M' setting. However there are circumstances where the other two settings can prove useful.



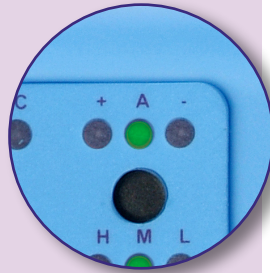
**T** - Once you press the treatment button on this setting, the unit will treat the given area without the need to further keep the treatment button depressed. Treatment on the 'T' setting will last for a period of approximately 30 seconds, before stopping automatically. It is essential that you then re-set the switch to 'M' to enable you to search and test for the next treatment point. If you forget to re-set the timer setting to 'M', you will not be able to search for other acupuncture points. Once you have found the next point you can then re-select the 'T' position if you wish.

**M** - This is the recommended setting. The unit will only treat when the button is pressed by the user. As soon as it is released, the unit stops treating and is ready to search for the next point.

**C** - This is the 'continuous setting' and when the switch is in this position the unit will treat continuously. As with the 'T' setting, if you do not return to the 'M' position after treating a given point, you will be unable to search for other acupuncture points. The 'C' setting is primarily for use with the 'Auricular Clips', which require a continuous signal for some minutes.



The Health Connection Acu-Health unit has a variable polarity control, allowing treatment with an alternating positive and negative (bi-phasic) pulse. Both acupuncture and electroacupuncture correct the electrical imbalance in the body's healing system (in acupuncture terms, meridians). A bi-phasic signal has the major advantage of always providing ideal stimulation. The body accepts the charge it requires and ignores the other. Some therapists prefer using either the positive or negative modes under certain special conditions. It is recommended that you use the 'A' (Alternating) setting.



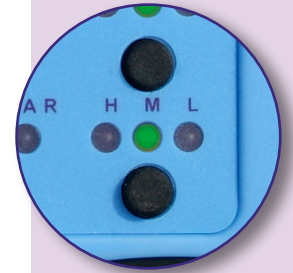
Setting The Mode



The Health Connection Acu-Health unit is able to offer both conventional meridian therapy via normal acupuncture points, and specialised treatment using the optional 'Auricular Clips'. During normal treatment using the attachable probe or the built in probe, the unit should be set to 'Body' unless you are using the optional 'Auricular Clips', in which case you should set the unit to the 'Ear' and 'Continuous' position. Treat for 20 minutes. When treating the ear, the unit treats in pulses - one second on / one second off. This is to prevent over-stimulation during auricular treatment.



The Health Connection Acu-Health unit is able to treat acupuncture points using any of three different pulse frequencies. The recommended medium 'M' setting is 10Hz. In the vast majority of cases, 10Hz (10 pulses per second) is ideal. However, there are two distinct exceptions to this rule. Firstly, some people, e.g. those who have been very ill or who have taken powerful drugs, have very low energy levels and are often unable to feel the 10Hz signal. By using the high 'H' 100Hz setting, their system is stimulated into action and, usually within a couple of days, treatment can be continued using the medium 'M' 10Hz setting.



Secondly, a minority of people are sensitive to micro-current stimulation and they find that even the lowest intensity level uncomfortable. In these rare cases, reducing the frequency to low 'L' 2Hz enables them to enjoy an effective and comfortable treatment.

Making a Body Ruler

*To assist in locating acupuncture points.*

Now that you are familiar with the various settings on the unit, you need to make a body ruler. Take a piece of card and mark five fingers' widths along one edge. Use the first joint of the index finger for each measurement. Then mark three thumb divisions along the end of the card and four along its side.

*Acupuncture point location is normally given in thumb and finger measurements. Using a body ruler is far more accurate than simply guessing with your fingers*



## History of Acupuncture

- Acupuncture has its roots entrenched in Taoist philosophy, which examines nature in order to further understand mind, body and spirit.
- Taoists explored the concept of universal forces, and this developed into the dual and interacting constants of Yin and Yang. This forms the basis of Chinese medicine, of which acupuncture is a key element.
- Acupuncture itself was discovered during the reign of Huang Di - The Yellow Emperor (2696 to 2598 B.C) - and its use is recorded in the 'The Yellow Emperor's Classic of Internal Medicine'. This period marked China's new stone age, and stones were transformed into fine needles to treat disease and sickness. Stone probes have been found in prehistoric Chinese tombs and caves dating back some 5,000 years.
- Principles, knowledge and methods have been refined over millennia to give the world a healing method that is ancient, respected and increasingly popular across the globe.
- The Chinese believed that as well as being in balance the energy, or life force (which the Chinese called chi) had to be able to circulate freely around the meridians. If there is a break in its circulation anywhere then illness would result. For example the traditional Chinese view of backache is that chi circulating in the bladder meridian has got stuck. The way to remedy this was, in the simplest of possible terms, to insert a needle at the point of discomfort thus encouraging the flow to re-establish itself. Oddly enough this relatively crude approach does work in a sufficient number of cases to raise more than a passing interest.
- The Chinese discovered that in some cases pain anywhere on the body could be treated effectively and quickly by needling appropriate points on the outer ear.
- Interest by western doctors in acupuncture was quickened by President Nixon's visit to China in 1972. Since that time medical interest in this subject has grown rapidly, being underpinned by a number of important medical discoveries as to why acupuncture may work.
- The Chinese developed a highly complex and sophisticated system of empirical laws based on countless observations of illness and response to treatment, which resulted in a number of ground rules to guide a doctor as to how to improve his patients condition. The astonishing fact is that application of these apparently odd sounding laws appears to work in a highly significant proportion of patients. **Clearly if it did not do so, then acupuncture would not have been adopted within both Western and Eastern cultures to such a degree**
- Each meridian refers to a particular organ and the energy flow in that meridian should be taken as indicating the functional state of the organ. In other words inserting a needle into a point on the liver meridian could be expected to affect liver function, the effect depending on the state of the patient at the time of treatment and on the actual point used.

