



Hand Acupuncture Manual

Using the Aculife Magnetic Wave Therapist

WARNING

You are **STRICTLY FORBIDDEN** to use Aculife if you are:

1. *Pace-maker User*
2. *Pregnant*
3. *Child under 3 years of age*
4. *Patient with Malignant Tumours*
5. *Patient with Haemorrhagic Tendencies*
6. *Patient with Tuberculosis*
7. *Chronic Alcoholic*

Congratulations on your purchase of an Aculife Magnetic Wave Therapist. This booklet has been prepared and written by Niall Strickland and Yuk Kwon Lee, two experienced practitioners regularly using the Aculife Magnetic Wave Therapist to detect and relieve a host of medical problems for their families, friends and acquaintances. Over the last few years, they have discovered the many benefits of using hand acupuncture. They are confident that you will too.

This innovative medical device was developed to allow ordinary individuals to detect what is going on in their bodies and to help restore their health to a natural state of balance, using electro-magnetic waves. Based on the principles of Chinese Acupuncture, your Aculife Magnetic Wave Therapist will allow you to detect blocked meridians or energy channels in your body and will help to clear these channels, in much the same way as a traditional Acupuncturist would do. However, with Aculife, you do not require any needles and it can be used effectively by most people after just a few minutes of studying the instructions in this booklet or after watching the accompanying DVD. Please note that Aculife is not a substitute for medical care. If you have a health problem always consult your medical practitioner.



Foreward

There are many gadgets on the market today offering to do all sorts of things. The Aculife Magnetic Wave Therapist caught my attention because of its simplicity and its remarkable ability to rapidly and accurately identify the source of a large variety of ailments and illnesses. A deep medical knowledge is not required to use this device, there are easy to follow diagrams and instructions, and use of the device gives a greater understanding and awareness of one's own body, and such knowledge, nowadays, is almost a necessity.

Treatment using the device is equally simple, with easy to follow protocols and suggestions provided.

In my short time using the device I was impressed by the accuracy of its diagnostic abilities, the rapid ease of several acute illnesses and its ease of use.

The usual rules apply, of course, if in doubt, consult a specialist. And it's always useful to know what you are consulting them for!

Dr. David Mc Dermott

Dr. David Mc Dermott
(Irish medical doctor and plastic surgeon)

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Manufacturer's Instructions

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Features

1. Locating Acupoints

The enclosed handmaps help you to effectively locate Acupoints.

2. Boosting Blood Circulation

Using magnetic waves to stimulate Acupoints results in improved blood circulation much like in traditional Acupuncture.

3. Magnetism Effect

Magnetic waves magnetise the body's fluids and enhances the immune system's ability to fight disease.

4. Improving Health

An enhanced immune system helps prevent illness and disease.

5. Dual Relieve Method

By using two connection points on the body it ensures that the treatment is most effective.

6. Easy to Operate

The device is safe, easy to use, and suitable for the whole family.

7. Light & Portable

Take it anywhere anytime.

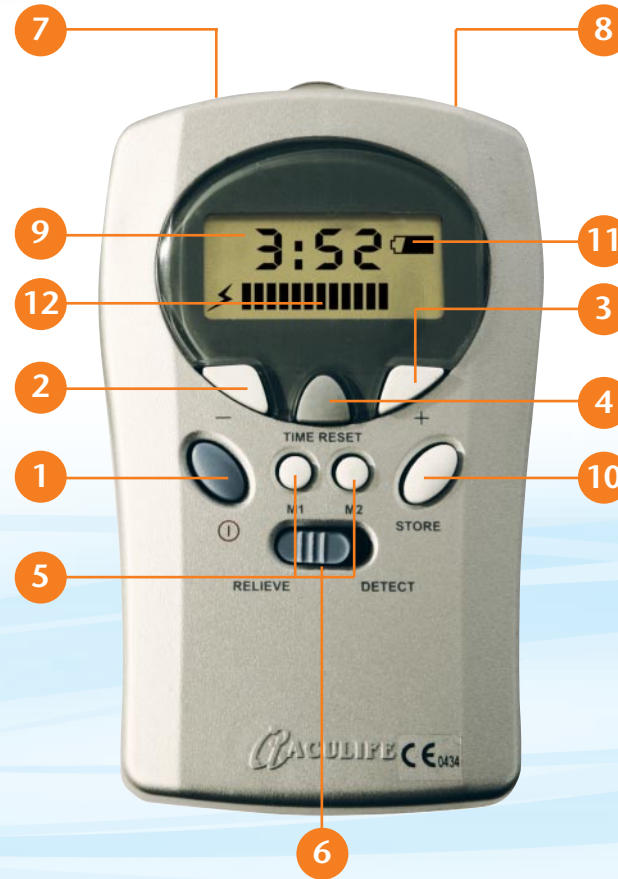
8. LCD Display

This indicates the power of the magnetic wave and allows you to see the elapsed time of treatments.

Ancient Chinese imperial medical records indicate that generations of medical practitioners have found that 6 of the 12 meridians in the human body are connected to the ear and the palm. It has been proven that by stimulating the ear and palm meridians, it is possible to detect the condition of your health by monitoring differences in electro-magnetic feedback. When there is illness or imbalance in the body, a lower electro magnetic signature will be detected and will manifest itself as a sharp tingling sensation on the hand. Aculife is able to remedy this shortfall in the electro magnetic signature and assist the body in healing itself.

Aculife Functions

1. Power on/off
2. Intensity Control – minus
3. Intensity Control – plus
4. Timer
5. Memory Preset – M1/M2
6. Detect/Relieve Switch
7. Socket for Magnetic Wave Pointer
8. A/C Power Adaptor
9. Timer Display – Indicates Treatment Time
10. Memory Storage Button
11. Battery Power Indicator
12. Intensity Level Display



Accessories



1. A/C Power Adapter
+ 9v Battery



2. Clip Holder



3. Magnetic Wave Pointer
with Ear Plug



4. Neck Strap

Optional Extras



1. Patch Wand Set



2. Hands Free Kit



3. Replacement Patches



4. Aculife Clip with Grey Pointing Device

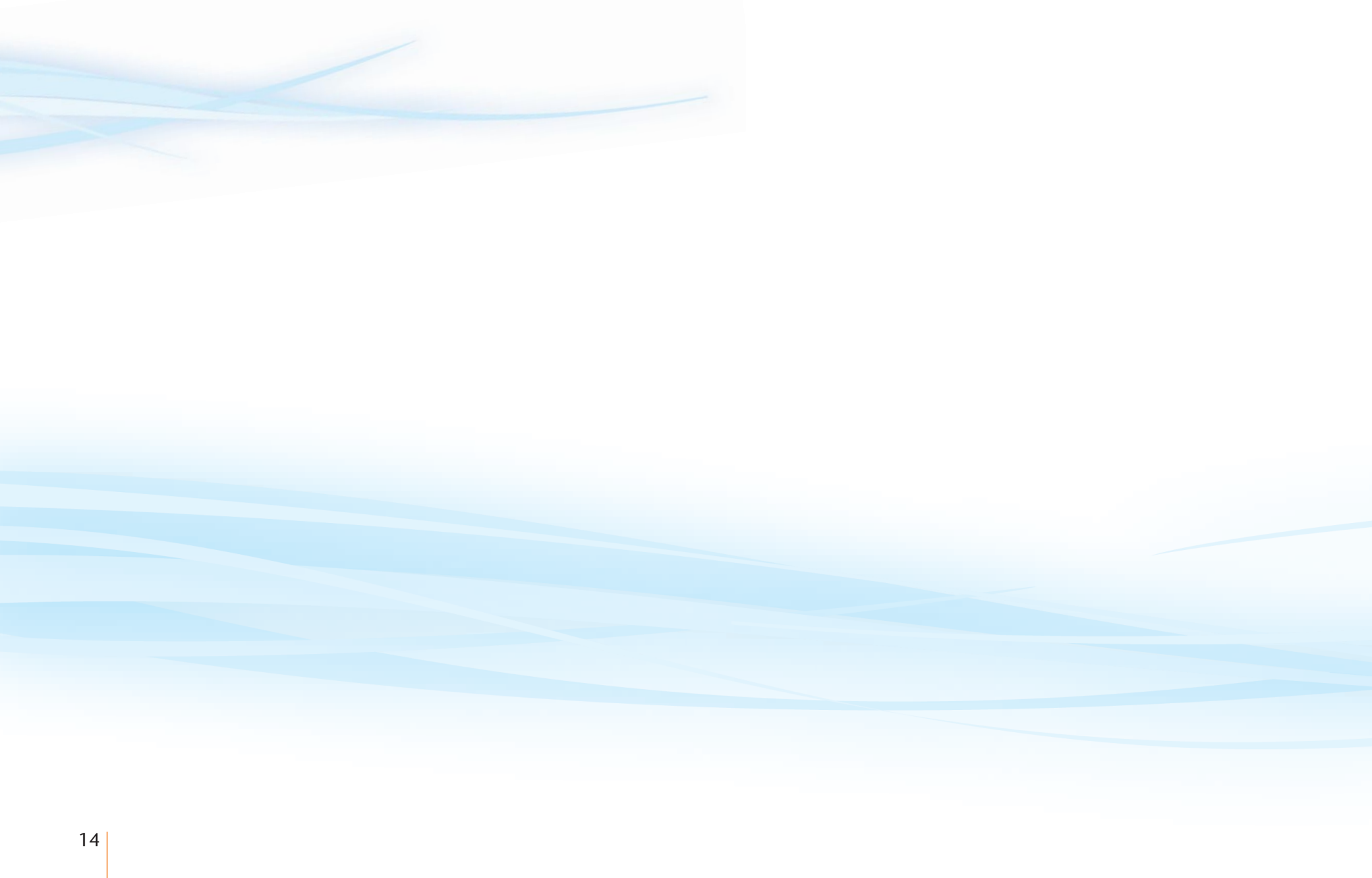
Specification

1. Power Supply: DC9V (can be connected to AC/DC Adaptor Supplied)
2. Display: LCD
3. Power: On/Off Push Button
4. Power Button Composition: Silicon
5. Range of Frequency: 1-60Hz (adjustable)
6. Electric Current: 2.3-12uA
7. Resistance of Silicon: 250-300ohm
8. Power Consumption: 60mA
9. Size: 119.74mm (L) x 65mm (W) x 31.12mm (H)



General Advice On Use Of Aculife

1. Do not use Aculife when suffering from extreme fatigue or hunger. Rest first for 30 minutes and have a light snack. Then you may proceed with detection and therapy
2. Rest for one hour after having a full meal before using Aculife
3. Dry your palms before using Aculife. In cold weather, you should warm your hands before use.
4. Refrain from cold showers or cold drinks after session. A one-hour rest is recommended after each use.
5. After using Aculife for 15 consecutive days, refrain from using it for 3 days before continuing with further sessions.
6. Some patients may develop a skin rash after the session; this rash is normal and will disappear about one hour after the session.
7. The detector wand should not have contact with any metal object such as a watch or rings.
8. The intensity of the magnetic wave can be classified into 15 grades. It is advisable for new users to begin with 1st grade and gradually adjust to higher grades, according to individual adaptation.
9. Drinking 300-500 cc of warm water is recommended after treatment.
10. This product is designed for health care. Systematic use of the product is highly recommended for good health maintenance. In other words, you should consider using it on say your digestive system on day one, followed by cardiovascular system on day 2 followed by respiratory system on day 3 and so on.
11. If you get uncomfortable after using Aculife, please consult a doctor.
12. If you are currently undergoing any medical treatment, please consult your doctor before using this product.
13. Do not get Aculife wet. Humidity may disrupt the functions of the unit.
14. Do not drop the Aculife
15. Use the correct AC adopter voltage. The AC adopter should be CE approved.
16. If battery power is used, please use an alkaline battery.
17. The intensity of the magnetic wave in Detect mode power level 2 is greater than the power level 1 in Relieve mode.
18. Do not use Aculife by placing the earplug into your left ear and using the pointer on your right hand or do not place the earplug in your right ear while using the pointer on your left hand.
19. The Aculife Blue Pointer should only be used on the hand and never in the region of your heart, head or face.
20. If you feel that using Aculife does not agree with you please discontinue using it.



Introduction

Aculife Magnetic Wave Therapist is a product resulting from the integration of 5000 years old traditional Chinese Acupuncture medical knowledge and modern immunity preventative medical technology. Through the stimulation of hand and ear or, hand and forearm, by extra long magnetic waves, the product can improve the micro-circulation of the human body, accelerates metabolism and boosts the immune system. In addition, it also generates a mild heat massage that can help eliminate fatigue and improves blood circulation.

History of Electro and Electro-Magnetic Treatments

Electro-magnetic wave therapy involves combining electric and magnetic therapies together.

- **1780** – A western scientist, Carboni, discovered the effects of electric currents on nerves and flesh while experimenting with frogs
- **1783** – A Japanese Scientist, Hshimoto Soukichi, performed an experiment on a human being using electric currents
- **1825** – A French Researcher, Salander began using galvanic Acupuncture to treat disease of the nervous system
- **1859** – A Japanese Scientist, Sakuma Shozan, made the first known electric current instrument for treating disease
- **1950** – A Japanese Doctor, Nakatani Yoshio, made use of a direct current resistor device to measure the amount of electric current under the skin of a patient with renal disease. He discovered that there was a series of Acupuncture points under the skin of the foot and that the amount of electric current was higher here than anywhere else in the body. The linking line in the Acupuncture points he found were exactly the same as described in the ancient book, "The Book of Kidney". Afterwards, He proved that 12 channels and collaterals exhibited a similar phenomenon. He claimed that Acupuncture points conducted electricity very effectively and that these points were linked in a channel.
- **More Recent Times** – With the invention of modern resistor devices, we have created the ability to test acupuncture points and measure the resistance they offer. When we find that resistance is

strong, it indicates that electric current is weaker than it should be and indicates a deficiency in vital energy. When we find that resistance is weak, it indicates that electric current is too strong, resulting in excess energy. Using the Aculife Magnetic Wave Therapist, we can quickly get a reading of abnormal flows of electricity through the meridians at various Acupoints around the body. This abnormal resistance reading manifests itself as a sharp stinging or prickling sensation on parts of the hand that correspond with different parts of the body. In Detect mode, one can quickly identify the Acupoints where resistance is out of balance. By stimulating these points in Relieve mode, a user can quickly restore the energy flow in these Acupoints to their correct levels.

- **Currently**, Japanese and Chinese hospitals and medical centres use a combination of traditional acupuncture and herb treatments along with western approaches such as surgery and drugs. But the country which has surpassed all others in the use of acupuncture is France. There are approximately 6,000 doctors using acupuncture and it is a routine treatment in more than 15 hospitals. In the late 1970s the World Health Organization, WHO, did a series of studies and declared Acupuncture medicine to be highly effective in 40 major internal disease processes. It is common to find the use of acupuncture in many western medical facilities now, although much of the application of this medicine is limited to pain control and less focused on internal medicine.

Magnetism, Meridians and Electro Magnetism

The earth is a big magnet. The inner core is known to be magnetic. Since time began, humans have been affected by magnetism. In the past one hundred years, magnetic energy in the environment has fallen by about 5 percent due largely to the increase in concrete and steel frame buildings. Japanese scholars have utilised sophisticated instruments to measure magnetism and they have found that people in the modern world are suffering from a reduction in magnetic energy in their bodies. According to them, this reduction in magnetism can cause diseases of the nervous system. A decreased magnetic field leads to less molecular activity and a decrease in the enzymes in the body. An enhanced magnetic field brings increased speed of electrons and protons, which increases molecular activity, resulting in more efficient chemical reactions, providing a basic energy catalyst for improving body function.

According to Dr. Dean Bonlie of the Scientific Research Committee of the North American Academy of Magnetic Therapy, there are really two electrical systems in the body. The motor and sensory nervous system is the one which we are all familiar with. The one that is not so familiar is the vitality or direct current system. Dr. Becker made this discovery and learned that the electricity in this vitality system travels from the brain down the myelin sheath on the outside of the nerve rather than down the axon in the middle of the nerve. He also discovered that the electricity returns by way of the fascia (connective tissue) back to the dura mater of the spinal cord and from there back to the brain. These return currents are called meridians in eastern cultures. Scar tissue or misalignment of the vertebrae can cause interruption of this current flow because of the pressure they exert on this tissue which is semi-conducting and very sensitive to pressure. Exercise is very good because

it allows more electricity to flow to the periphery.

Energy, Chi, or Qi circulates throughout the body along the pathways called Meridians. Electrical energy travels along these pathways or meridians separate from the nervous system. Not only does the energy travel along the surface of the body, it has connections to every organ, blood vessel, muscle, gland, and element of the body.

The meridians are channels which are 20-50 mili-microns in diameter. They have a thin membranous wall and are filled with a transparent, colorless fluid. Each of the main meridians intricately develops subsidiary branches, some of which supply adjacent areas with energy while others ultimately reach the surface of the skin. The places at which the branches reach the skin's surface are the acupuncture and pressure points. Several channels may converge at one point; therefore it is possible to affect several meridians at one time. The meridians cannot be seen with the human eye but scientists have been able to precisely map these energy channels or meridians using sensitive electronic instrumentation. Indeed Russian scientists have found both temperature differences and greater conductivity of electricity at the acupuncture and acupressure points.

Electro-magnetism has a rapport with the energy of the body and can travel through the body like other forms of electricity, sound, and wave forms of energy. When needles or pressure are used, they act as antennae that conduct the electro-magnetic energy from the air into the body. Electro-magnetic energy can replenish the body's energy that has been depleted by disease or injury. Aculife replicates this by generating and sending a low intensity magnetic wave through the body from two non-invasive connection points, restoring the body to its natural state of balance.

