



## ACUPUNCTURE POINTS STIMULATION WITH PAINGONE

### A GENERAL GUIDE TO PAIN RELIEF

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ISO9001 CE Medical Device class IIa

### **What is Acupuncture?**

Acupuncture dates back over three thousand years, but only recently has it begun to gain recognition as a valid treatment for chronic or long-standing pain. Using the PainGone on acupoints will stimulate the brain and encourage it to produce endorphins, the body's natural painkiller. Use the guide below to discover which acupoints will be most beneficial to your condition to gain maximum pain relief.

Research has shown stimulating pens, such as PainGone, can also be used for non-invasive acupuncture. Please follow the simple guide to find your condition and locate the relevant points of acupuncture. When treating a condition for which more than three points are listed, start by trying out the first three points. If the effect is not satisfactory, vary the points until you find the best combination for you. Click 15 - 20 times on each acupoint you are treating. When treating migraine or headache, you must apply stimulation to the opposite side of the body. If the headache or migraine is on the right side of the head, you should apply stimulation to the left side of your body.

## **How to use PainGone for electroacupuncture pain relief**

Hold PainGone in your hand and firmly wrap your index finger around the metal ring. Place the pen directly on the point of the pain and click the red button 30 – 40 times. A small sensation will be felt. Usually pain relief comes within minutes – although it can take a little longer to be felt on certain individuals. Do not think it won't work. Keep repeating the process every one or two hours until relief arrives. A recent survey of users who gained early relief from painful conditions revealed that in the majority of cases they had, from the day the product arrived, used it on their pain up to 8 times per day if needed. This is perfectly safe as the clinical trials show there are no side effects and no danger of over-dosing.

In extreme cases it could take up to three weeks before pain relief is realised. Persevere before giving up, as your health is important and a few extra treatments a day could make all the difference.

Relief lasts varying degrees of time depending on the person and the pain – it could be two hours, it could be two days. It is important to remember that this product only gives pain relief – it does not “cure” anything. Keeping in touch with your doctor regarding your particular problem is always to be encouraged.

PainGone is effective over a 15cm radius and will work through light clothing. The PainGone will produce approximately 100,000 clicks without maintenance.

### **Do not use PainGone :**

- If you are fitted with a pacemaker
- If you suffer from epilepsy
- Directly over implanted metal parts
- If you are in your first 16 weeks of pregnancy
- In and around the eyes
- On wet skin or in damp surroundings
- Close to oxygen or flammable liquids
- Over the heart
- Whilst driving
- On open wounds
- On the carotid sinus nerves, laryngeal or pharyngeal muscles in the front/side of the neck

Do not allow children under the age of 8 to use PainGone without adult supervision.

***No product or advice is solely intended to replace current medication, diagnose or cure any conditions. Please consult your doctor if you are concerned about the applicability of this product in relation to your own condition or if you are already taking strong medication like steroids/warfarin etc.***

## 1. Summary of Acupoint Indications

Find the name of the condition you are looking to treat and the numbers of the corresponding acupoints. The acupoints are then described below in numerical order.

### 1.1 Head

- Head injury or pain: 8, 3, 7, 6, 2, 10, 1, 11, 20, and 23
- Headaches:
  - in general: 1, 3, 7, 4, 6, 2, 10, 11, 19, 20
  - migraine: 1, 7, 12
- Throat: 10, 3, 14, 1, 7, and 12
- Toothache: 4, 1, 18, and 21
- Ears: 3, 1