## How Does it Work?

There are two currently favoured explanations as to the mode of action of acupuncture. One is the gate controlled theory of pain, and the other is called the neuro-endocrine theory.

### The gate control theory of pain:

Nerve fibres are like large bundles of cables of various sizes, some thick and some thin. The thin fibres transmit the sensation of pain whilst the thick ones carry the sensation of touch. It has been found experimentally that if impulse transmission in the thick (touch) fibres can be increased then this selectively blocks conduction in the thin (pain) fibres by closing a gate consisting of specific nerve cells in the spinal cord. This therefore offers a useful means of controlling pain by simply using anything that increases transmission in the touch fibres. This is why rubbing an injured knee helps to relieve some of the pain. Acupuncture has been found to markedly increase transmission in the thick (touch) fibres. To some extent the Acu-Health unit achieves the same result, although the intensity of stimulation is not as high. It is nevertheless a significant factor explaining some of the success in treatment when using the Acu-Health unit.

### Neuro-endocrine theories:

One of the most exciting recent discoveries in connection with acupuncture has been finding that needling of acupuncture points (energy points) cause the body to release its own natural painkiller called endorphin. Endorphin is a protein molecule with very powerful pain killing capabilities. It is released by many parts of the nervous system and is also related to the glandular or endocrine system, hence the term 'neuro-endocrine'.

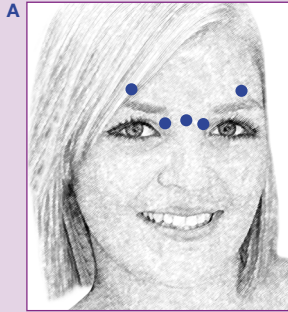
It has been found that endorphin release is part of the explanation for some of the treatment successes following the use of the Acu-Health unit.

### Other theories:

The most interesting explanations derive from the studies of very small electrical changes occurring at acupuncture points, which have been found to be capable of producing effects far in excess of the tiny electrical change at the point responsible for triggering these effects.

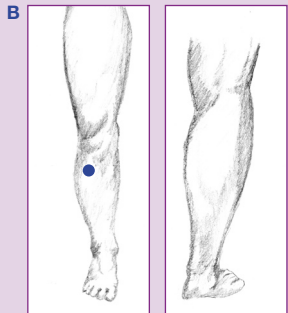


## Acupuncture Points



### Headaches - (Migraine) Frontal - The front of the head

- B2** This lies just beneath the inner end of the eyebrow. **(A)**
- G14** This lies one thumb's width above the mid point of the eyebrow. **(A)**
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist. **(D)**
- Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web. **(H)**
- S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. **(B)**



**Yintang** This lies directly between the eyebrows, just above the bridge of the nose **(A)**

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

### Headaches - (Migraine) Occipital - Over the back of the head

- B60** This lies midway between the tip of the outer ankle bone and the achilles tendon (in the hollow). **(G)**
- Gv15** This lies right at the top of the spine just below the small knob of bone in the centre of the mid line at the back of the skull. **(E)**
- G20** Just below the skull bone and outside the muscle bulge. **(E)**
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(D)**

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. **(B)**

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

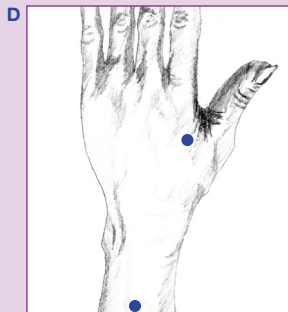
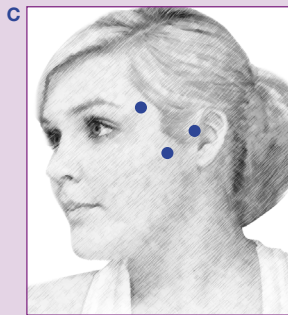
**Ear** Ear Point

### Headaches - (Migraine) Temporal - The side of the head

- G20** Just below the skull bone and outside the muscle bulge. **(E)**
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(D)**
- S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. **(B)**

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**Ear** Ear Point



## Acupuncture Points

**G34** This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is sometimes tender when pressed with a finger tip. **(F)**

**T5** This lies on the back of the wrist, two thumb's width towards the elbow from the wrist crease. **(D)**

**Taiyang** This lies one thumb's width behind the outer edge of the eye. It lies in the centre of the temples. **(C)**

### Headaches - (Migraine) Vertex - On top of the head

**B60** This lies midway between the tip of the outer ankle bone and the achilles tendon (in the hollow). **(G)**

**Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(D)**

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. **(B)**

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**Ear** Ear Point

**Gv20** This point lies right at the top of the head where two imaginary lines cross, one drawn from the top of one ear to the top of the other ear, the other line drawn from the top of the nose right over the top of the skull. **(C)**

**Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web. **(H)**

### Jaw Pain

**Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(D)**

**Ear** Ear Point

**S7** This lies just below the mid point of the cheek bone, over the front part of the top end of the jaw bone. **(C)**

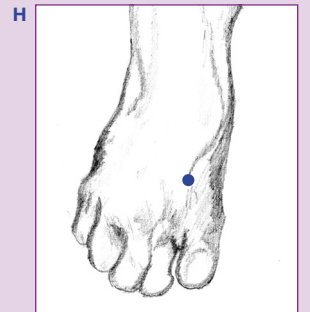
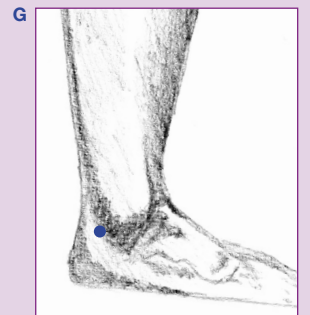
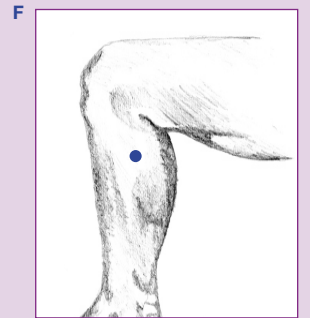
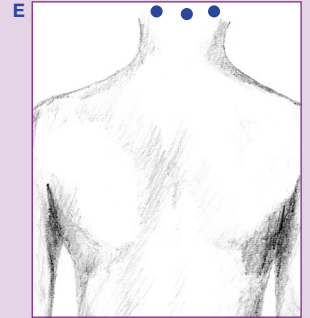
**Si19** This is immediately over the jaw point between the jaw and the skull, just in front of the small piece of cartilage, which forms the front part of the ear. **(C)**