Aculife and Yin Yang

Embracing the ancient Chinese tradition of healing, Aculife uses the time-honoured philosophy of Wu Sing, or “five elements” as the basis of its treatment. The five elemental energies – earth, gold, water, wood and fire – symbolise the life forces present in all living things, each one being a manifestation of Yin and Yang, or the opposing states of nature.

Earth



Representing the state of optimum balance, earth regulates the five elements. As the pivot of the cycle, it symbolises late summer when the Yang energies of spring and summer transform into the Yin energies of autumn and winter.

Wood



Expressed as the season of spring, where new life begins and hibernation ends, wood is the start of Yang energy. Characterised by growth and renewal, wood is represented by the colour green.

Gold



Representing the state of purification, gold is linked with autumn when energies are purified and conserved for the impending winter. Gold symbolises wealth and prosperity and is characterised by radiance.

Fire



The strongest Yang energy in the five elements, fire is associated with vitality and the heat of summer. It is the most energetic of the elements and is used to counter excessive heat. It is represented by the colour red.

Water



Associated with winter and extreme Yin, water is represented by the colour black. Characterised by the season of rest and stillness, the water element is meditative and gentle. In feng shui it is widely used to promote wealth and good luck.

These five elements correspond directly with 5 key organs in the body:

Element		Organ		Colour
Earth	→	Spleen	→	Yellow
Gold	→	Lung	→	White
Water	→	Kidney	→	Black
Wood	→	Liver	→	Green
Fire	→	Heart	→	Red

Each of the organs has a balancing element in the body as well as an external manifestation. Each pairing is a balance of Yin and Yang.

Internal		Balancing Element		External
Spleen	→	Stomach	←	Muscle
Lung	→	Large Intestine	←	Skin
Kidney	→	Bladder	←	Hair
Liver	→	Gall Bladder	←	Eyes
Heart	→	Small Intestine	←	Tongue

When attempting to heal your body using Chinese medicine, you are effectively using the principle of Yin and Yang to balance your body's cells so that positive and negative elements are equalised. There are 12 meridians in your body which link the various organs and tissue together, 3 starting in each hand and three starting in each foot. Acupoints are junctions along the meridians which store energy (chi) as it travels around the body. Stimulating the Acupoints, whether with needles or electro-magnetic pulses, increases the flow of chi in your blood and therefore the body functions better. Acupoints reflect the efficacy of internal systems in the body and so Aculife can diagnose the body's health by reading the flow of energy through the Acupoints. Because all of the organs and tissues are connected by meridians, it is possible to check the Acupoints in the hand to determine the health and effectiveness of any part of the body.

Functions and impact of each organ according to Chinese Medicine



Spleen

- Appetite
- Stomach
- Immune System



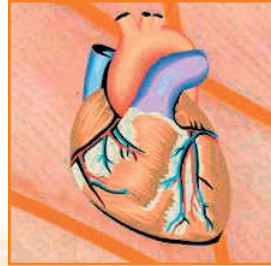
Liver

- Eyes
- Tendons, Muscles & Veins
- Stroke
- Liver provides nutrition to heart to pump blood



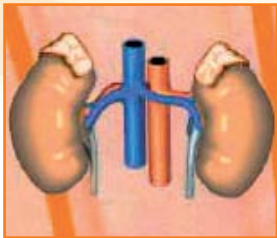
Lung

- Lung
- Respiratory System
- Immune System
- Allergies in nose, windpipe, asthma
- Energy levels



Heart

- Blood Circulation
- Metabolism
- Arteries
- Blood Pressure
- Stress
- Mental Illness
- Brain & Brain Arteries



Kidney

- Removes Water
- Generates Bones/Calcium
- Sexual Organs and their functions
- Ear Function
- Affects Endocrine

Aculife - How It Works

Magnetic Wave Therapy improves blood circulation by magnetising the blood and by increasing the amount of oxygen contained therein. This has a positive effect on the body's metabolism. The Aculife Magnetic Wave Therapist uses both electric current and magnetism, which force tense muscles to contract and relax frequently resulting in pain relief. These combined effects can also boost the immune system.

When set in Detect Mode, Aculife sends out a short wave electric pulse through the Acupoints on the left hand. The body's state-of-Chi, or balance, creates feedback in the form of a tingling or stinging sensation.

When set to Relieve Mode, Aculife transmits an electric pulse along the same wavelength as is used during Detect Mode but at a different power. This stimulates the brain into producing additional red & white blood cells as well as endorphins, which act as a stimulant and provide relief from pain. Aculife creates a magnetic pulse that encourages the natural production of blood cells by the body - red ones to carry oxygen and nutrients, white ones to reduce inflammation and strengthen the general immune system. Improvement in circulation helps the body to heal itself more effectively and totally naturally.

Daily use of Aculife strengthens and enhances the body's immune system, enabling it to be more efficient in fighting off disease and maintaining a healthy balance.

Traditional Chinese and Eastern medicine postulates that if a disease or imbalance develops inside the body, the signs of that disease will manifest itself on the outside of the body. If the Chi flows harmoniously inside the body, there will be an absence of pain. However, if the Chi is blocked, there will be pain. It is known that the state-of-Chi relating to the internal organs and systems is reflected in the Acupoints on the skin. Therefore, when a mild electric stimulus is applied to the Acupoints a different sensation will be felt where there is a problem compared to where there isn't one.

Traditional Acupuncture and Reflexology is based on rebalancing the Chi by stimulating the relevant Acupuncture points in the body. Reflexology concentrates on the meridians and Acupoints on the soles of the feet, whereas Traditional Acupuncture, using needles, may be practiced almost anywhere on the body depending on the ailment identified by the sufferer. Aculife concentrates on using the ear and the hand or the hand and the forearm, because these have proved to be an excellent combination and are easily accessible to the average home user.



*Authors' Recommended
User Instructions*

Authors' Recommended User Instructions

There are 4 different ways in which you may use your Aculife Magnetic Wave Therapist

- 1 Using a single earplug in your left ear in combination with the blue pointing device - see page 25;
- 2 Using a patch on your left forearm in combination with the blue pointing device - see page 26;
- 3 In hands-free mode using earplugs in both ears without the blue pointing device - see page 27 and;
- 4 Using the Aculife Clip with Grey Pointing Device - see page 28.

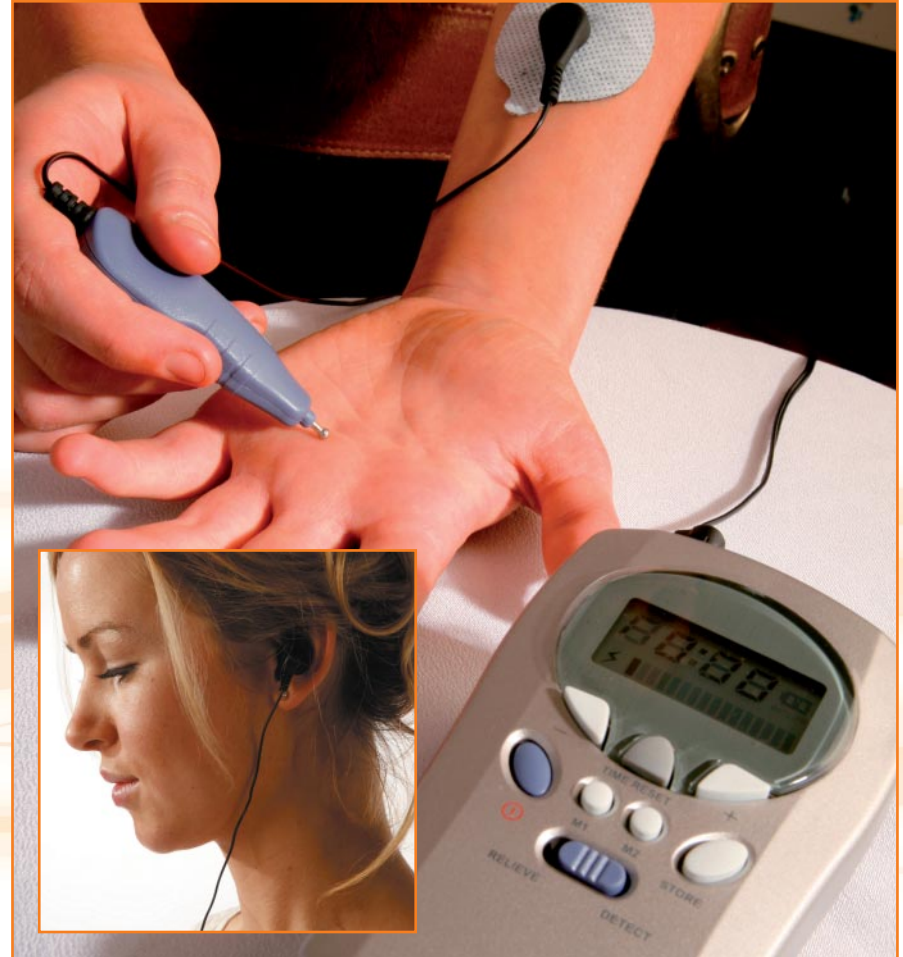
1. Using the Aculife Earplugs with Blue Pointing Device

Strip back the wires on the wiring loom to the limiting point. Then connect the appropriate connection on the wiring loom to the back of the earplug. Plug the remaining connection into the top of the Aculife Magnetic Wave Therapist unit.

It is important that the earplug is fitted properly in your left ear so that a good connection is made with the Ear Acupoints. Choose the size that fits best into your ear. Rub a light coating of water based hand or body lotion on the earplug before inserting it in the ear. If the earplug still remains loose, you will need to have it held in place with a band-aid/elastoplast while using the Aculife unit.

Please note that it is normal for you to feel a light sensation in your ear while using your Aculife. Should this prove uncomfortable, the application of some more hand cream on the earpiece will usually reduce the sensation.

Now you are ready to start using the pointing device.



2. *Using the Aculife Patch with Blue Pointing Device*

Carefully remove the plastic backing from one of the patches supplied and stick it to your forearm about 6 inches from the inside of your wrist. Attach the clasp from the wiring loom on to the back of the patch. Strip back the wires on the wiring loom to the limiting point. Plug the remaining connection into the top of the Aculife Magnetic Wave Therapist unit. Now you are ready to using the pointing device. Try to keep the plastic backing for the patch dust free as you will want to stick it back on this once you have finished your therapy session.

When using the Patch system, you may also apply the patch onto the area of your body where pain is being felt. Please note however, that you should never place the patch on your head or neck. If the pain is on the left hand side of your body and you are using the patch directly on the pain point, then you should stimulate your left hand with the blue pointing device. If the pain is on the right hand side of your body and you are using the patch directly on the pain point, then you should stimulate your right hand with the blue pointing device.



3. *Using the Aculife Hands-Free Kit*

Simply select the size of earplug most suited to your ear size. Rub a light coating of water based hand or body lotion on the 2 matching earplugs before inserting them in both ears. Then connect the appropriate connections on the wiring loom to the back of the earplugs. Plug the remaining connection into the top of the Aculife Magnetic Wave Therapist unit. Ensure that you turn on your Aculife before inserting the plugs in your ears. Now you are ready to start.

When using the hands-free kit you may use Aculife in detect or relieve mode. Set the bars on the Aculife screen to a power level that you are comfortable with (using the + and – signs). At the beginning, use a low power level and gradually increase it. Then sit back for about 30 minutes daily and allow the electro magnetic waves to pass down one side of your body and up the other side. The hands free kit is best used for health maintenance on a daily basis. If you get a different sensation in one ear compared to the other one, it simply means that that your body is out of balance. Regular use of Aculife will restore balance and then you should no longer feel a different sensation in either ear.



4. *Using the Aculife Pointer Clip with Grey Pointing Device*

This optional accessory allows you to clasp the Pointing Device on any part of your hand for effective treatment without the necessity to hold it in place with your other hand.

Hand Moisture

It is important that your left hand is not completely dry or indeed moist while using the blue pointing device. If your hand is very dry you should rub a light coating of water based hand cream on it and remove the excess before commencing. If your hand is damp, you should dry it before you start.



Detecting

Step 1 Set the Aculife machine to detect mode.



Step 2 Using the Plus and Minus buttons, set the intensity level to one which is comfortable for you and increase or decrease it as necessary.



Step 3 Ensure that you have an earpiece inserted in your left ear or a patch stuck onto your left forearm and that the other end of the wiring loom is plugged into the Aculife Unit. The fat part of the earplug goes in the bottom of the ear and this part should be inserted first before trying to push the ear piece home.



Step 4 Place the blue pointing device against the 'Shao Shang' of your left thumb – this is near the cuticle of your thumb with your hand facing downwards. If the intensity you experience in 'Shao Shang' is painful, then reduce the intensity bars by using the minus button until the sensation becomes acceptable.



Step 5

Run the blue pointing device over your hand, both back and front, without lifting it from the surface of the skin. When you find specific Acupoints in your hand, which generate the same sensation or a stronger sensation than that of 'Shao Shang', it means that specific Acupoint reflects some potential problem in your body. Chinese Medicine is all about balance. According to custom and practice, the most painful point should be 'Shao Shang' if the body's condition is perfect. If other specific points are more painful than 'Shao Shang', it reflects that your body is not in balance. The 'Shao Shang' is a key reference point and the sensation felt on other parts of the hand should continuously be compared to this.

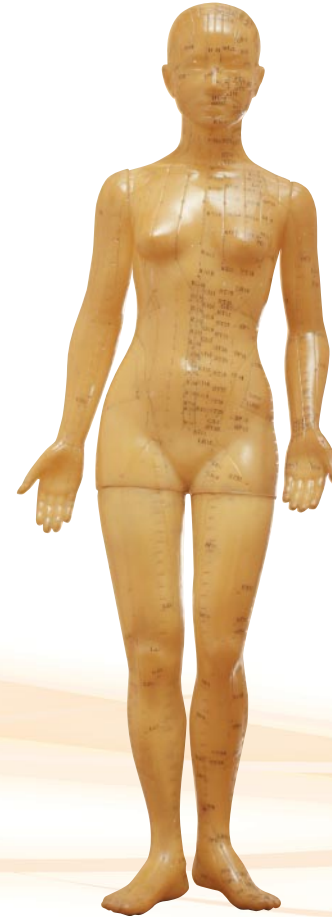


Step 6

Simply mark all the points where you get a strong sensation with a biro or marker. Please note that the heart, lungs, kidney, liver and spleen Acupoints are balancing points for your body and often show up in relation to other ailments. Unless all points for a particular organ show up a very strong sensation, then it is unlikely that the organ is problematic. If in doubt, see your doctor.

So what do the different sensations mean?

- If the user feels a prickling sensation similar or stronger than the “Shao Shang” on a hand Acupoint, this indicates that a possible health or pain problem has been found.
- If the user feels a vibrating sensation from a hand Acupoint upward or downward from the point being touched, then this indicates that a potential inherited health problem exists or that the organ related to this point is experiencing a problem.
- If the user just feels a mild sensation from the Acupoint being touched, then this indicates that there is no problem with that particular organ or system.
- It is important to note that different people experience different levels of sensation on the “Shao Shang”, as well as on other parts of the hand.



Treating Medical Conditions and Relieving Pain

The most painful points you feel on your hand, when touched by the blue pointing device, are the correct Acupoints for treatment.

Step 1 Turn the Aculife unit into Relieve mode.



Step 2 Set the power to a level that is comfortable for you.



Step 3 Refer to the Acupoints suggested on the Aculife Handmap, or in the Treating Section of this booklet. There is an alphabetical list of ailments in the contents section for most common problems experienced and each ailment map shows the normal points on the hand for effectively treating it. In practice, this will be at the points where you experienced a strong prickling sensation from the blue pointing device, when in detection mode. If you marked the areas where you experienced the strongest sensation with a marker or biro in detect mode, you may now easily go back to these points to treat your specific problems, in relieve mode



Step 4 When you have set the Aculife in relieve mode, you then place the blue pointing device against the points you marked (or if you prefer, the points indicated in the Ailment Handmaps)



Step 5 If the sensation is too strong, you should reduce the power level. If you can just about feel a sensation then increase the power level. This can be done with the plus and minus buttons just under the screen. The power ranges from 1 bar to 15 bars. Please note that there is a significant increase in power between levels 7 and 8.



Step 6 Hold the blue pointing device on each point for 5 minutes. The timer will count down 5-minute segments for you. It is important that you remain on the point where the strongest sensation is felt and this may mean moving the probe slightly around the marked points while treating yourself. Repeat this on each of the Acupoints that offer relief for your problem, as shown on the hand maps.

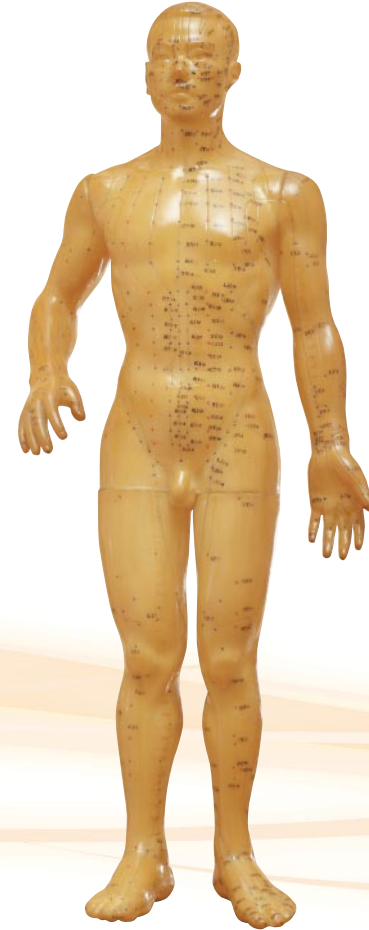


Treating Medical Conditions and Relieving Pain (Continued)

Remember, Acupuncture is all about balance and ***you will often need to also treat some of the balancing points in your hand, not just the specific points which identify a problem.*** You will see which of these balancing points are relevant for your specific condition in the Ailment handmaps. These balancing points are the kidney points, the liver points, the heart points, the lung points and the spleen point.