### 1.2 Trunk

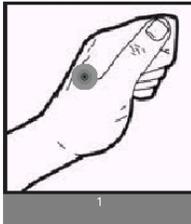
- (Nocturnal) leg cramps: 4
- Chest: 3, 2, 1, and 7
- Abdomen:
  - upper: 5, 6
  - lower: 9, 5, 6, 2, 19
- Ovaries and uterus: 8, 13, 5, and 6
- Hernia: 5, 6, and 19
- Sciatica: 9, 4, 5, 6, 24, and 22
- Muscle cramps: 25, 26
- Lungs: 7
- Stomach: 8, 5, 6, and 2
- Menstruation: 13, 5, 2, 15, 26, and 19
- Neck: 8, 1, 7, 16, 17, 26, and 23
- Backache:
  - In general: 9, 4, 5, 6, 17, 20, 22, 23
  - upper back: 17, 22, 23, 9, 4
  - lower back: 4, 5, 6, 20
- Muscle pain brought on by straining or twisting: 4
- Lumbago: 9, 4, 5, 6, 14, 1, 7, and 24
- Testicles: 4, 5, and 6
- Urinary tract /genitals: 13, 25, 26, and 19
- Neck whiplash: 8, 4, 1, and 7
- Neuralgia: 4
- Asthma: 1 and 7

### **1.3 Arms and legs**

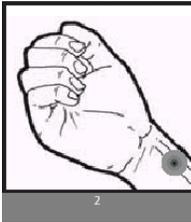
- Arms: 8, 3, 2, 12, 17, and 23
- Arthritis/arthrosis, gout: Use PainGone at the site of the pain
- Legs: 9, 4, 5, and 6
- Thighs: 9
- Elbows: 8, 3, 2, 14, 1, and 23
- Ankles: 4, 5, 6, 1, 25, 18, 19, and 20
- Hands: 3, 2, 10, 1, and 12
- Hips: 4, 5, and 6
- Knees: 9
- Armpits: 2, 12
- Forearms: 8, 2, 10, 1, and 12
- Wrists: 7, 3, and 12
- Shoulders: 8, 3, 2, 14, 1, 7, 17, and 26
- Fingers: 10, 3, 2, 1, and 12
- Feet: 4, 5, 6, 1, 25, 18, 19, and 20

## Acupoints

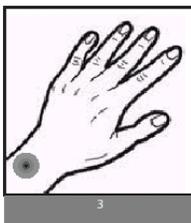
The following diagrams will illustrate where the acupressure points can be found.



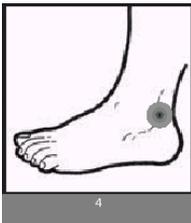
1. This point is suitable for most upper-body problems. Press the thumb and index finger together to form a ridge at the upper edge of the thumb. The point is in the centre of the ridge, directly above the crease between the thumb and index finger.



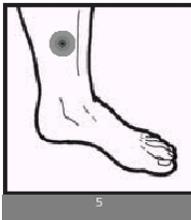
2. Measure two thumb-widths from the largest crease on the inside of the wrist. The point is between the tendons in the centre of the wrist.



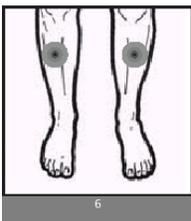
3. Exactly opposite acupoint 2, two thumb-widths from the outside of the wrist, in a straight line with the middle finger.



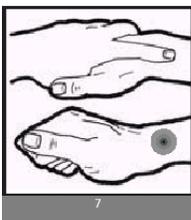
4. There is an acupoint in the recess immediately behind the outer anklebone.



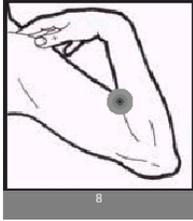
5. Normally used in combination with acupoint 6. Acupoint 5 is a hand's-breadth above the end of the inner anklebone, behind the shinbone.



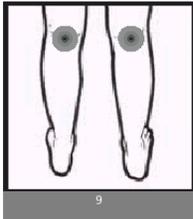
6. This acupoint is very effective in lower-body problems, especially in combination with acupoint 5. It is a hand's-breadth below the bottom of the kneecap, on the outer side of the calf, in the cavity between the shinbone and the leg muscle.