### Tooth Ache - Lower

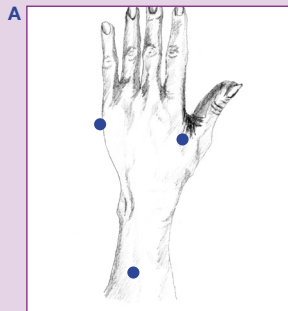
**Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(D)**

**Ear** Ear Point

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.



## Acupuncture Points

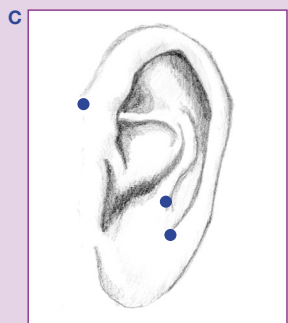
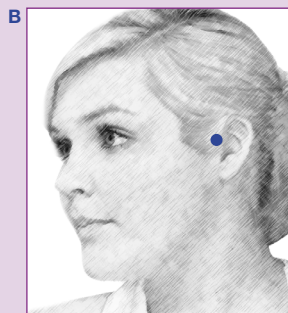


### Tooth Ache - Upper Jaw

- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(A)**
- Ear** Ear Point **(C)**
- Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.
- S44** This lies in the web between the second and third toes. **(D)**

### Facial Neuralgia

- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(A)**
- Ear** Ear Point **(C)**
- Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.
- Si3** With the fist clenched, this lies at the end of the main crease of the palm at the junction of the red and white skin (it is easier to locate unclenched). **(A)**
- Si19** This is immediately over the jaw point between the jaw and the skull, just in front of the small piece of cartilage, which forms the front part of the ear. **(B)**

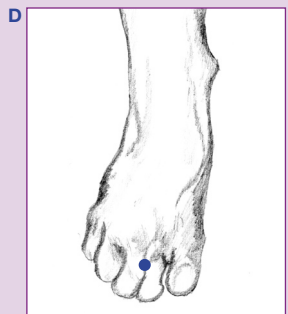


### Ear Ache

- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(A)**
- Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.
- Ear** Ear Point **(C)**
- T5** This lies on the back of the wrist, two thumb's width towards the elbow from the wrist crease. **(A)**
- Si3** With the fist clenched, this lies at the end of the main crease of the palm at the junction of the red and white skin (it is easier to locate unclenched). **(A)**
- Si19** This is immediately over the jaw point between the jaw and the skull, just in front of the small piece of cartilage, which forms the front part of the ear. **(B)**

### Neck Pain - Arthritis & Stiffness

- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist **(A)**
- Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.
- Ear** Ear Point **(C)**



## Acupuncture Points

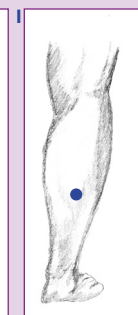
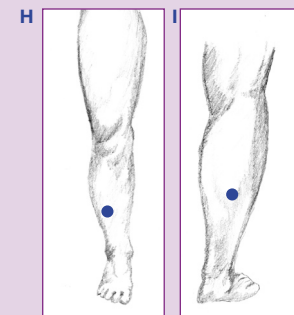
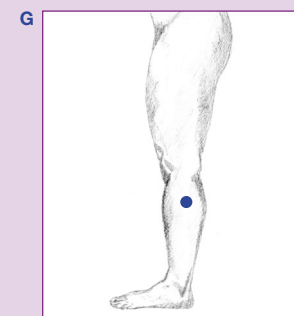
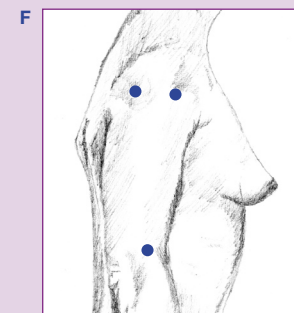
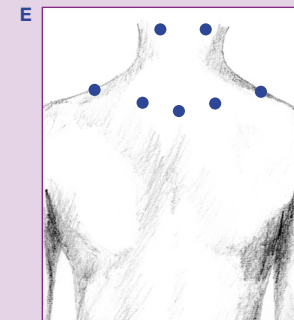
- Si3** With the fist clenched, this lies at the end of the main crease of the palm at the junction of the red and white skin (it is easier to locate unclenched). lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. **(A)**
- Gv14** This lies just below the most prominent knob of the bone at the base of the neck in the mid-line. **(E)**
- B10** This lies one and a half thumb's width to each side of the centre of the spine at the level of the first cervical vertebra. **(E)**
- B11** This lies one and a half thumb's width to each side of the centre of the spine at the level of the first thoracic vertebra **(E)**
- G20** Just below the skull bone and outside the muscle bulge. **(E)**
- G21** This lies halfway between the knob of the bone in the centre at the bottom of the neck and the tip of the shoulder, in the fleshy mass of muscle passing over the shoulder. **(E)**