Chronic problems may necessitate using Aculife for 10-20 minutes each day for up to 14 days before relief begins to kick-in.

Many different people have the same symptoms but do not get the same level of sensation from the Aculife device. In general, the higher the intensity setting when in relieve mode, the quicker you will get pain relief. However, it is better not to treat yourself at a high intensity setting if you find it uncomfortable. Simply repeat the treatment each day at a tolerable level, for 5 to 10 minutes on each point, until the pain is relieved. It is usually better to start treating at a lower power level, and gradually work up to a higher level. The power level required will be based on the condition of your body at any particular time.



Common Questions and Answers

How long may I use Aculife in any one day?

You can safely use the Aculife in Relieve mode for 90/120 minutes in any 24-hour period, should this be necessary. In practice, 15/30 minutes per day is usually enough.

How will I know that Aculife is working?

Firstly, you will notice that the sensation in the hand Acupoint will be less. Secondly, you will notice a reduction in pain in the area of the body that you are treating. You should have realistic expectations and understand that a condition that has developed over many years may not disappear in 10-15 minutes. You should use the Aculife every day for two weeks to be able to see the incremental effectiveness of the treatment.

Sometimes I get a strong sensation all over my hand. What does this mean?

This may occur for a number of reasons:

- *All Acupoints are interconnected and therefore a problem may show up in many different parts of the hand*
- *If your hands are damp (then dry your hands and try again)*
- *If the power level is too high (then reduce the power level and try again)*
- *You are hyper-sensitive (reduce power level to 1 and turn into relieve mode and try again)*

I seem to have developed a rash during my use of Aculife. Should I be worried?

Some patients may develop a skin rash after a session with Aculife. This rash, although rare, is nothing to worry about and will disappear about one hour after the session.

What do I do if it gives a prickling sensation in my ears?

You should have no more than a mild prickling sensation in your ear, if any. If it is uncomfortable, this is caused by a bad connection in the ear. If you get an uncomfortable prickling sensation simply try a different size earpiece or ensure that you rub some water based hand or body lotion on the earplug before placing it in your ear. This will normally take care of the problem. If the problem persists, we would suggest that you try the Aculife Patch system, which allows you to dispense with the ear connection completely.

Will the treatment on my left hand and ear cover my entire body?

Yes.

Common Questions and Answers (Continued)

Does it work on other parts of the body?

Yes. Since the body is meant to be perfectly balanced, you could use the right ear / right hand combination. But apparently the skin is much less sensitive on the right hand than on the left hand, so the results are less noticeable for the vast majority of points. If using the Aculife Patch System you may apply the patch directly to the affected area, provided that it is not on the neck or head regions.

Is there something I should do at the end of each session?

Yes. You should drink 300 -500cc of warm water. This amounts to about half a glass. Using Aculife may cause slight dehydration and the warm water, which is in synch with your body's temperature, quickly replenishes any dehydration during the treatment.

Using the Handmaps

The authors have studied the most effective points for treating a wide range of medical conditions over a period of several years. Feedback from users now allows them to show the most effective hand Acupoints for treating a wide range of different conditions. The points shown for each condition are shown in groups and in most cases they will be the same points that a user will find sensitive when using Aculife. These recommendations are based on reported user experience from thousands of Aculife users and do not result from formal clinical trials. Needless to say, if you have a medical condition or if you are concerned about the sensitivity shown on your hand by Aculife, do see your medical practitioner.

Using the Handmaps

The following charts show the hand Acupoints that are most useful for treating 57 different conditions. For simplicity, they are listed in alphabetical order.

Each ailment map shows the following:

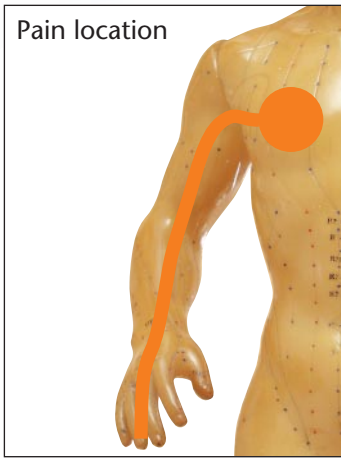
Firstly, the pain or “problem location” is shown in orange on a body figure. This should match the points on your body where pain or an imbalance in your energy field is located.

Secondly, we have broken the treatment points into three different groups. Each group is identifiable on the handmaps by a different symbol; a green circle or oval; a blue square or rectangle and; an orange triangle. At least one point in each of the displayed categories should be treated for 5 minutes in each treatment session. In reality, the points where a user gets the strongest sensation on the hand will always be the correct points for treatment.




Thirdly, to simplify locating the correct hand Acupoints, we represent the best treatment points on the front and back of the hand using the symbols described in the previous paragraph. The Acupoints shown are an approximate guide for where you need to place the blue pointing device. Simply seek the points that offer the strongest sensation.

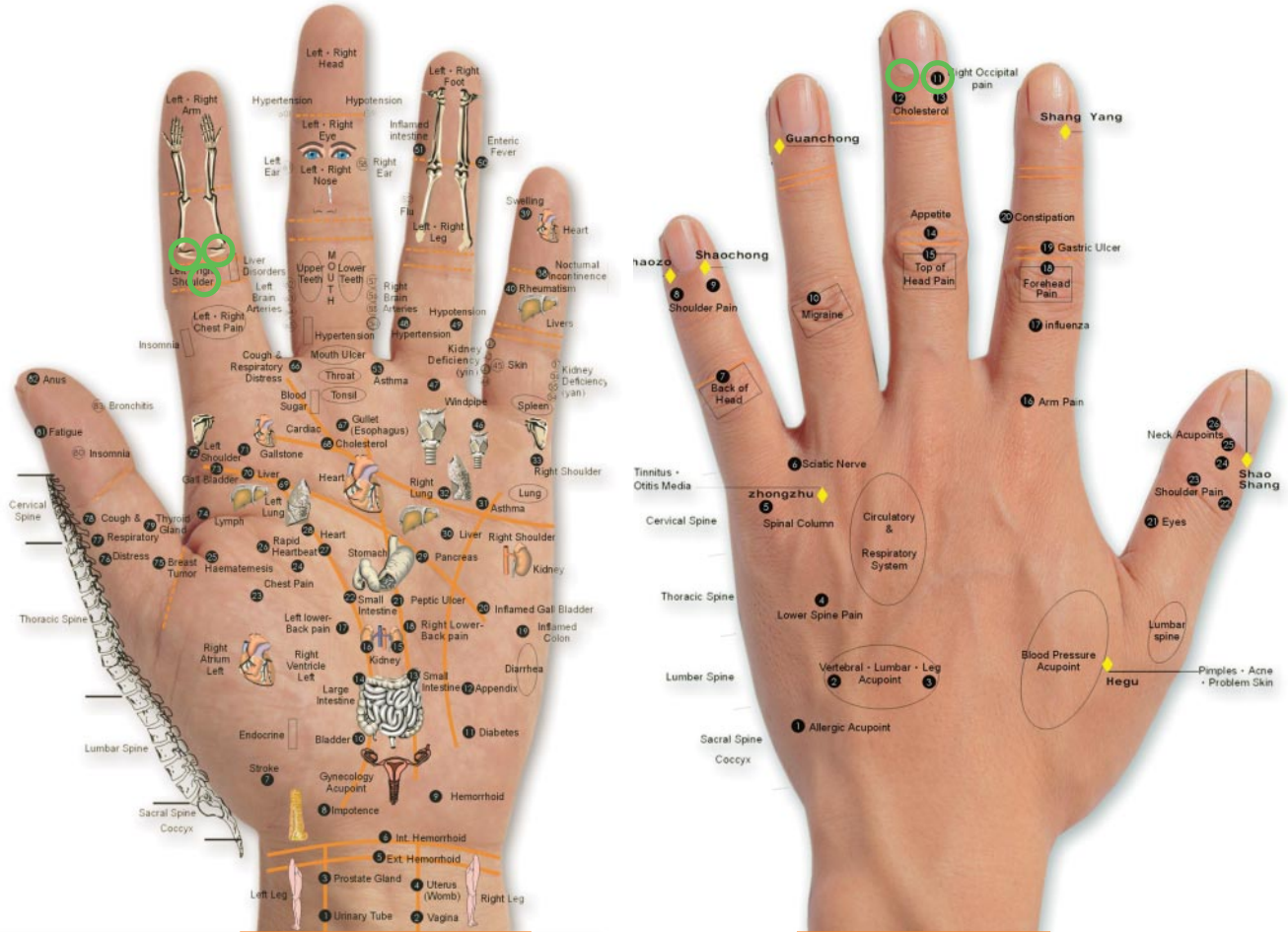
Please note that if you have no pain or problems in your body at the moment, then you will not get a strong sensation on the hand Acupoints. Similarly, after a treatment you should find that the sensitivity in the hand Acupoints should reduce. Also, try to be patient. Aculife is not a quick-fix device that will immediately solve all of your health problems. Rather, it is a treatment that requires systematic use over a period of two to fourteen days to show significant benefits. Based on the thousands of success stories related to the authors by regular users of Aculife, we believe that perseverance is well worthwhile.

Acupoints for Armpit and Forearm



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Back of Middle Finger Front of Index Finger
 Group Two	None
 Group Three	None

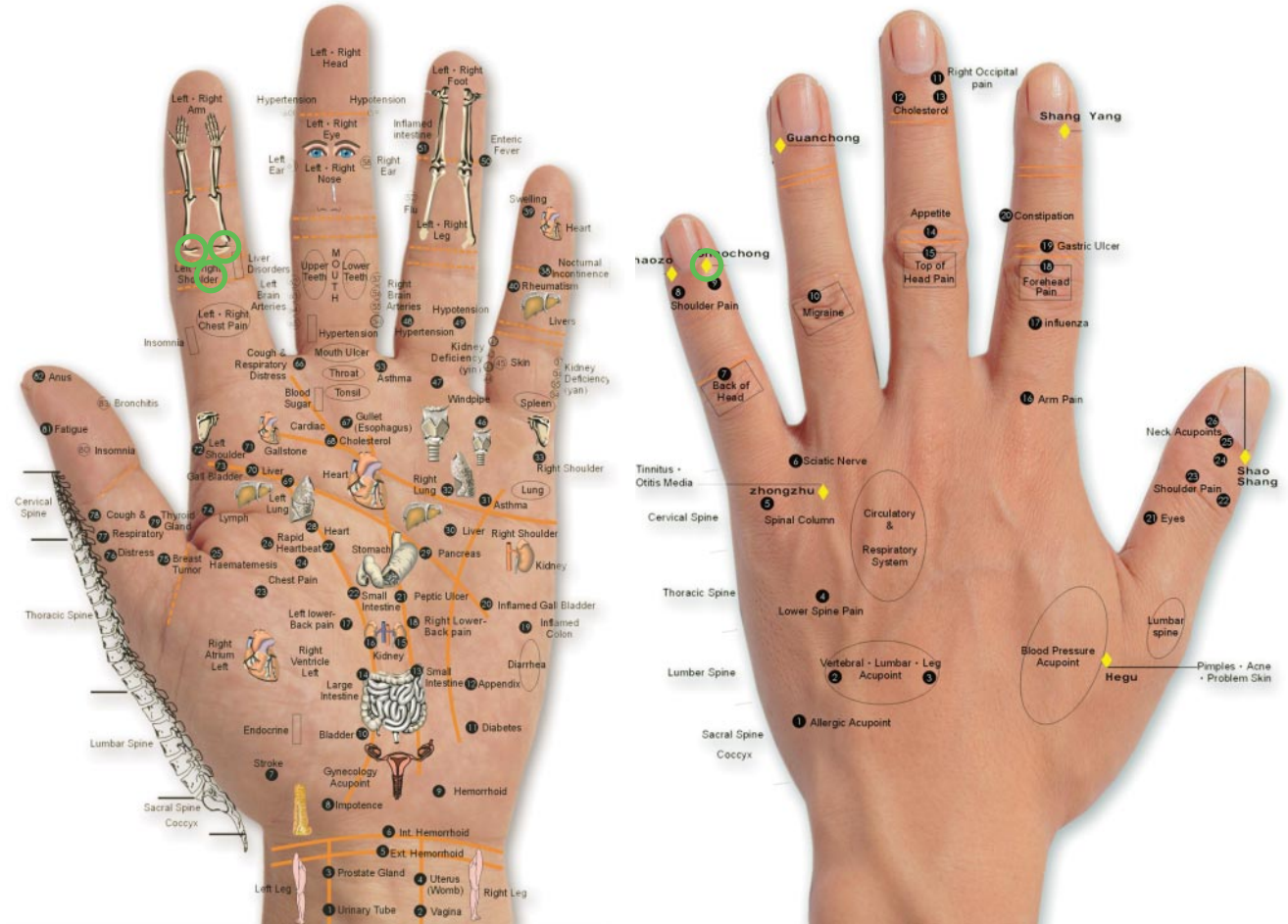


Acupoints for Armpit, Shoulder and Edge of Forearm



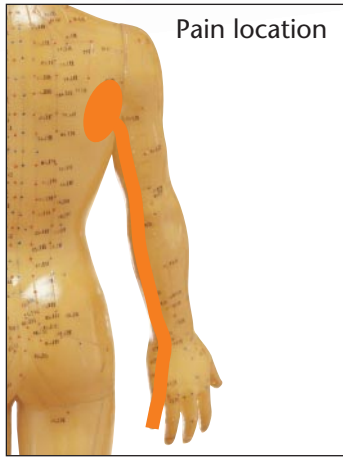
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Back of Middle Finger Front of Index Finger
 Group Two	None
 Group Three	None






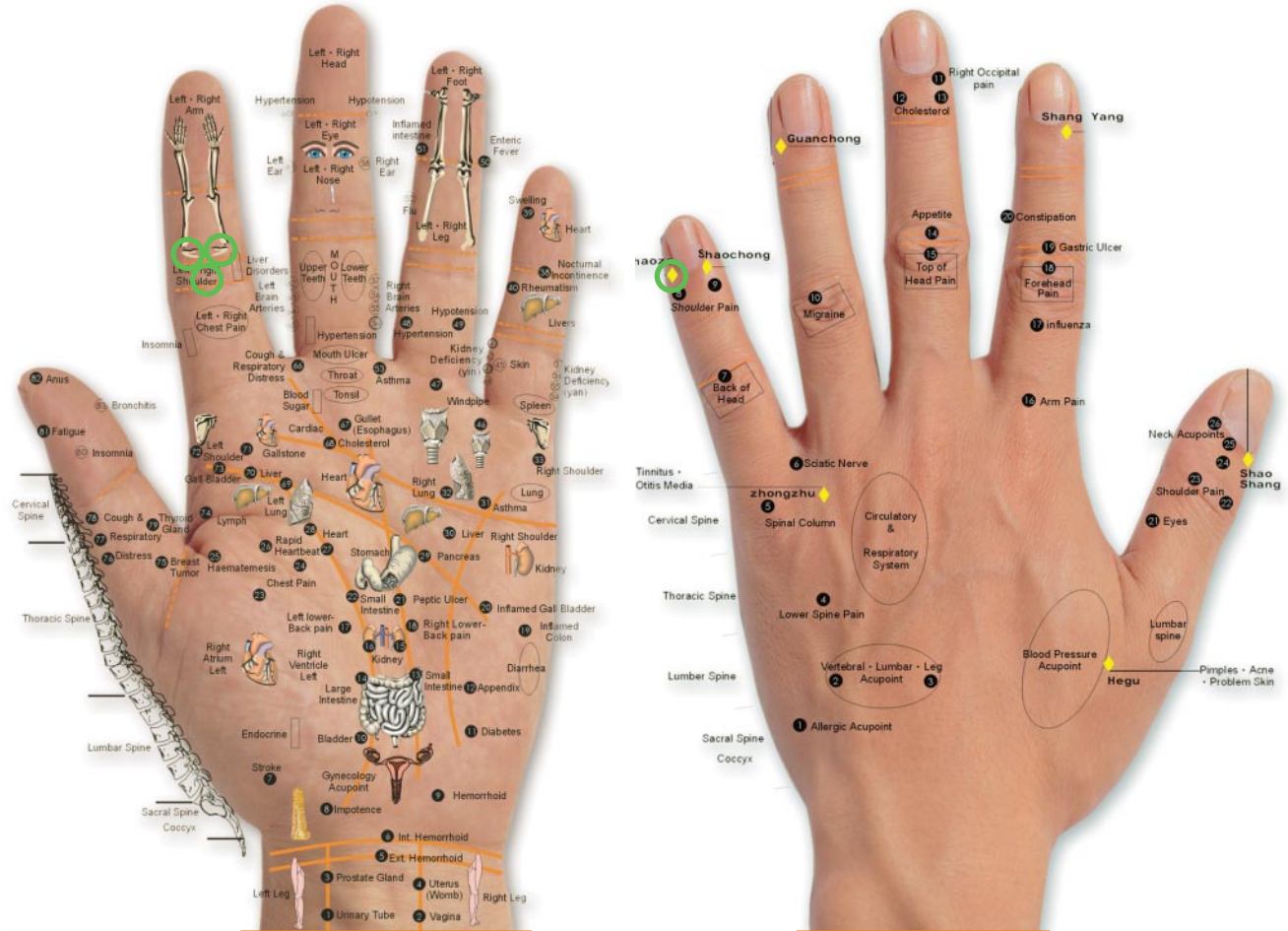
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Acupoints for Back of Armpit, Shoulder and Edge of Forearm