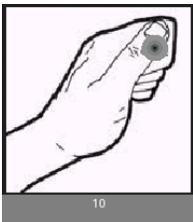
7. Clasp your hands so that your index fingers lie on the upper side of your wrists (top drawing). The point lies in line with the thumb, in a small cavity (bottom drawing). Remember the location of this point, unclasp your hands and use the point.



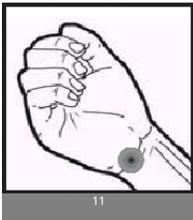
8. Bend your arm as shown in the drawing and place your finger in the crease in your arm. Straighten your arm and use the point.



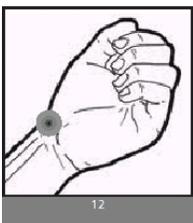
9. Between the two vertical hamstrings, behind the knee, in the crease produced when the leg is bent. N.B.: do not use this acupoint if you have varicose veins.



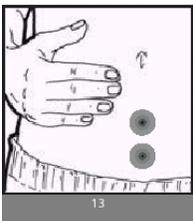
10. Immediately behind the thumbnail, on the side furthest from the fingers.



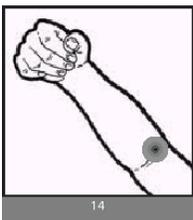
11. On the largest crease of the inside of the wrist, in line with the little finger.



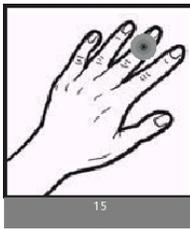
12. On the largest crease of the inside of the wrist, in line with the thumb.



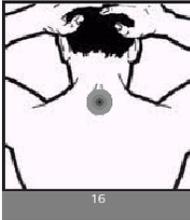
13. Four finger-widths below the navel. Another acupoint producing the same effect is two thumb widths directly below this point.



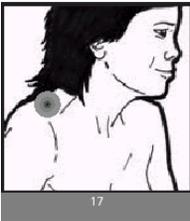
14. In the crease on the inside of the elbow, on the side nearest the thumb.



15. On the middle finger, immediately below the nail, on the side nearest the thumb.



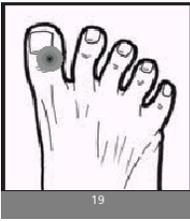
16. Between the two most protruding bones at the top of the spine.



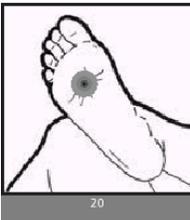
17. On the top of the shoulder, halfway between the neck and the outer point of the shoulder.



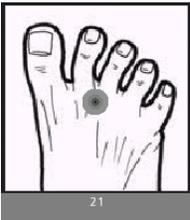
18. Immediately behind the nail of the second toe, on the side furthest from the big toe.



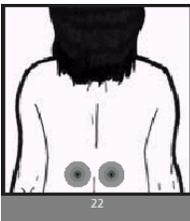
19. On the big toe, on the side nearest to the second toe, just behind and slightly to the side of the nail.



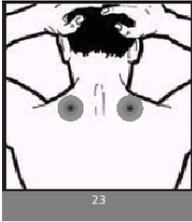
20. In the middle of the sole of the foot, just behind the ball of the foot.



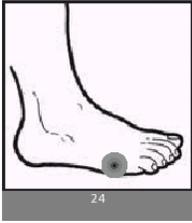
21. Immediately above the spot where the second and third toes join.



22. These points are on the back, on an imaginary line between the elbows, about two thumb-widths either side of the spine.



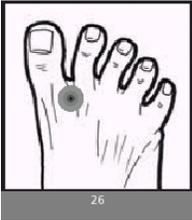
23. Slightly behind the muscle between the neck and shoulders, a little closer to the arm than to the neck.



24. On the outer side of the foot, slightly behind the last knuckle of the little toe.



25. Two thumb-widths above the spot at which the big toe and the second toe join, on the upper surface of the foot.



26. Immediately above the spot at which the big toe and the second toe join, on the upper surface of the foot.