### Shoulder Pain - Frozen & Arthritis

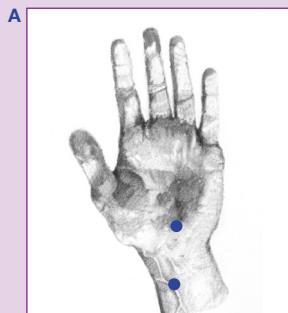
- T14** This lies in a depression behind the shoulder joint, which is produced again by putting the arm above the head. **(F)**
- Ear** Ear Point **(C)**
- Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.
- G21** This lies halfway between the knob of the bone in the centre at the bottom of the neck and the tip of the shoulder, in the fleshy mass of muscle passing over the shoulder. **(E)**
- B57** This lies in the centre of the back of the calf, just where the fleshy mass of muscle narrows down into tendon. **(I)**
- S38** This lies exactly halfway down the lower leg, two finger's width away from the mid-line measured from the ridge of bone running down the front of the shin. **(H)**
- Li11** This lies 2cm beyond the end of the outer elbow crease with the arm bent. **(F)**
- Li15** This lies just in front of the shoulder joint, in a depression which is produced when the arm is lifted above the head, it can be tender with finger tip pressure. **(F)**

### Tennis Elbow - Arthritis

- Ear** Ear Point **(C)**
- Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.
- Li11** This lies 2cm beyond the end of the outer elbow crease with the arm bent. **(F)**
- G34** This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is sometimes tender when pressed with a finger tip. **(G)**



## Acupuncture Points



### Hand & Finger Pain

- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist (**D**)
- Li5** This lies in a depression right at the very base of the thumb, almost at the wrist joint, the depression being much more obvious when the thumb is spread away from the index finger. (**D**)

**Ear** Ear Point (**C**)

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**Extra hand points** These lie in the centre of the web between the fingers. (**D**)

**Knuckle points** With the fist clenched these lie half a finger width back towards the wrist. (**B**)

**Finger Points** At the end of the creases on each side of the finger joint and the joint creases top and bottom. (**B**)

### Thumb Pain - Arthritis

- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist (**A**)
- Li5** This lies in a depression right at the very base of the thumb, almost at the wrist joint, the depression being much more obvious when the thumb is spread away from the index finger. (**D**)

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**L9** This is situated at the end of the radius bone, by the thumb, on the palm side, in the depression just before the wrist crease. (**B**)

**L10** This is situated on the palm side of the thumb, one finger's (**B**) width from the thumb knuckle, towards the wrist.

**L11** This is situated on the outer side of the nail bed of the thumb. (**B**)

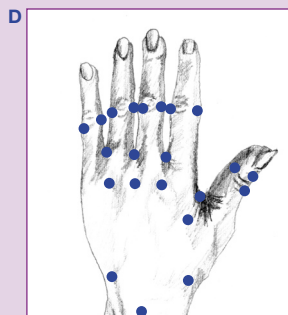
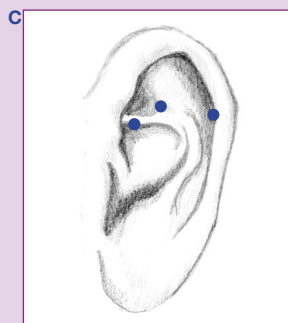
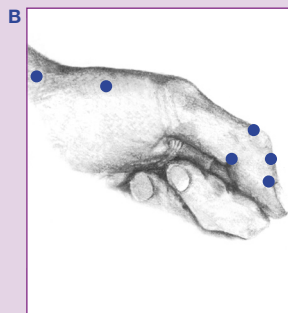
### Wrist Pain - Carpal Tunnel Syndrome

**Li5** This lies in a depression right at the very base of the thumb, almost at the wrist joint, the depression being much more obvious when the thumb is spread away from the index finger. (**D**)

**Ear** Ear Point (**C**)

**T4** This lies on the back of the wrist, one finger's width towards the elbow from the wrist crease and next to the small prominent bone. (**D**)

**Si5** This lies on the edge of the wrist joint crease on the little finger side of the hand. front part of the ear. (**D**)



## Acupuncture Points

**P6** This lies two thumb's width up from the palm wrist crease (**A**) towards the elbow, directly in the centre between the two tendons.

**P7** This lies in the centre of the wrist crease palm side of hand. (**A**)

### Back Pain - Lower

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**Ear** Ear Point (**C**)

**B25** This lies one thumb's width above the sacral bone one and a half thumb's width away from the mid line. (**E**)

**B31** This lies at the top of the sacral bone one and a half thumb's width away from the mid line. (**E**)

**B40** This lies directly behind the knee joint in the centre of the crease. (**I**)

**B60** This lies midway between the tip of the outer ankle bone and the achilles tendon (in the hollow). (**G**)

**G30** This lies in the upper, outer part of the buttock muscle. It is usually tender on deep finger tip pressure. (**E**)

**G34** This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is sometimes tender when pressed with a finger tip. (**G**)

### Hip Pain - Arthritis

**Ear** Ear Point (**C**)

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

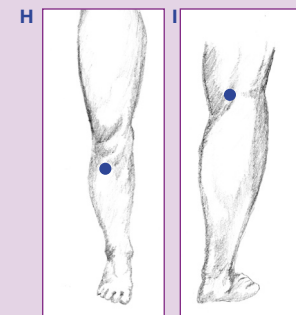
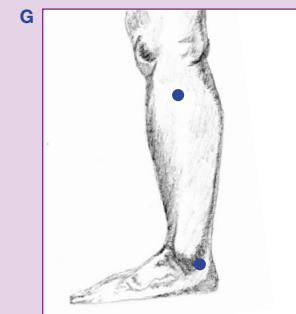
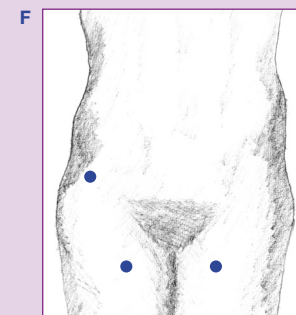
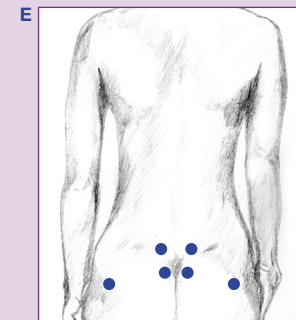
**G30** This lies in the upper, outer part of the buttock muscle. It is usually tender on deep finger tip pressure. (**E**)