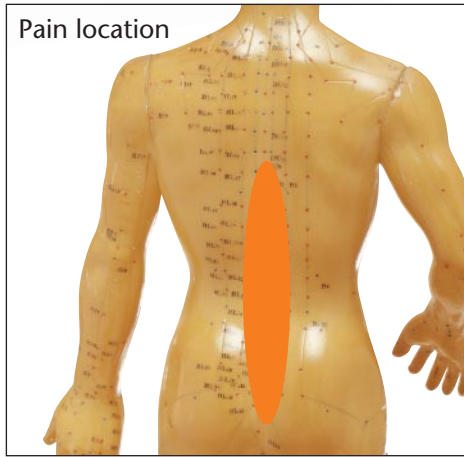


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Back of Little Finger Front of Index Finger
 Group Two	None
 Group Three	None

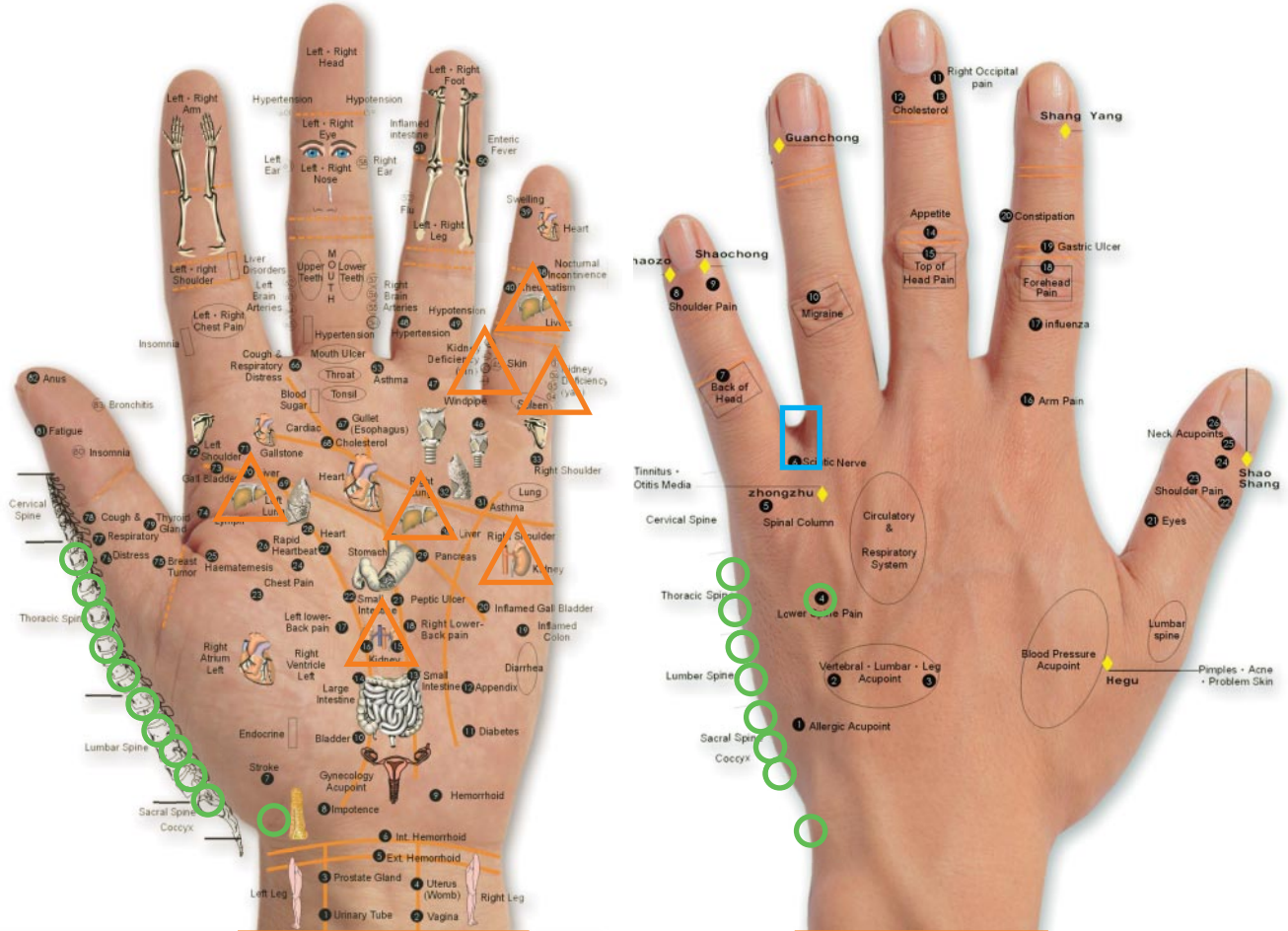


Acupoints for Mid to Lower Back Pain

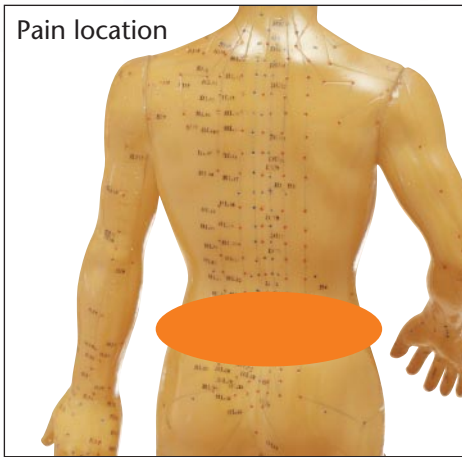


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




○ Group One	Ridge of Thumb Ridge of Palm Back of Hand
□ Group Two	Between Little & Ring Fingers (Sciatic Nerve)
△ Group Three	Liver & Kidney Points



Acupoints for Lower Back Pain



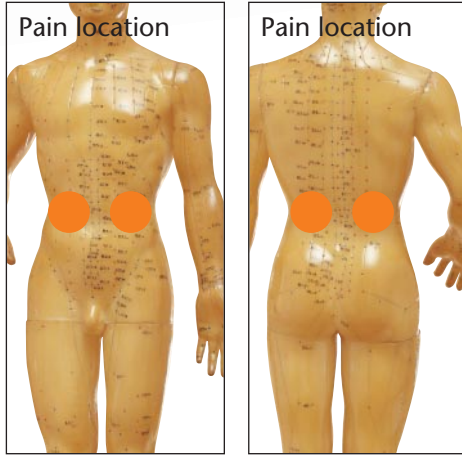
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Sides of Wrist Back of Hand
 Group Two	Between Little & Ring Fingers (Sciatic Nerve)
 Group Three	Liver & Kidney Points




The hand diagram includes the following labels and symbols:

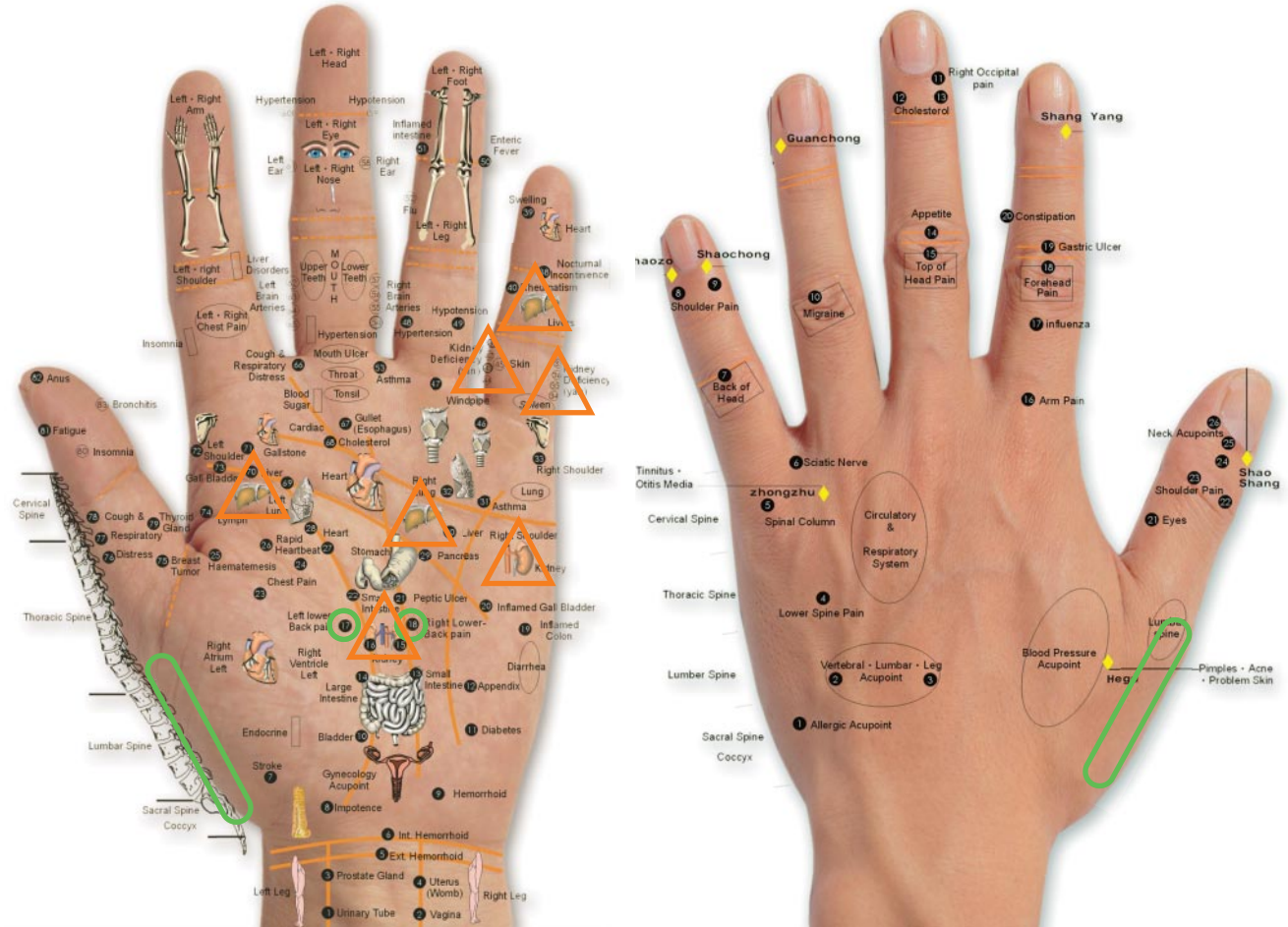
- Group One (Green Circles):** Anus, Fatigue, Insomnia, Cough & Respiratory, Distress, Breast Tumor, Left lower-Back pain, Right lower-Back pain, Sacral Spine, Coccyx.
- Group Two (Blue Squares):** Scrotic Nerve.
- Group Three (Orange Triangles):** Liver, Kidney, Gallstone, Heart, Stomach, Small Intestine, Large Intestine, Bladder, Hemorrhoid, Int. Hemorrhoid, Ext. Hemorrhoid, Prostate Gland, Uterus (Womb), Uterine Tube, Vagina.
- Other Labels:** Left - Right Head, Hypertension, Hypotension, Left - Right Eye, Left - Right Nose, Left - Right Ear, Inflamed Intestine, Enteric Fever, Swelling, Heart, Nocturnal Incontinence, Rheumatism, Liver, Kidney Deficiency, Skin, Windpipe, Tonsil, Gullet (Esophagus), Cholesterol, Cardiac, Gallstone, Heart, Stomach, Pancreas, Peptic Ulcer, Inflamed Gall Bladder, Inflammed Colon, Diarrhea, Diabetes, Hemorrhoid, Impotence, Gynecology Acupoint, Int. Hemorrhoid, Ext. Hemorrhoid, Prostate Gland, Uterus (Womb), Uterine Tube, Vagina, Left Leg, Right Leg.
- Right Hand Specific Labels:** Right Occipital pain, Cholesterol, Shang Yang, Guanchong, Shaochong, Shoulder Pain, Migraine, Appetite, Constipation, Gastric Ulcer, Forehead Pain, influenza, Arm Pain, Neck Acupoints, Shao Shang, Shoulder Pain, Eyes, Lumber spine, Blood Pressure Acupoint, Hegu, Pimples - Acne - Problem Skin, Allergic Acupoint, Spinal Column, Circulatory & Respiratory System, Lower Back Pain, Vestral - Lumber - Leg Acupoint.

Acupoints for Pain in Side/Back



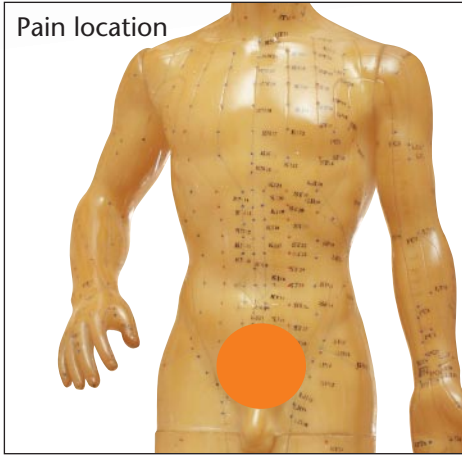
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Heel of Palm Ridge of Palm Centre of Palm
 Group Two	None
 Group Three	Liver & Kidney Points






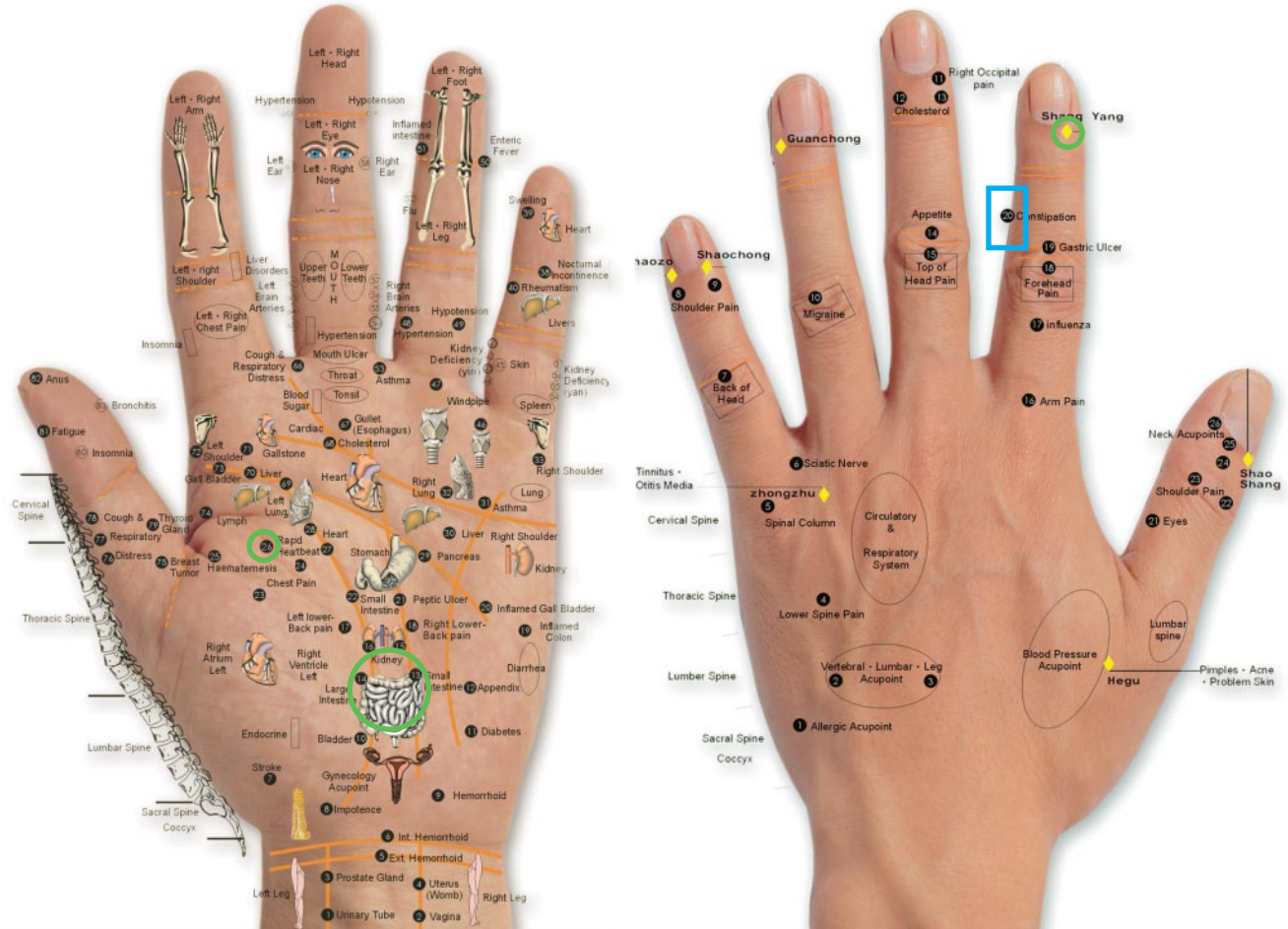
Acupoints for Constipation

Pain location



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Rapid Heartbeat Stomach Shang Yang
 Group Two	Constipation Point
 Group Three	None

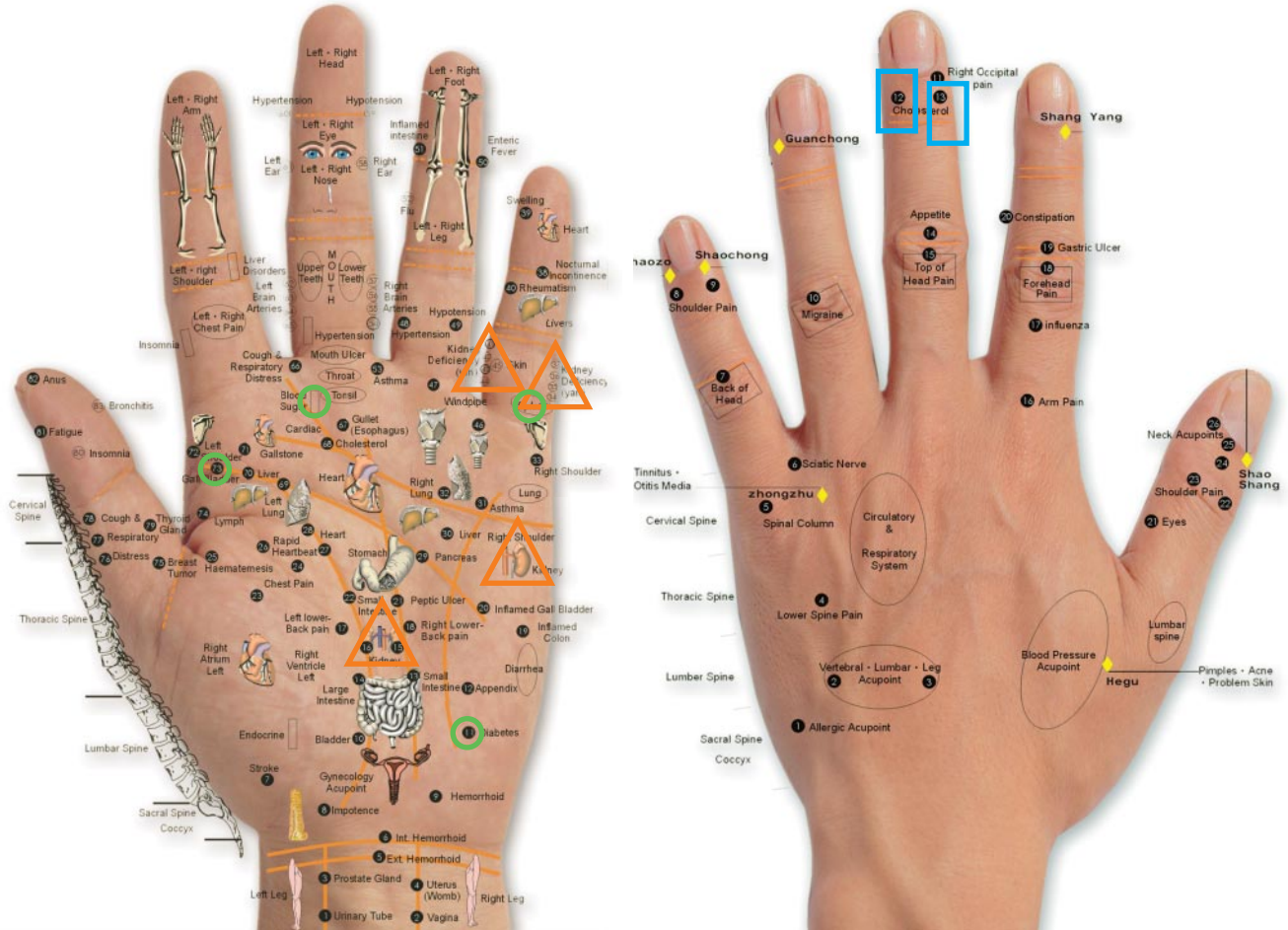


Acupoints for Diabetes

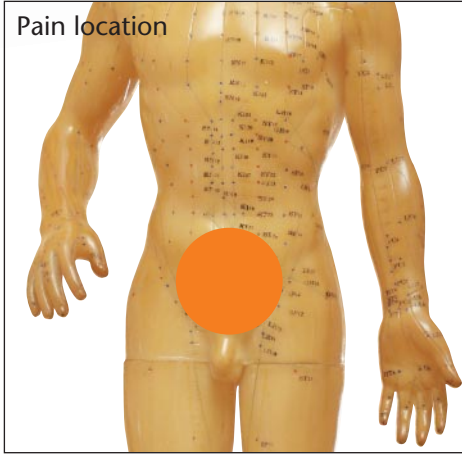


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Diabetes Blood Sugar Spleen, Gall Bladder
 Group Two	Cholesterol
 Group Three	Kidney Points

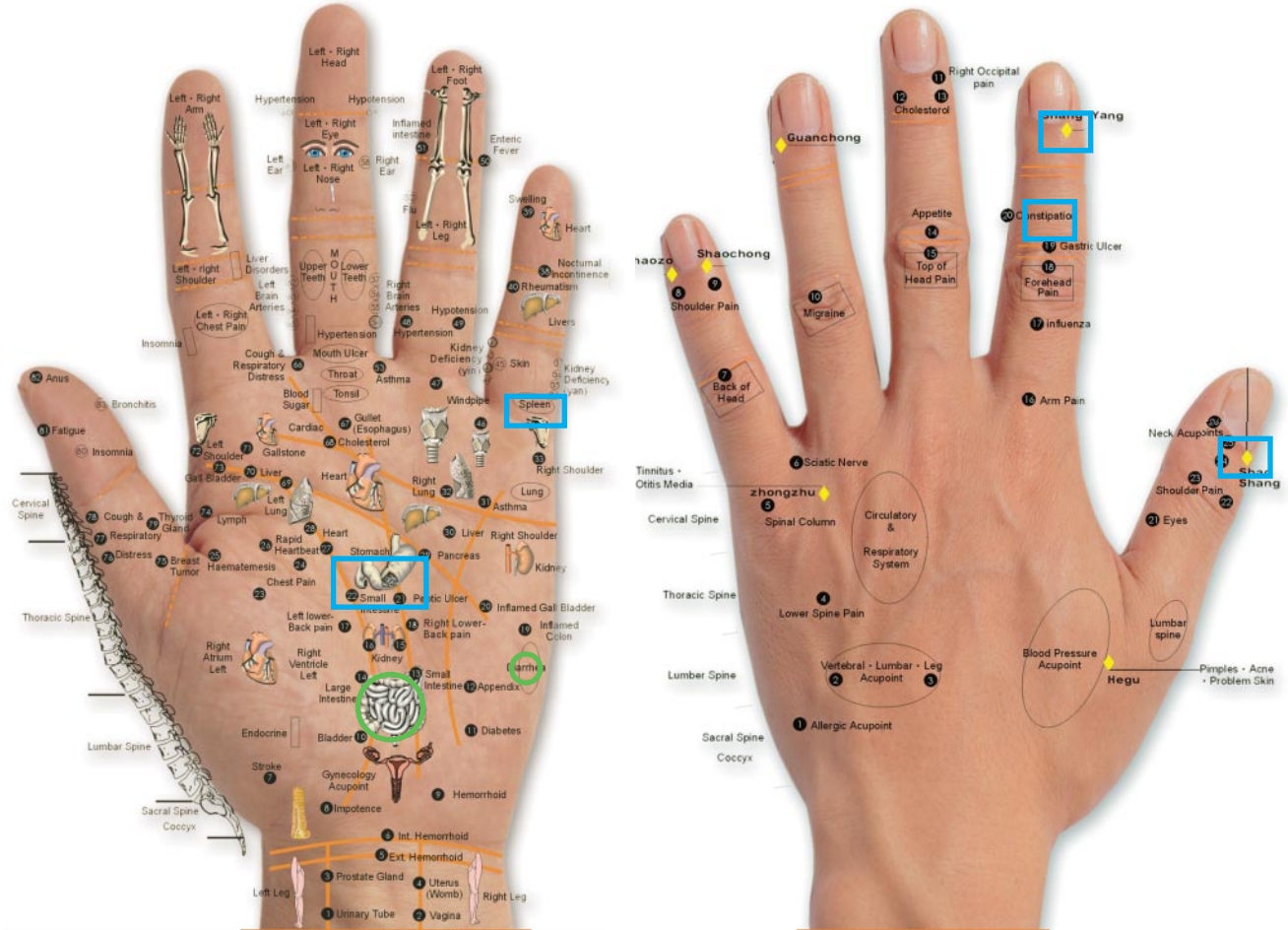


Acupoints for Diarrhoea

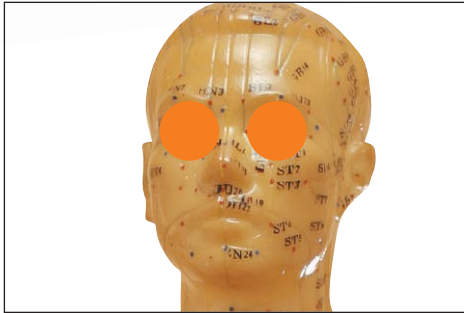


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Large & Small Intestine Points & Diarrhoea Point
 Group Two	Stomach & Spleen Points on Palm of hand
 Group Three	None

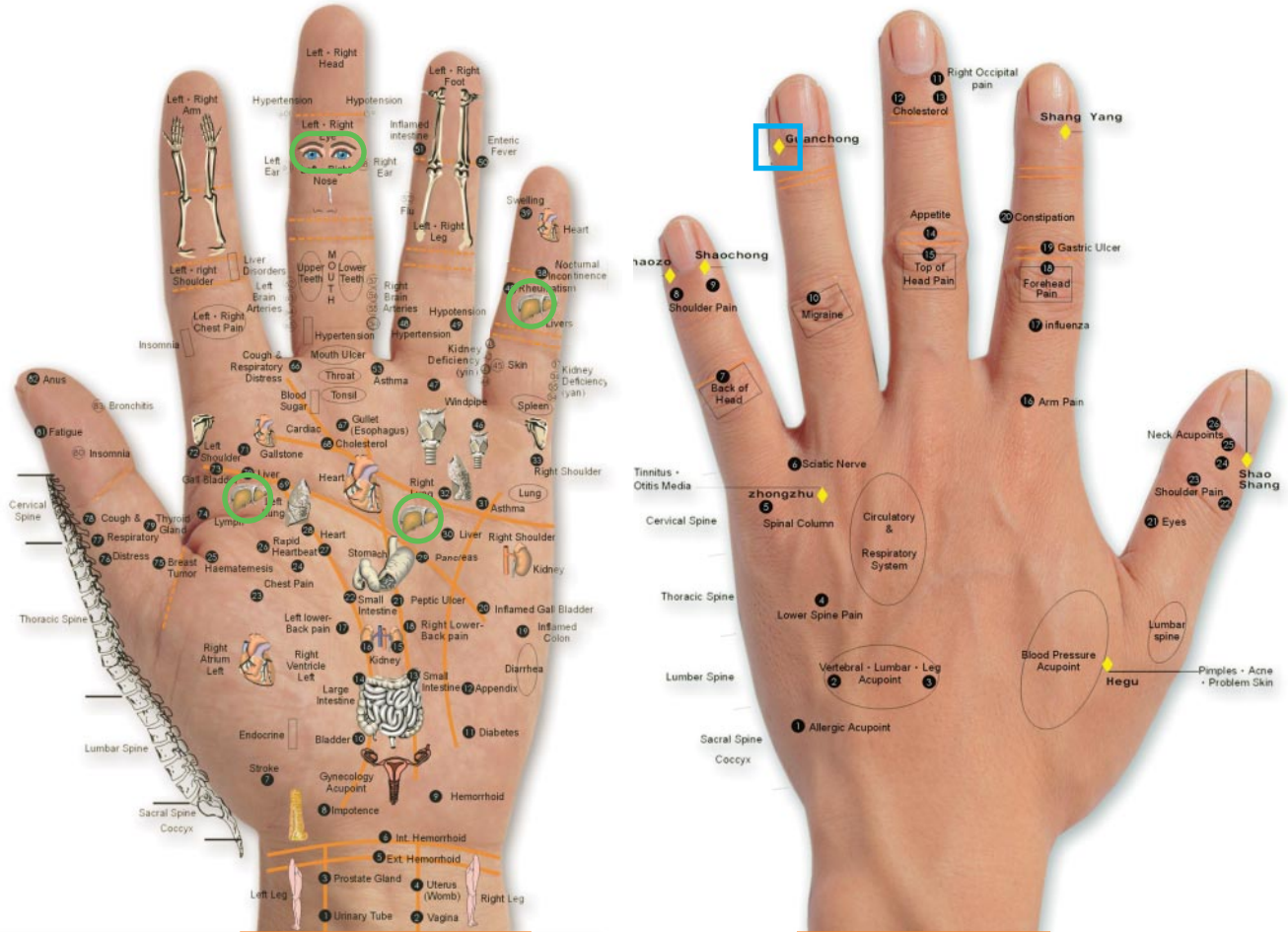


Acupoints for Eye Problems

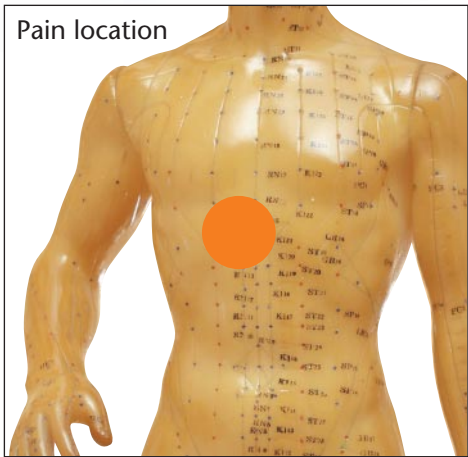


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Liver Points Eye Points on Middle Finger
 Group Two	Guanchong
 Group Three	None

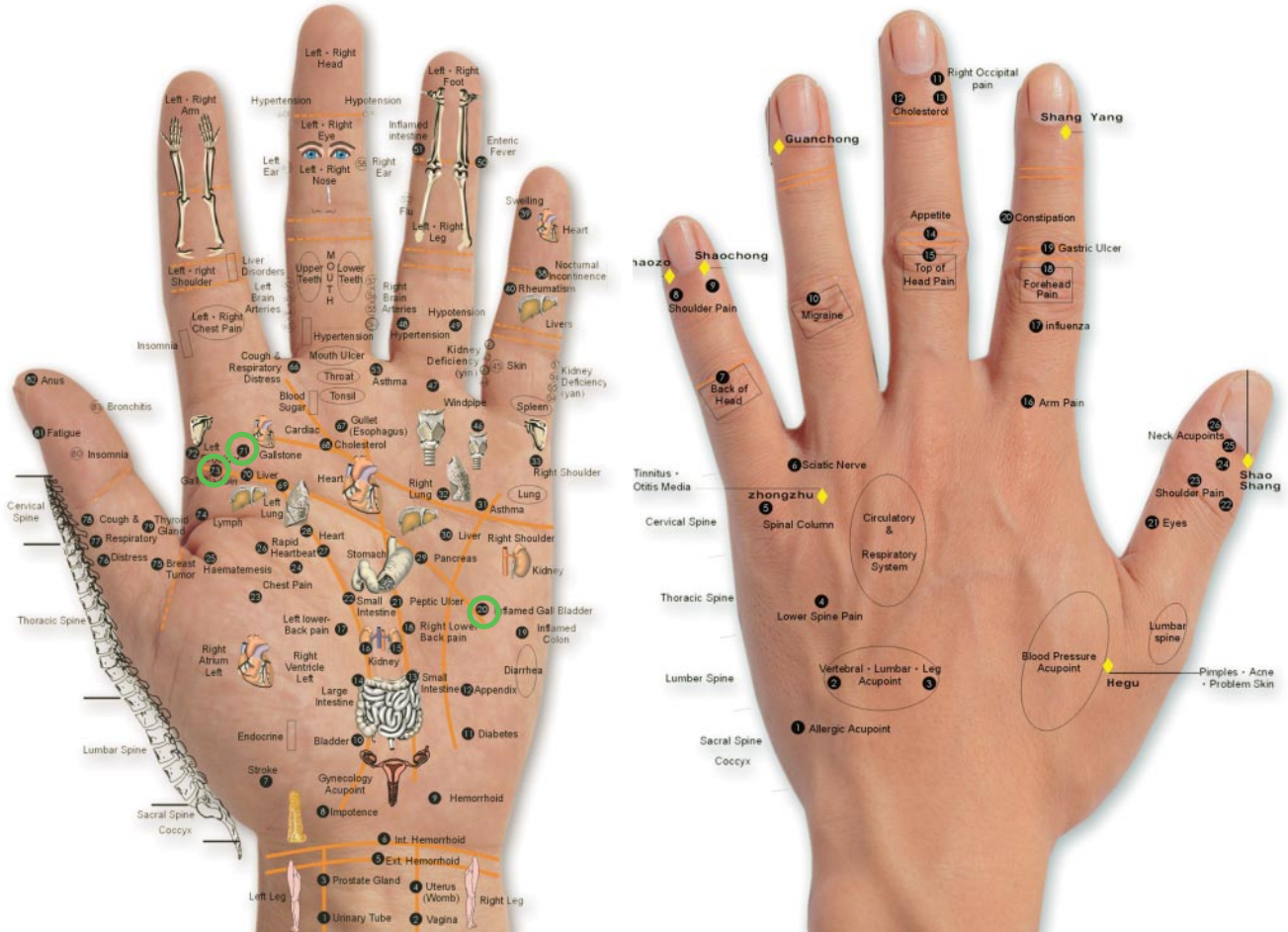


Acupoints for Gallstones/Gallbladder



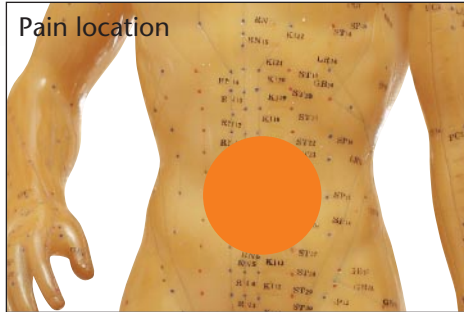
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Gallbladder & Gallstone Points
 Group Two	None
 Group Three	None