**G34** This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is sometimes tender when pressed with a finger tip. (**G**)

**G29** This lies halfway between the bony knob found at the top and front of the rim of the pelvis and the bony mass formed by the top of the hip bone, which is situated at the top of the thigh. (**F**)

**S31** This lies on the level of the pubic bone just below the bony knob found at the top and front of the pelvis. (**F**)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (**H**)



## Acupuncture Points

### Knee Pain

**Ear** Ear Point (C)

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

**G34** This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is sometimes tender when pressed with a finger tip. (D)

**B40** This lies directly behind the knee joint in the centre of the crease. (I)

**Sp9** This lies just below the inside of the kneecap and below the top of the tibia. This point is usually tender when pressed with a finger tip. (H)

**Xiyan** These points lie in the depressions formed on either side of the ligament just beneath the kneecap. These depressions become obvious when the knee is slightly bent. (H)

**Heding** Lies two finger's width above the kneecap in the centre line. (H)

### Ankle Pain

**Ear** Ear Point (C)

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**B60** This lies midway between the tip of the outer ankle bone and the achilles tendon (in the hollow). (G)

**G40** This lies just in front of the knob of bone on the outside ankle bone. (G)

**K3** This lies midway between the tip of the inner ankle bone and the achilles tendon (in the hollow). (E)

**S41** This lies directly over the middle point of the front of the foot joint. (F)

**Sp5** This lies just in front of the knob of the bone on the inside ankle bone. (E)

### Foot Pain

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**Ear** Ear Point (C)

**Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web. (F)

**Extra foot points** These lie at the web point between each toe. (F)

## Acupuncture Points

### Sciatica

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**Ear** Ear Point (C)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

**G34** This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is sometimes tender when pressed with a finger tip. (D)

**G30** This lies in the upper, outer part of the buttock muscle. It is usually tender on deep finger tip pressure. (A)

**B31** This lies at the top of the sacral bone one and a half thumb's width away from the mid line. (A)

**B32** This lies on one finger's width below B31 (A)

**B33** This lies on one finger's width below B32 (A)

**B37** This lies in the centre of the back of the thigh. (I)

**B40** This lies directly behind the knee joint in the centre of the crease. (I)

### Leg Pain - Varicose Veins & Tired Legs

**Ear** Ear Point (C)

**B40** This lies directly behind the knee joint in the centre of the crease. (I)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

**G34** This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is sometimes tender when pressed with a finger tip. (D)

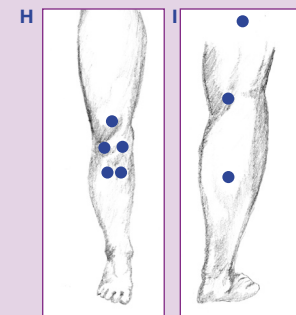
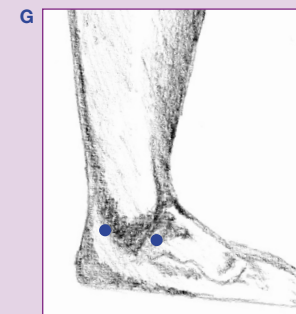
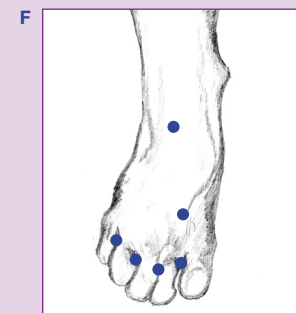
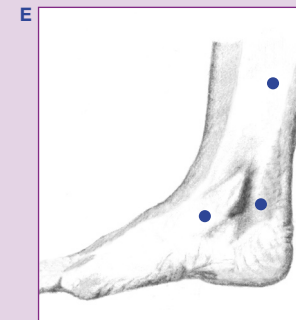
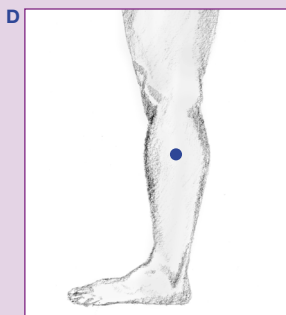
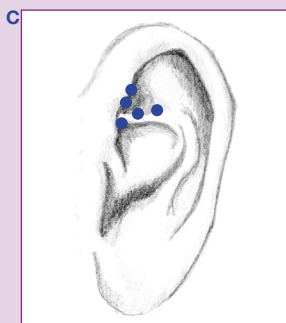
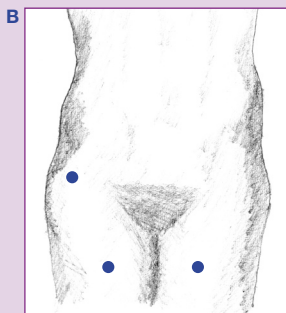
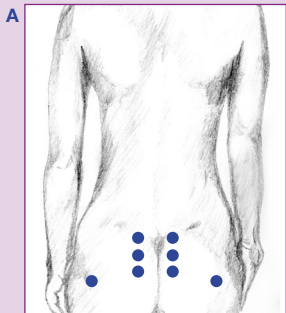
**B57** This lies in the centre of the back of the calf, just where the fleshy mass of muscle narrows down into tendon. (I)

**Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web. (F)

**K3** This lies midway between the tip of the inner ankle bone and the achilles tendon (in the hollow). (E)

**Sp6** This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind tibia bone at this point. (E)

**P6** This lies two thumb's width up from the palm wrist crease towards the elbow, directly in the centre between the two tendons. (See dia. A on page 18)



## Acupuncture Points

### Groin Injury

**Ear** Ear Point (C)

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**G34** This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is sometimes tender when pressed with a finger tip. (E)