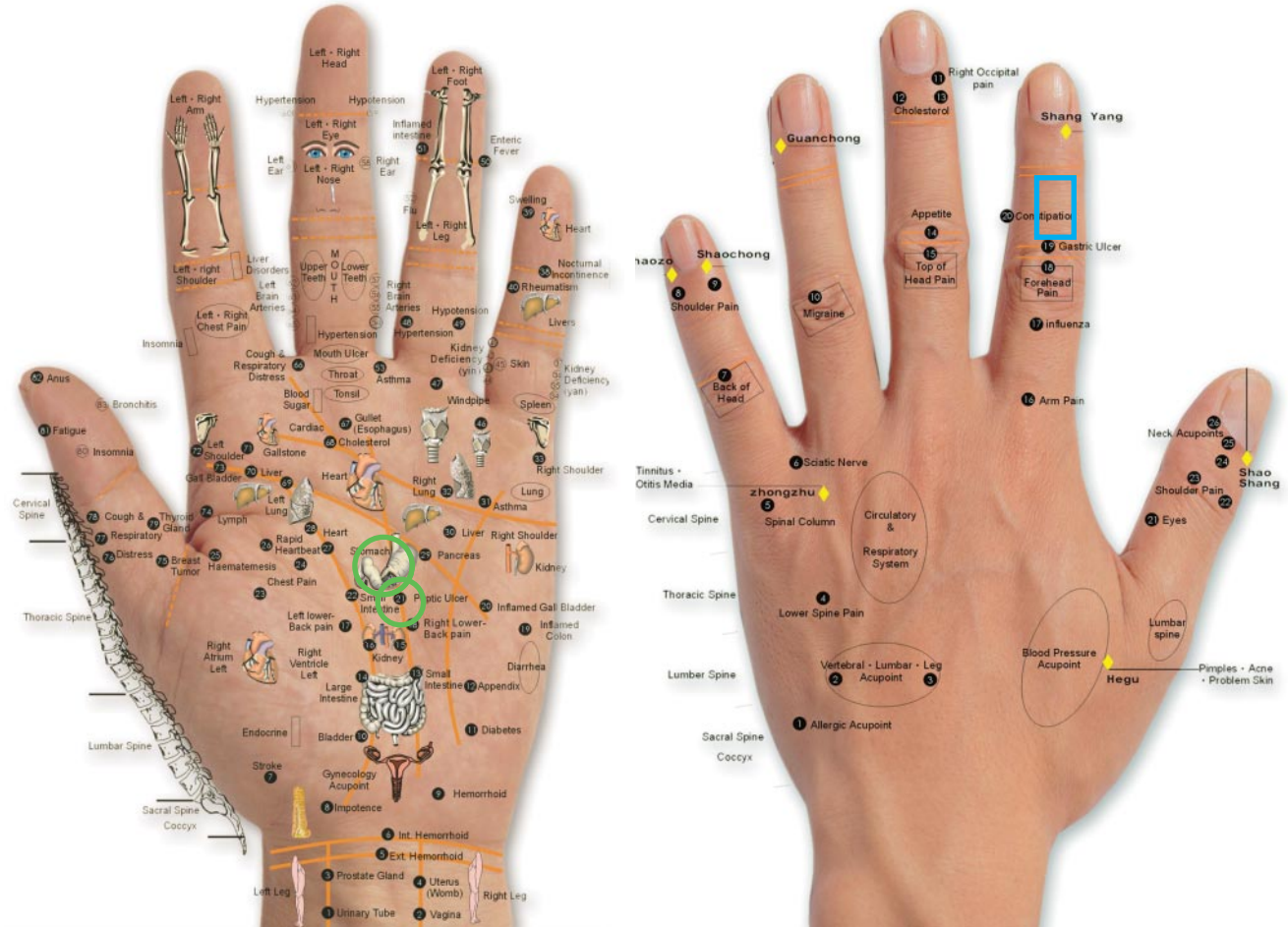
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Acupoints for Gastric/Peptic Ulcer



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Stomach, Peptic Ulcer
 Group Two	Stomach Point on Back of Index Finger
 Group Three	None

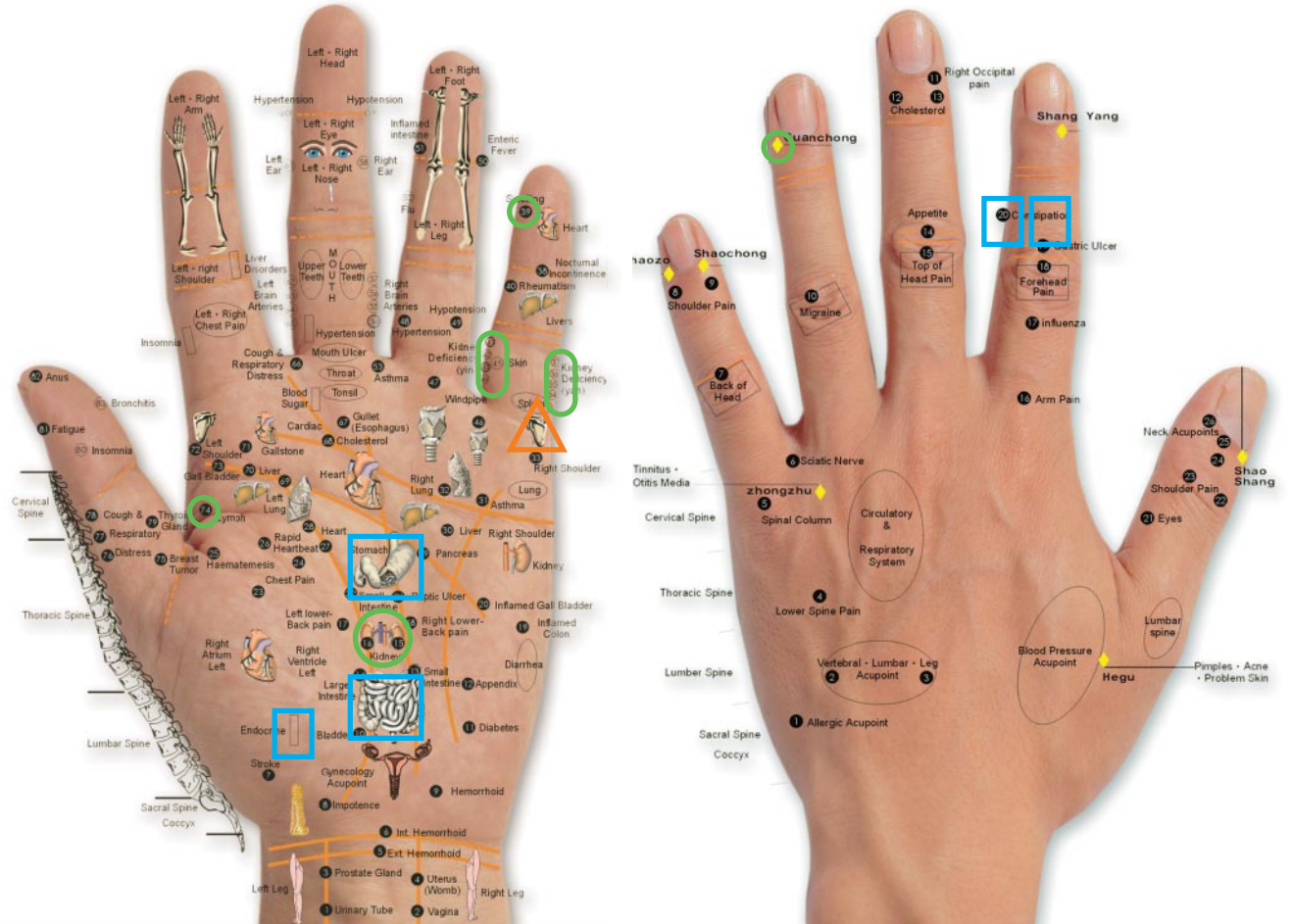


Acupoints for General Fitness



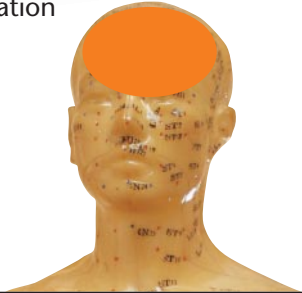
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Reduces Swelling
 Group Two	Reduces Fat
 Group Three	Firms Up Muscles



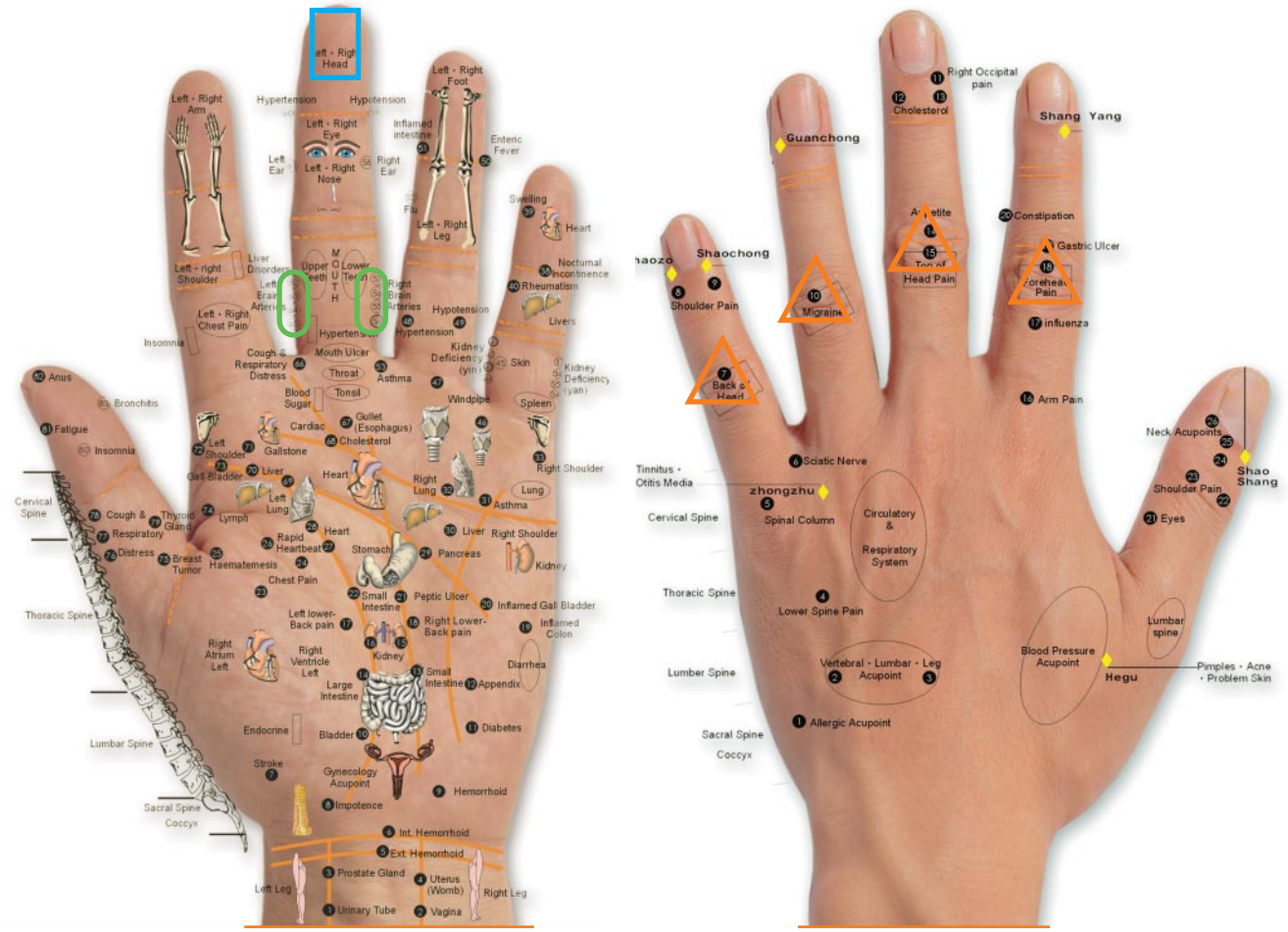
Acupoints for Headache

Pain location



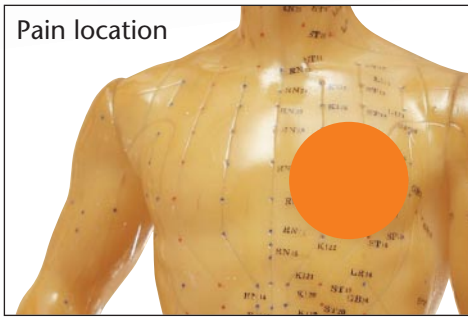
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

- **Group One** Both Sides of Middle Finger
- **Group Two** Top of Middle Finger
- △ **Group Three** Backs of 4 Fingers






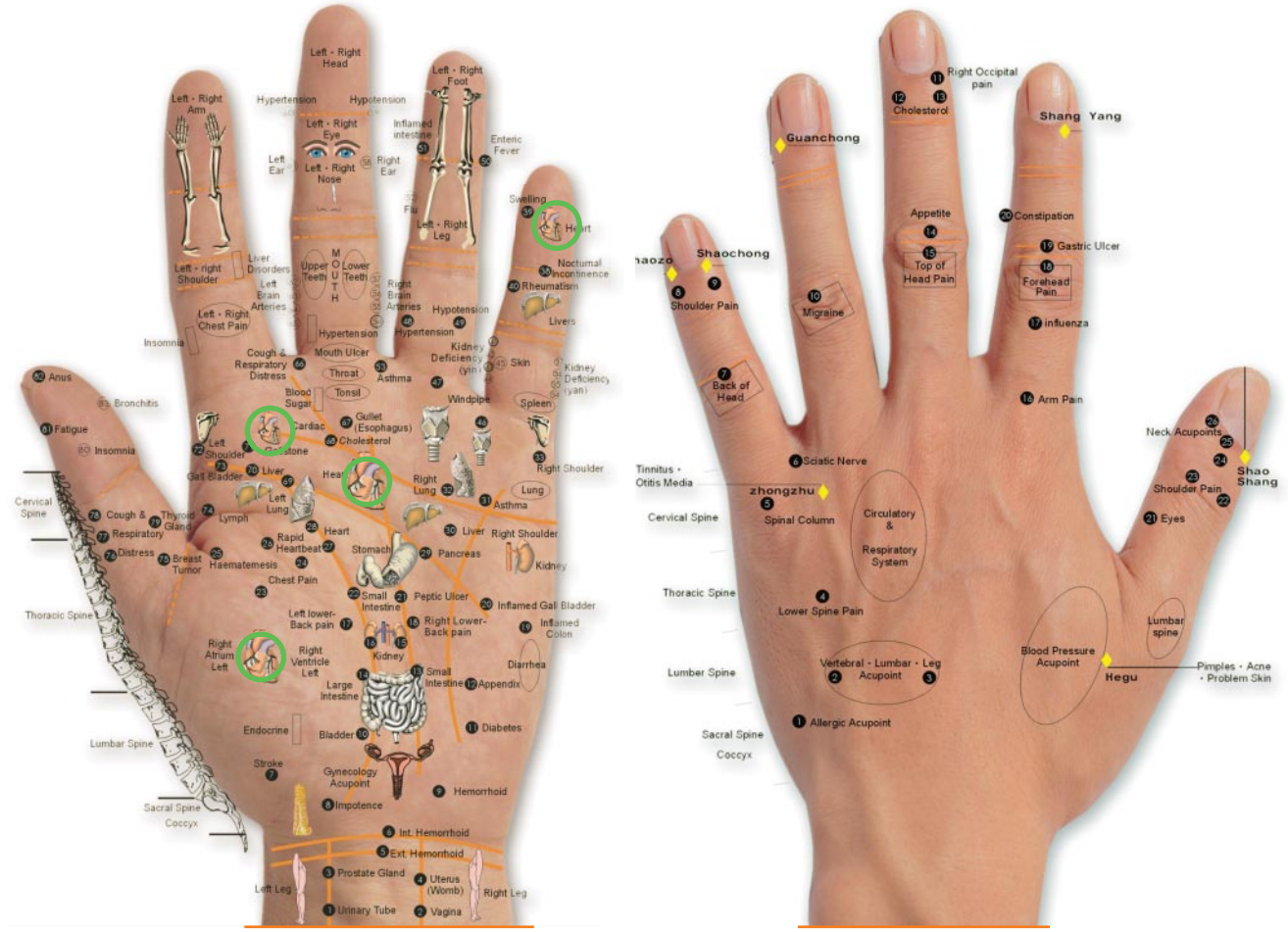
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Acupoints for Heart Problems



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	All 4 Heart Points
 Group Two	None
 Group Three	None






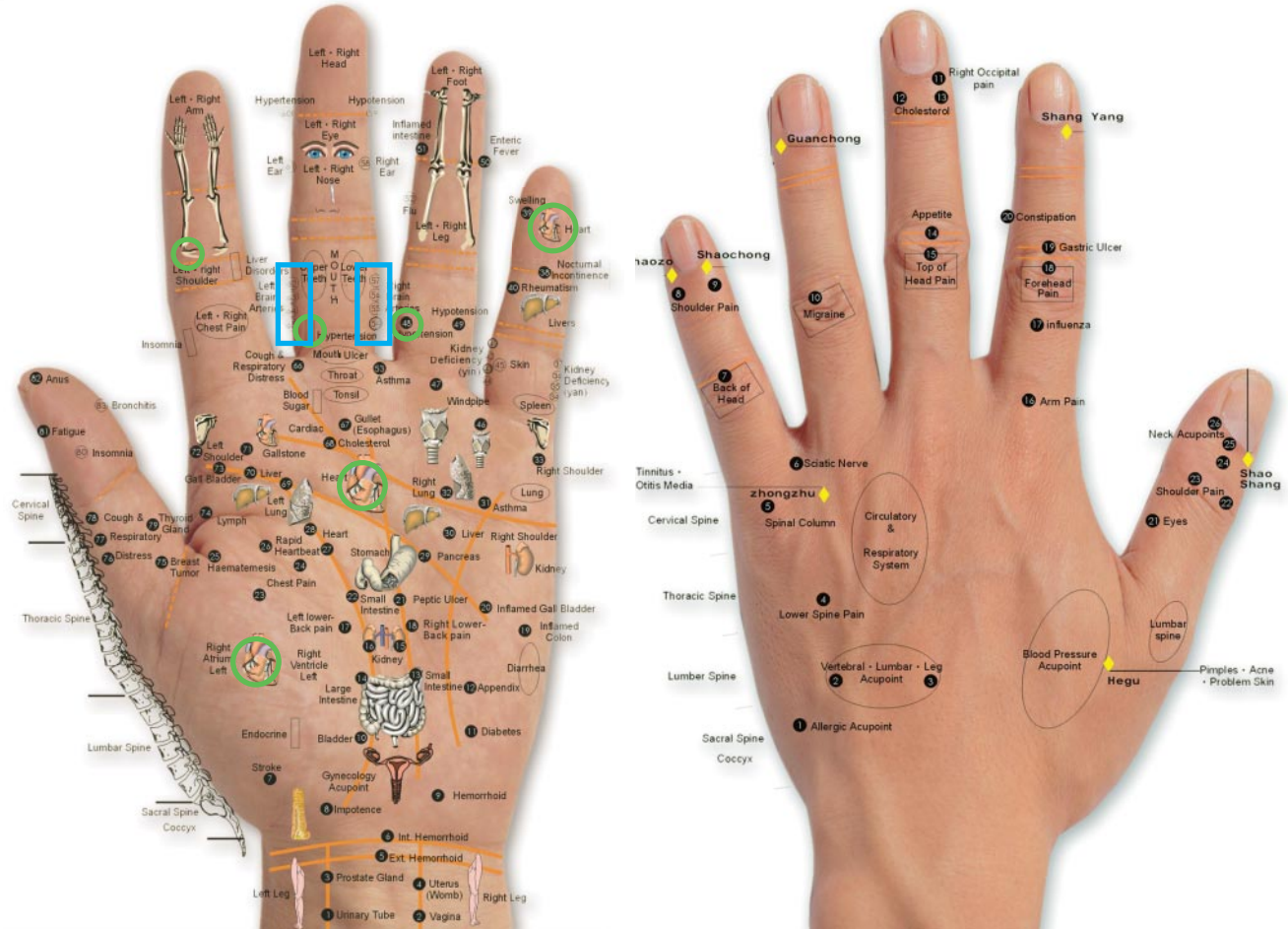
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Acupoints for High Blood Pressure

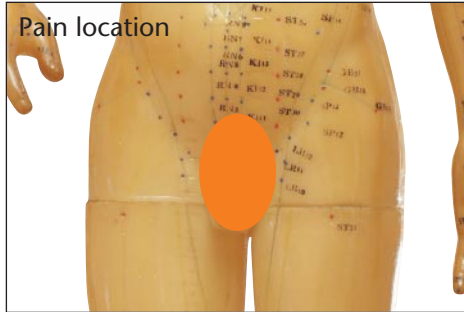


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Heart Points Hypertension Points
 Group Two	Brain Arteries
 Group Three	None

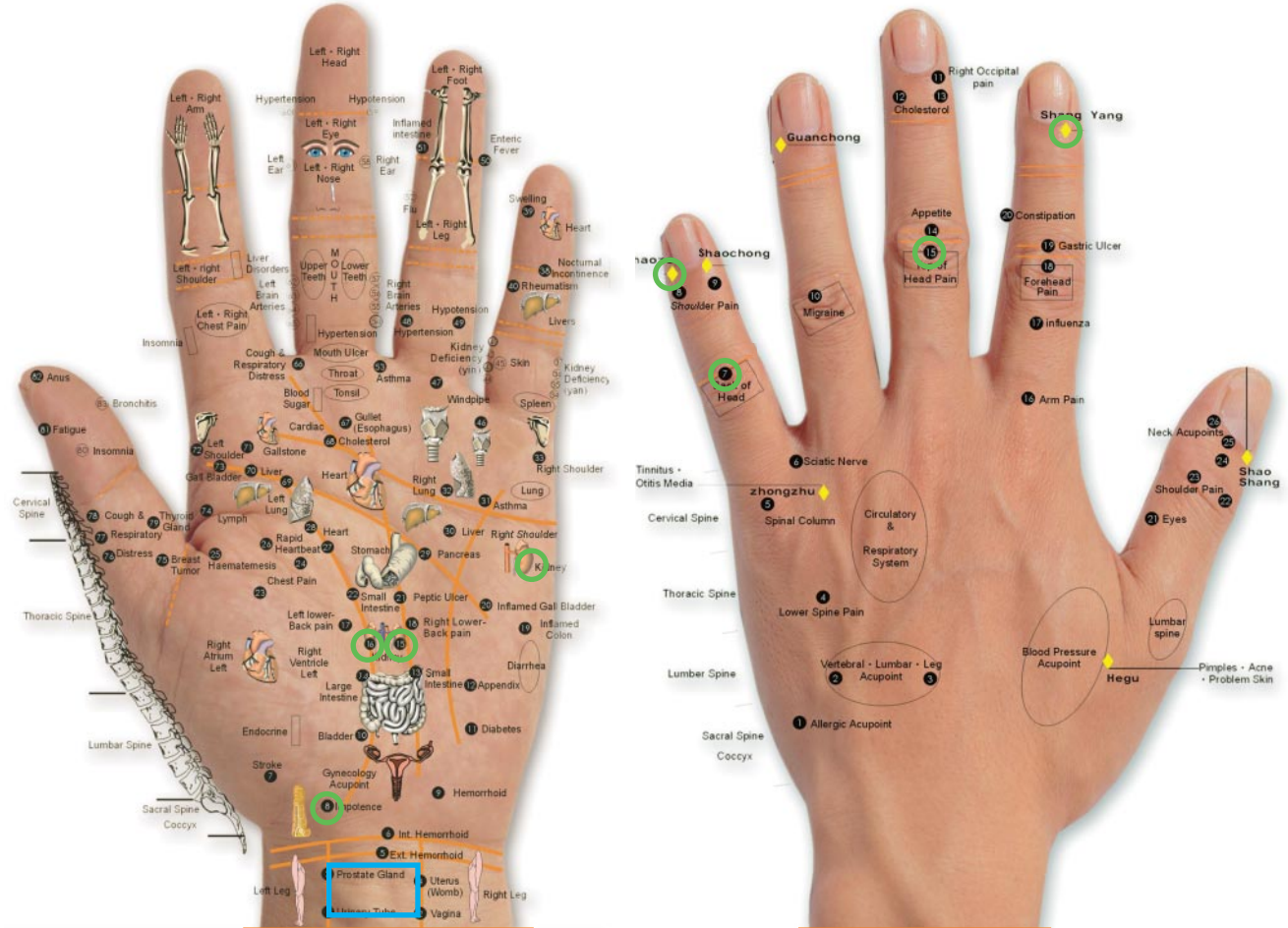


Acupoints for Impotence

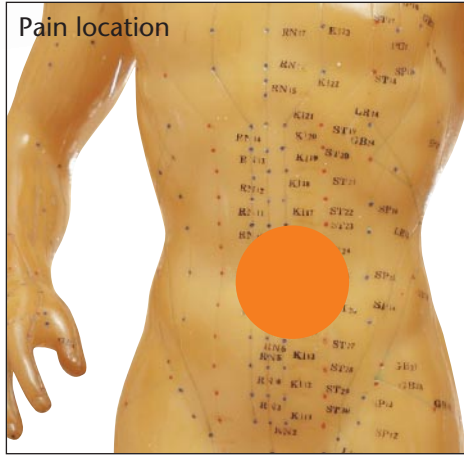


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Impotence, Kidney (1,2,3), Shaozo, Back of Head, Top of Head Pain, Shang Yang
 Group Two	Special Point
 Group Three	None

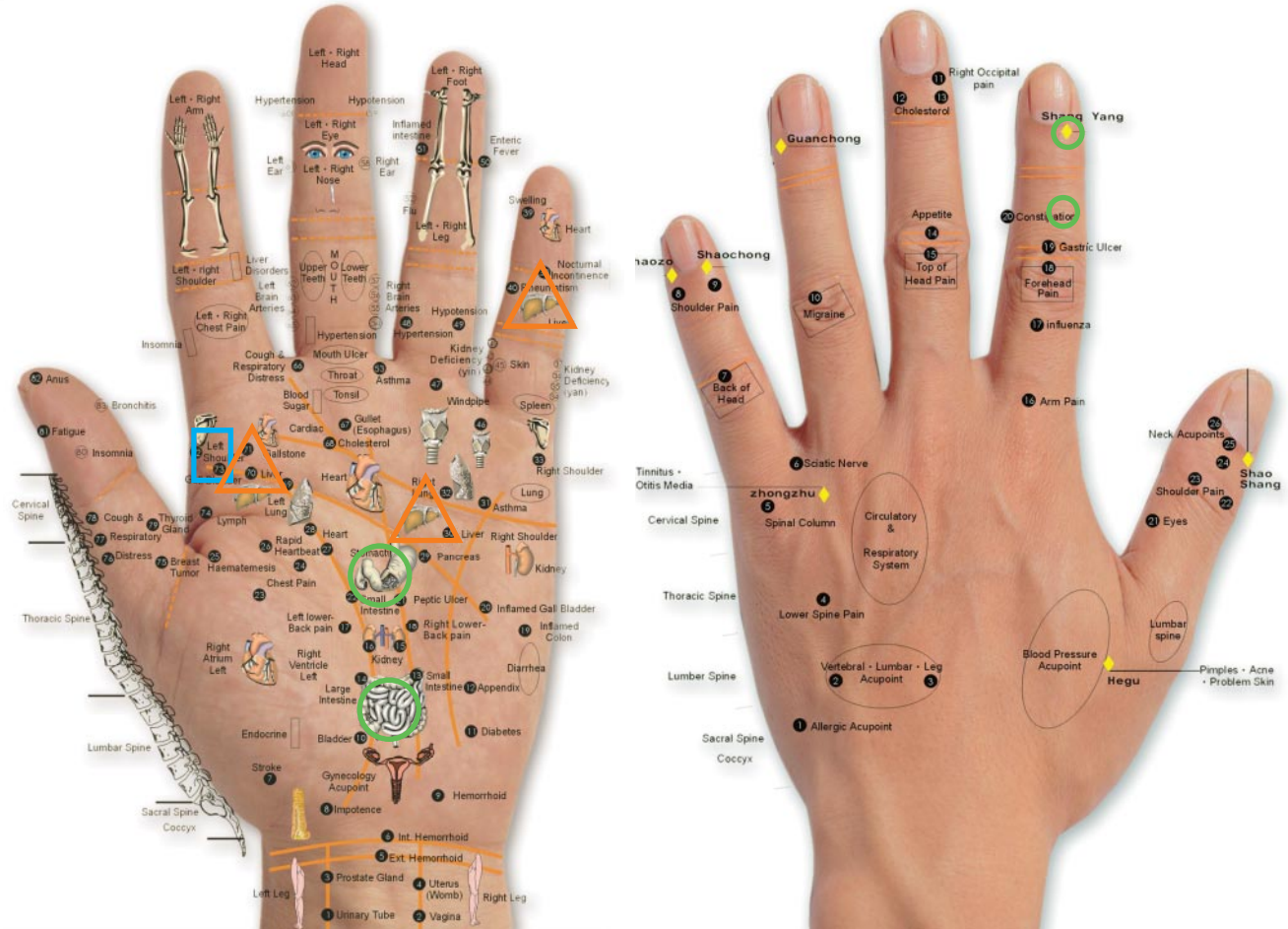


Acupoints for Indigestion

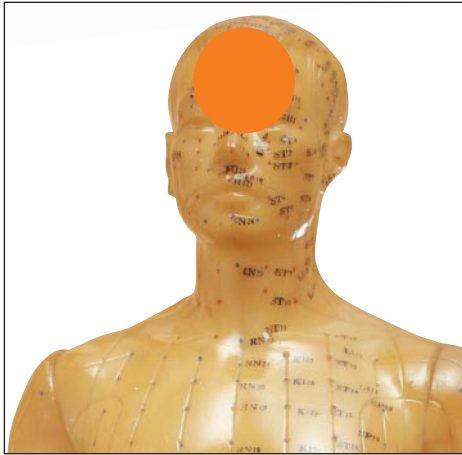


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Stomach Intestines Shang Yang
 Group Two	Gall Bladder
 Group Three	Liver Points

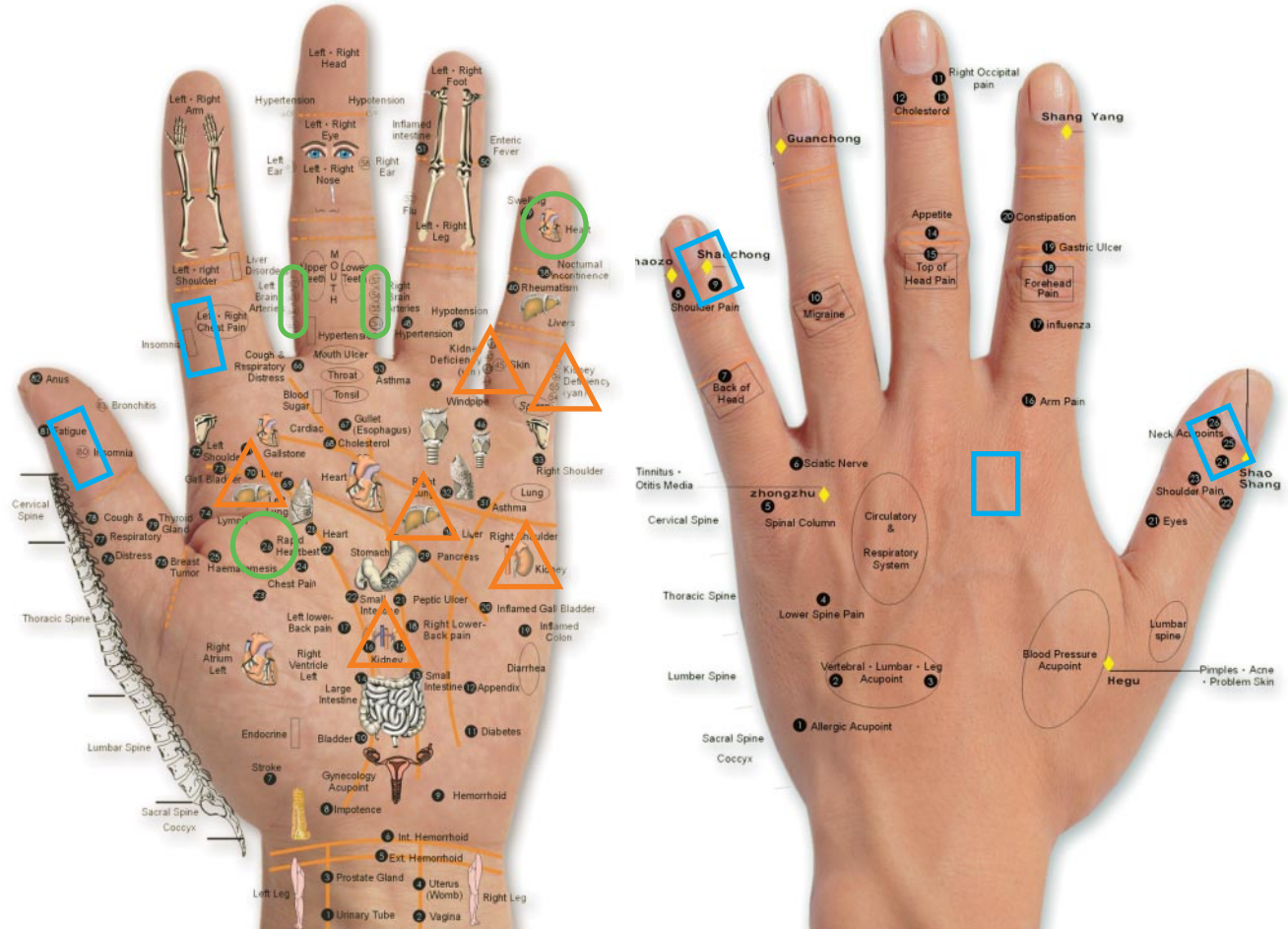


Acupoints for Insomnia

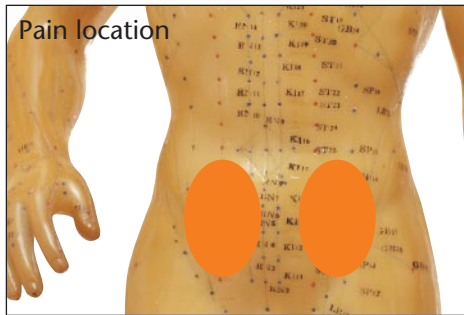


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Brain Arteries on Middle Finger, Little Finger & Rapid Heartbeat Point
 Group Two	Thumb & Index Finger Shaochong & back of Hand
 Group Three	Kidneys & Liver