**Sp5** This lies just in front of the knob of the bone on the inside ankle bone. (D)

**Li1** This is situated a quarter of a finger from the corner of the index finger nail on the thumb side (G)

**Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist (G)

**Liv8** On the inside of the knee in the hollow between the two tendons when the knee is bent. (F)

### Dysmenorrhoea (Painful Periods) P.M.S.

**Ear** Ear Point (C)

**Sp6** This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind tibia bone at this point. (D)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

**Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web. (H)

**Cv6** This lies one and half thumb's width below the navel. (A)

**B31** This lies at the top of the sacral bone one and a half thumb's width away from the mid line. (B)

### Leg Cramp

**Ear** Ear Point (C)

**P6** This lies two thumb's width up from the palm wrist crease towards the elbow, directly in the centre between the two tendons. (See dia. A on page 18)

**B40** This lies directly behind the knee joint in the centre of the crease. (H)

**B57** This lies in the centre of the back of the calf, just where the fleshy mass of muscle narrows down into tendon. (H)

## Acupuncture Points

### Stomach Ache - Upper Abdominal Pain

**Ear** Ear Point (C)

**Cv12** This lies half way between the lower end of the breast bone and the navel, exactly in the mid-line. (A)

**Liv14** This lies at the tip of the ninth rib, approximately halfway along the lower end of the ribcage on the front of the body from the mid-line to the side. (A)

**Sp6** This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind tibia bone at this point. (D)

**Sp9** This lies just below the inside of the kneecap and below the top of the tibia. This point is usually tender when pressed with a finger tip. (H)

**T6** This lies on the back of the wrist, three thumb's width towards the elbow from the wrist crease. (G)

### Gout & Big Toe Pain

**Ear** Ear Point (C)

**B40** This lies directly behind the knee joint in the centre of the crease. (H)

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**Liv1** This is situated on the inner side of the nail bed of the big toe. (H)

**Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web. (H)

**Sp1** This is situated on the outer side of the nail bed of the big toe. (H)

**Sp3** This is situated on the inside edge of the foot two thumb's width towards the ankle side of Sp1, in a depression, up against the large knob of bone. (D)

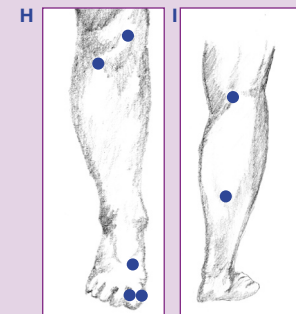
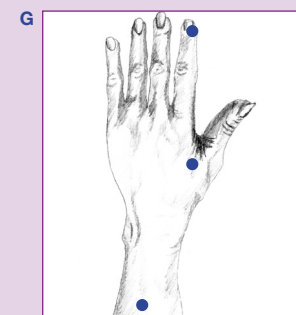
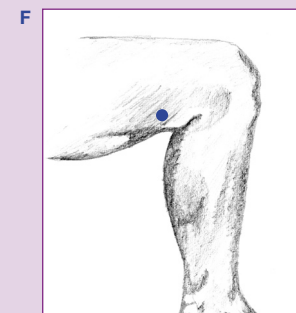
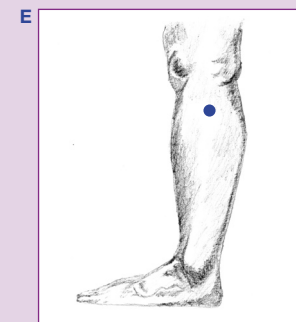
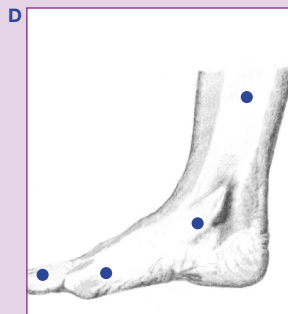
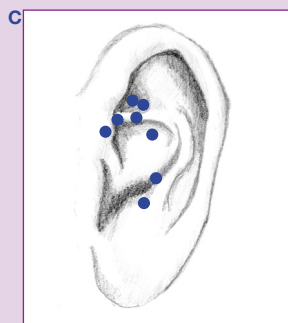
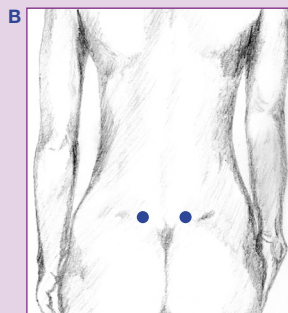
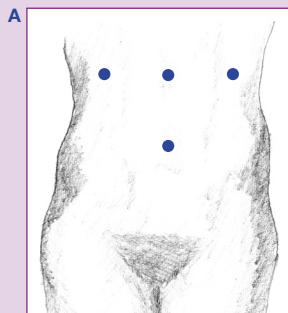
**Sp5** This lies just in front of the knob of the bone on the inside ankle bone. (D)

### Eczema

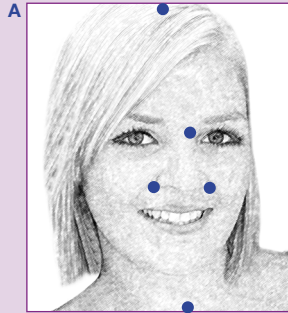
**Ear** Ear Point (C)

**Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web. (H)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)



## Acupuncture Points



### Sinusitis

**Ear** Ear Point (C)

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated.

**Yintang** This lies directly between the eyebrows, just above the bridge of the nose (A)

**Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist (B)

**Li20** This is a half finger's width to the side of the lower end of the nose. (A)

**Sp6** This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind tibia bone at this point. (D)

### Laryngitis - Sore Throat

**Ear** Ear Point (C)

**Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist (B)

**L7** This lies one and half thumb's width up from the inside wrist crease on the thumb's side close to the radial pulse. (E)

**Cv22** This lies in the hollow directly over the front of the larynx in the centre of the lower part of the neck. (A)

### Mouth Ulcers

**Ear** Ear Point (C)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

**Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist (B)

### Low Blood Pressure (Hypotension)

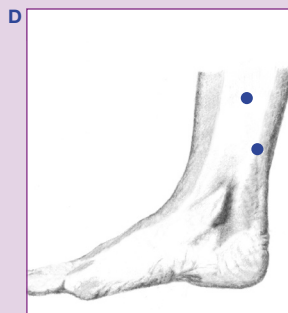
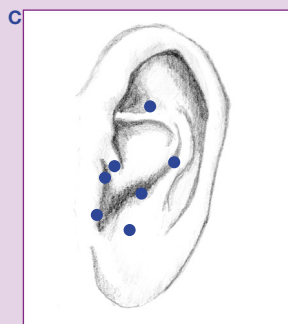
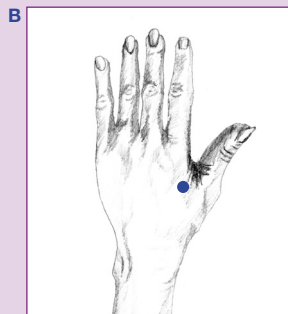
**Gv20** This point lies right at the top of the head where two imaginary lines cross, one drawn from the top of one ear to the top of the other ear, the other line drawn from the top of the nose right over the top of the skull. (A)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

**Sp6** This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind tibia bone at this point. (D)

**Cv6** This lies one and half thumb's width below the navel. (F)

**H7** This lies on the little finger side of the palm wrist crease just inside the small prominent bone. (E)



## Acupuncture Points

### High Blood Pressure (Hypertension)

**Ear** Ear Point (C)

**P6** This lies two thumb's width up from the palm wrist crease towards the elbow, directly in the centre between the two tendons. (E)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

**K3** This lies midway between the tip of the inner ankle bone and the achilles tendon (in the hollow). (D)

### Palpitations

**Ear** Ear Point (C)

**P6** This lies two thumb's width up from the palm wrist crease towards the elbow, directly in the centre between the two tendons. (E)

**H7** This lies on the little finger side of the palm wrist crease just inside the small prominent bone. (E)

### Asthma

**Ear** Ear Point (C)

**Cv17** This lies in a depression at the centre of the front of the chest on a line joining both nipples. (F)

**Cv22** This lies in the hollow directly over the front of the larynx in the centre of the lower part of the neck. (A)

**B13** This lies one and a half thumb's width to each side of the centre of the spine at the level of the third thoracic vertebra. (F)

**K7** This lies two thumb's width above the bone forming the inner ankle joint. (D)

**Sp6** This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind tibia bone at this point. (D)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

### Appetite Reduction

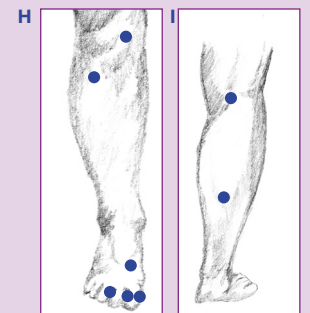
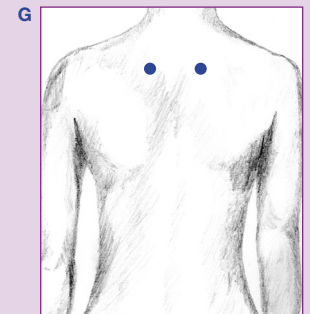
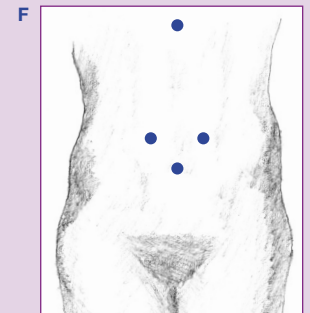
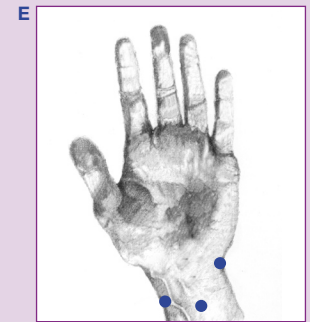
**Ear** Ear Point (C)

**S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone. (H)

**S44** This lies in the web between the second and third toes. (H)

**Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web. (H)

**S25** This is situated two thumb's width to each side of the navel. (F)





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**Acu-Health Treatment?**

Completely safe, needle free alternative to acupuncture. Invented and recommended by Dr Julian Kenyon (Founder chairman of the British Medical Acupuncture Society & medical director of the Dove Clinic for integrated medicine)

**How does Acu-Health work?**

Acu-Health uses the meridians that run throughout the body, which are linked to acupuncture points - thereby stimulating the body's own healing system

**How do you find the right point?**

Acu-Health detects the approximate point by emitting a high pitched whine as you move the probe over the skin. You then require confirmation by increasing the intensity and pressing the treatment button. You should then experience a slight stinging sensation if the exact point has been found. If not, move the probe slightly until this has been achieved.

**Is the Acu-Health difficult to use?**

No. Simply follow the simple steps in this guide to begin treatment immediately.

**Does Acu-Health have to be used by a specialist?**

No. The visual user guide explains how to find the points to treat your own body. Dr Julian Kenyon developed the Acu-Health unit to enable people to enjoy the benefits of acupuncture in a non invasive way.

**Is the Acu-Health safe?**

Yes. The only people who should take guidance are those with a pacemaker or pregnant women.

**Can you over treat?**

No. The length and frequency of the treatment will depend on the condition you are treating. In treating children we highly recommend using the lowest intensity setting to avoid any discomfort.

**How long until I notice a difference?**

In many cases it can work within minutes of the first treatment. Chronic problems may need daily treatment for a month, but eventually may even disappear completely for up to two years before more treatment is needed.

**Does Acu-Health disguise the pain?**

No. It corrects the electrical imbalance in the bodies healing system.

**How effective is Acu-Health?**

In the majority of cases the patient will show good signs of recovery or at least a sense of relief.

**What can be treated with Acu-Health?**

Totally safe and drug free enabling most ailments to be treated. Our comprehensive user guide illustrate a number of common complaints. There are many comprehensive guides on the market for those who want to investigate further.

**Does the Acu-Health treat the whole of the body?**

Yes. There is a separate probe with a lead long enough to access difficult and hard to reach parts of the body.

**Why have auricular (ear) clips?**

The auricular clips are ideal for stress, anxiety, etc.

**How does the medical profession view the Acu-Health unit?**

This form of treatment has been used across the globe in hospitals, surgeries and clinics. It has gained popularity since the introduction of this invention.

**Does the Acu-Health cure ailments?**

No. The Acu-Health stimulates the bodies own healing system which can often lead to a full recovery

**How long does pain relief last?**

This varies from person to person. Pain relief can last up to 24 hours between treatments, but in many cases prolonged pain relief can be experienced.

**Is the Acu-Health portable?**

Yes. The unit has a 9v PP3 battery that can last up to 3 months.

**Do you have to puncture the skin?**

**No.** The Acu-Health contacts the skin in order to stimulate the acupuncture points.

Acupuncture may be best explained as a trigger to the body's self-repair mechanisms. Its positive effects include:

- **Preventative:** you don't need to be ill to benefit from acupuncture! Treatment strengthens your immune system and reduces susceptibility to illness.
- **Psychological:** If you are at an emotional low ebb, acupuncture therapy can help treat depression, addiction, low self-esteem, eating disorders and the general emotional stress that accompanies everyday life.
- **Physical:** acupuncture is best known for its ability to treat a wide range of physical ailments, and treatment has been shown to favourably benefit a number of the body's processes such as circulation, blood pressure, the immune system and the release of anti-inflammatory compounds. In addition to many others, common illnesses treated with acupuncture include: flu, asthma, headaches and migraines, backache, menstrual problems, skin conditions, chronic fatigue, stomach problems and muscular and joint pain.
- **Holistic:** acupuncture therapy enhances your physical, emotional and mental well-being. Even if you are seeking to treat a particular illness, acupuncture can benefit the entire self and contribute to a healthier, happier life.

#### Sports injuries sprains and strains:

These are common and often acutely painful conditions. It is always obvious what has caused them and therefore the treatment can be applied immediately if the possibility of any boney injury such as a fracture has been ruled out by appropriate X-ray investigation. The Acu-Health unit is an ideal method of self treatment. Treating such injuries in the early stages is of considerable importance as it makes it far less likely that the condition will develop into a chronic painful problem.

#### Arthritis:

This is the most common cause of chronic pain. There are two main sorts of arthritis: Osteoarthritis which in lay terms can be regarded as due to wear and tear; and rheumatoid arthritis in which the joints have become inflamed. Osteoarthritic pain will respond better to the Acu-Health unit than pain due to rheumatoid arthritis. This is not to say that the rheumatoid arthritics will not derive benefit from it, but they are less likely to do so.

#### Back Pain:

This is the most common reason for time lost from work. It is usually due to narrowed intervertebral disks in the lower part of the spine. Sometimes there is some associated osteoarthritis of the spine. The Acu-Health unit is a useful way of treating this form of pain and should reduce the amount of time off work.

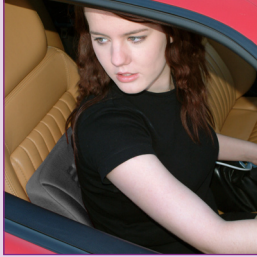
1. **The unit does not switch on:**  
Ensure the battery is correctly installed (see page 4 of this guide).
2. **The audible point indicator is failing to establish a treatment point:**  
Check that the sensitivity is set appropriately (see page 8 of this guide) or your skin may need moistening slightly.
3. **The audible point indicator has located the treatment point, but I cannot feel a stinging sensation:**  
You may need to move the probe around the area until this is achieved. Ensure that you are holding unit as directed on page 7
4. **When using the external probe there is a constant high pitched whine:**  
Take care not to touch the conductive end of the probe with your fingers. When used correctly the Acu-Health unit should not make a sound until contact is made with the body.
5. **The Acu-Health unit does not seem to be having the same beneficial effects as before:**  
Check that you are still receiving a stinging sensation when locating the points.  
  
Remember, that this treatment may not be effective in all cases. If you do not gain any benefits especially if your condition is undiagnosed then consult a doctor as soon as possible.



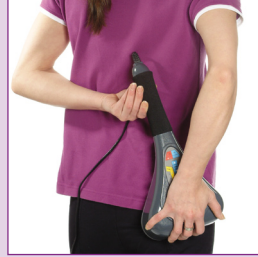
## Specifications & Warnings

Model / ref no. Power Source	ACU-1 9 VDC PP3 type Alkaline Battery.
Technical Description	The Acu-Health hand held portable machine allows acupuncture without needles which gives electro stimulation of energy points for the relief of pain and the treatment of other conditions.
Classification	This is an internally powered device that is not protected against water or dust ingress - refer to page 4 of this guide for recommended cleaning instructions NOTE: Not suitable for use in the presence of flammable anaesthetic mixtures This unit is not suitable for sterilisation.
Type	Type BF applied part.
Operating Duration	Suitable for continuous operation.
Storage	It is advisable that you remove the battery if the equipment is not likely to be used for some time.
Disposal of unit & battery	Please dispose of the Acu-Health unit responsibly and in accordance with environmental & local authority regulations.
Radio & Television Interference	The equipment described in this manual generates, uses and can radiate radio-frequency energy. If it is not correctly used as described in this manual it may cause interference with radio and television reception.

# Health Connection



Massaging Cushion



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Magnetic Jewellery



Reflexology Machine

*For a brochure on the above products contact:*

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