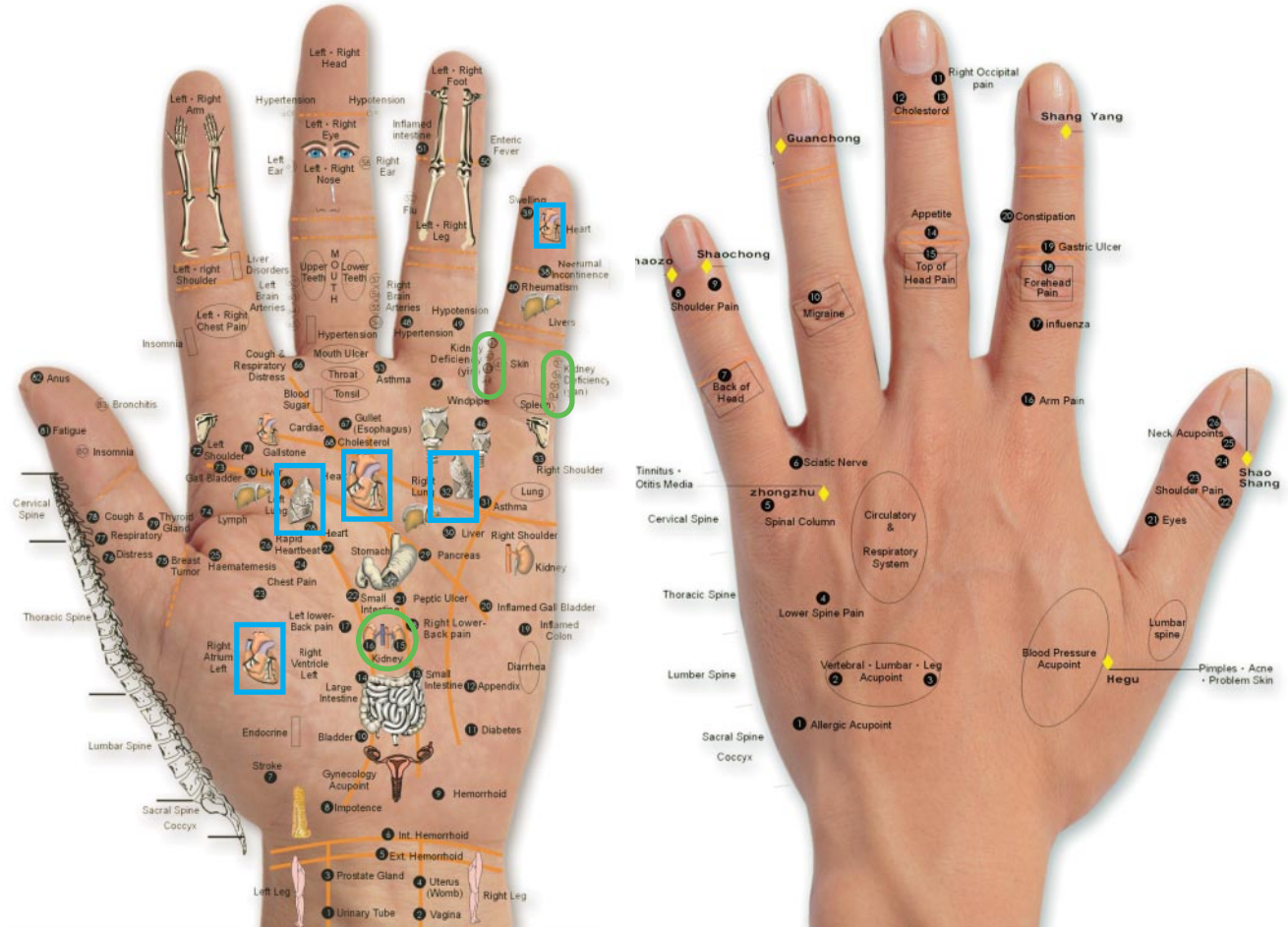


Acupoints for Kidney Problems



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Kidney Points
 Group Two	Heart Points Left & Right Lungs
 Group Three	None

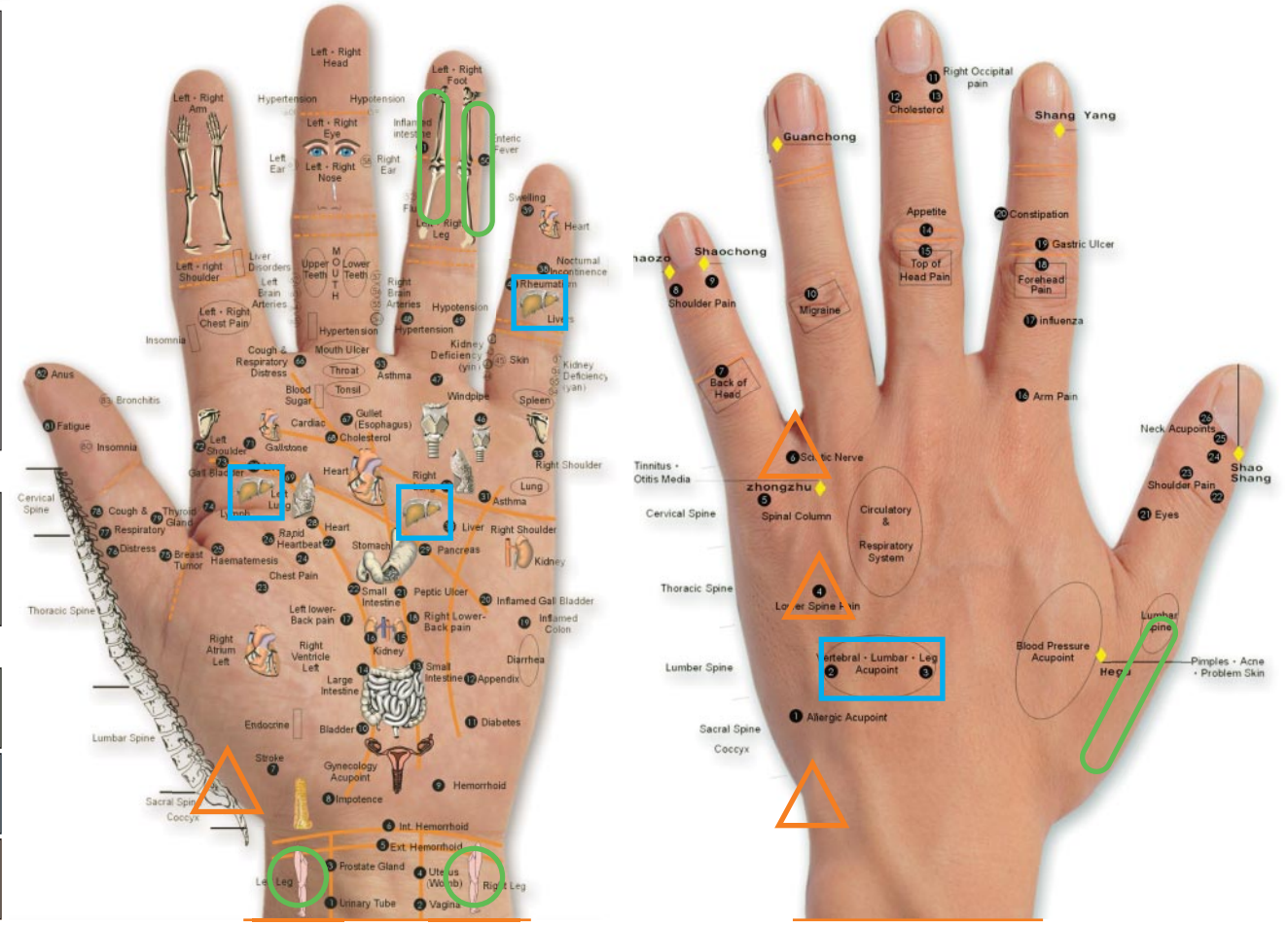


Acupoints for Leg Pain



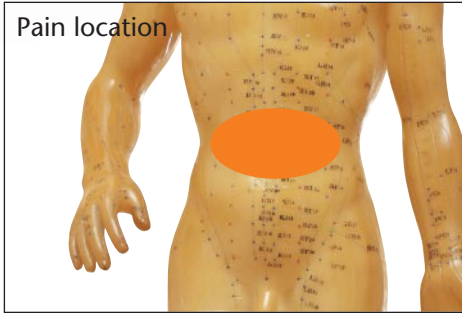
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Front of Ring Finger & Wrist
 Group Two	Liver & Leg Point on Back of Hand
 Group Three	3 Points on Back of Hand & Heel of Hand






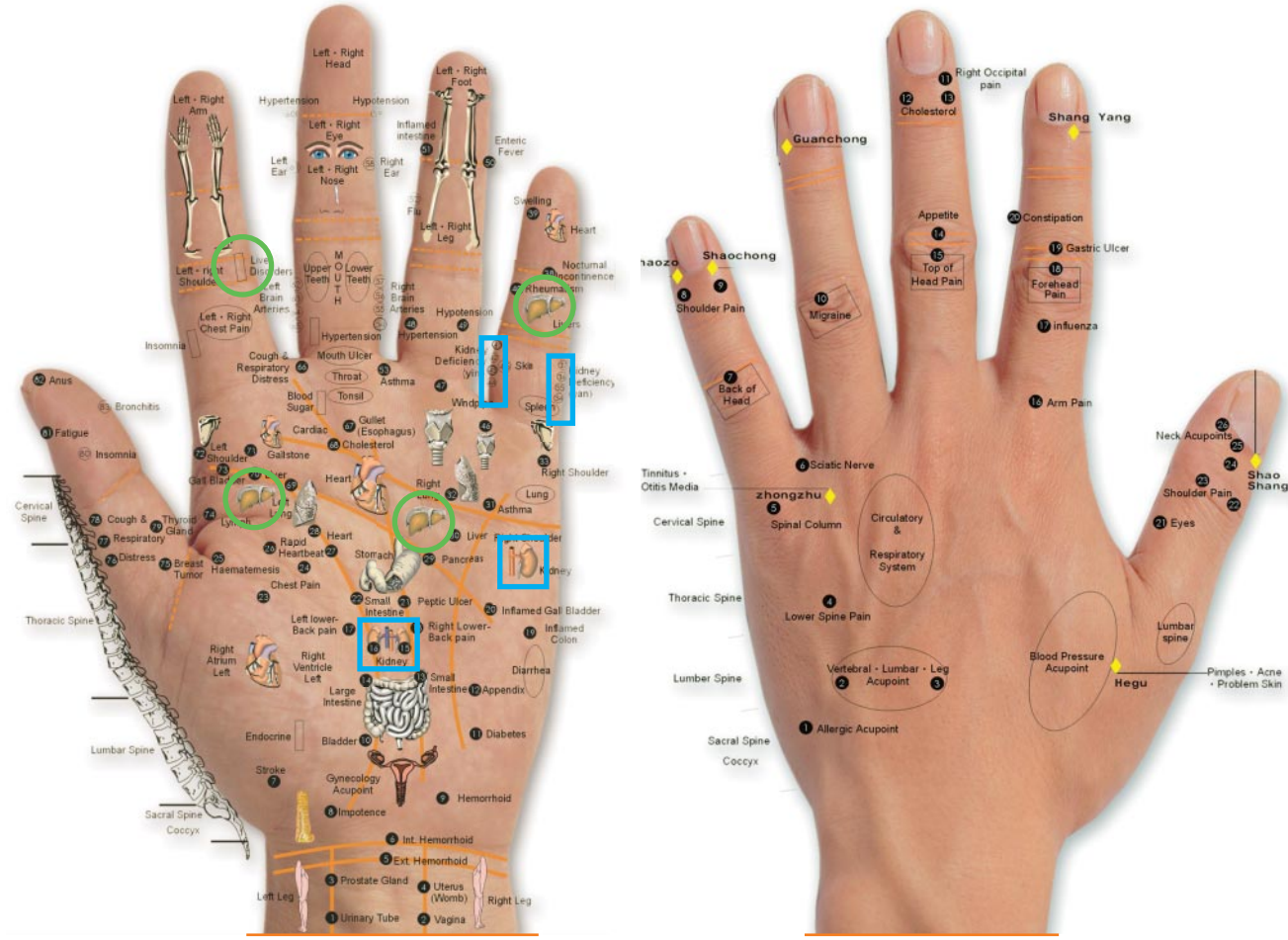
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Acupoints for Liver Problems



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Liver Points
 Group Two	Kidney Points
 Group Three	None






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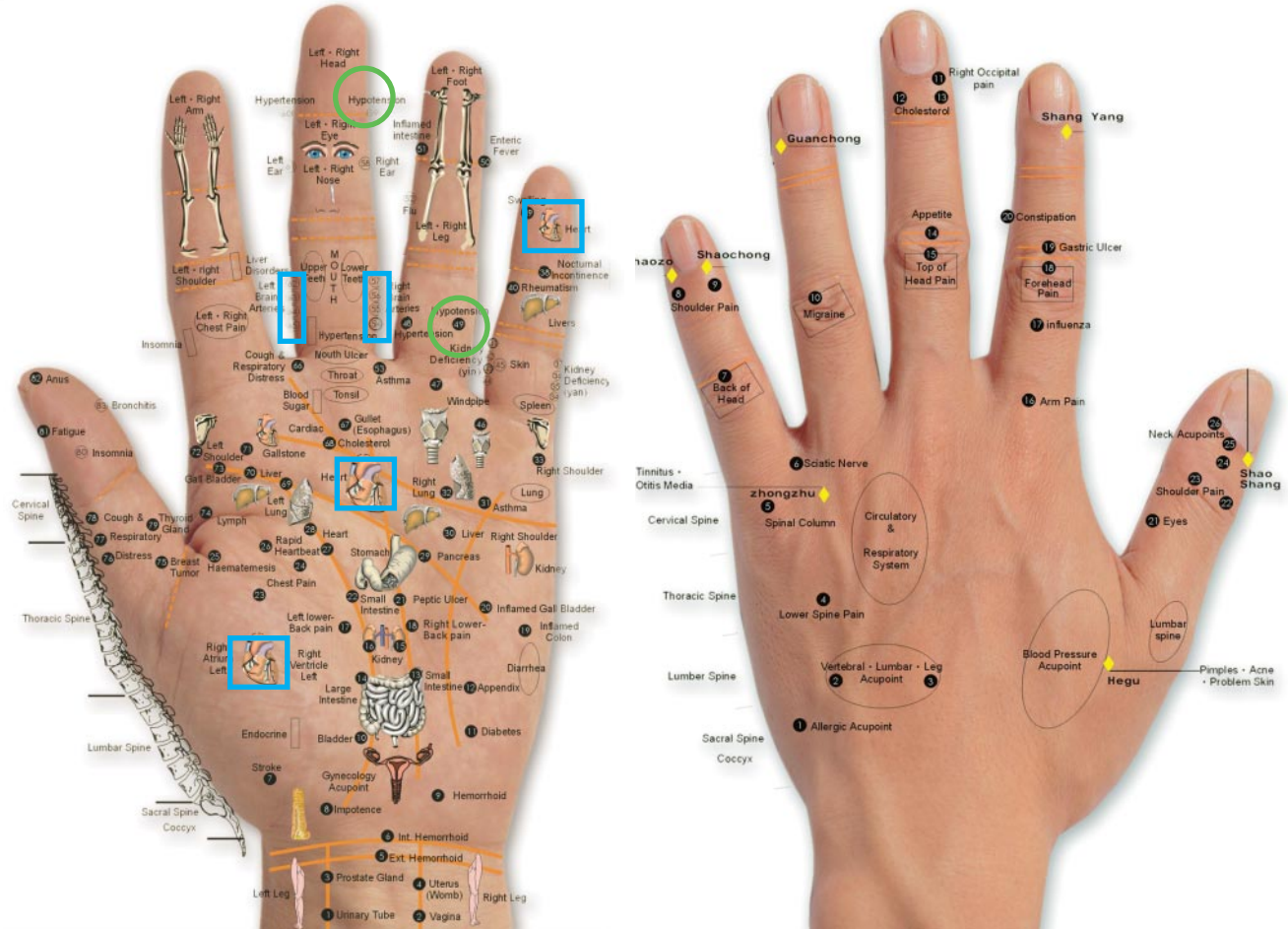
Acupoints for Low Blood Pressure

Pain location



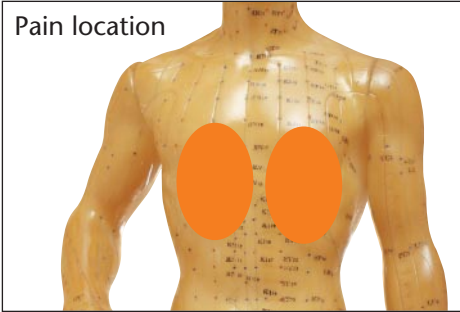
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Hypotension Points
 Group Two	Heart Points Brain Arteries
 Group Three	None






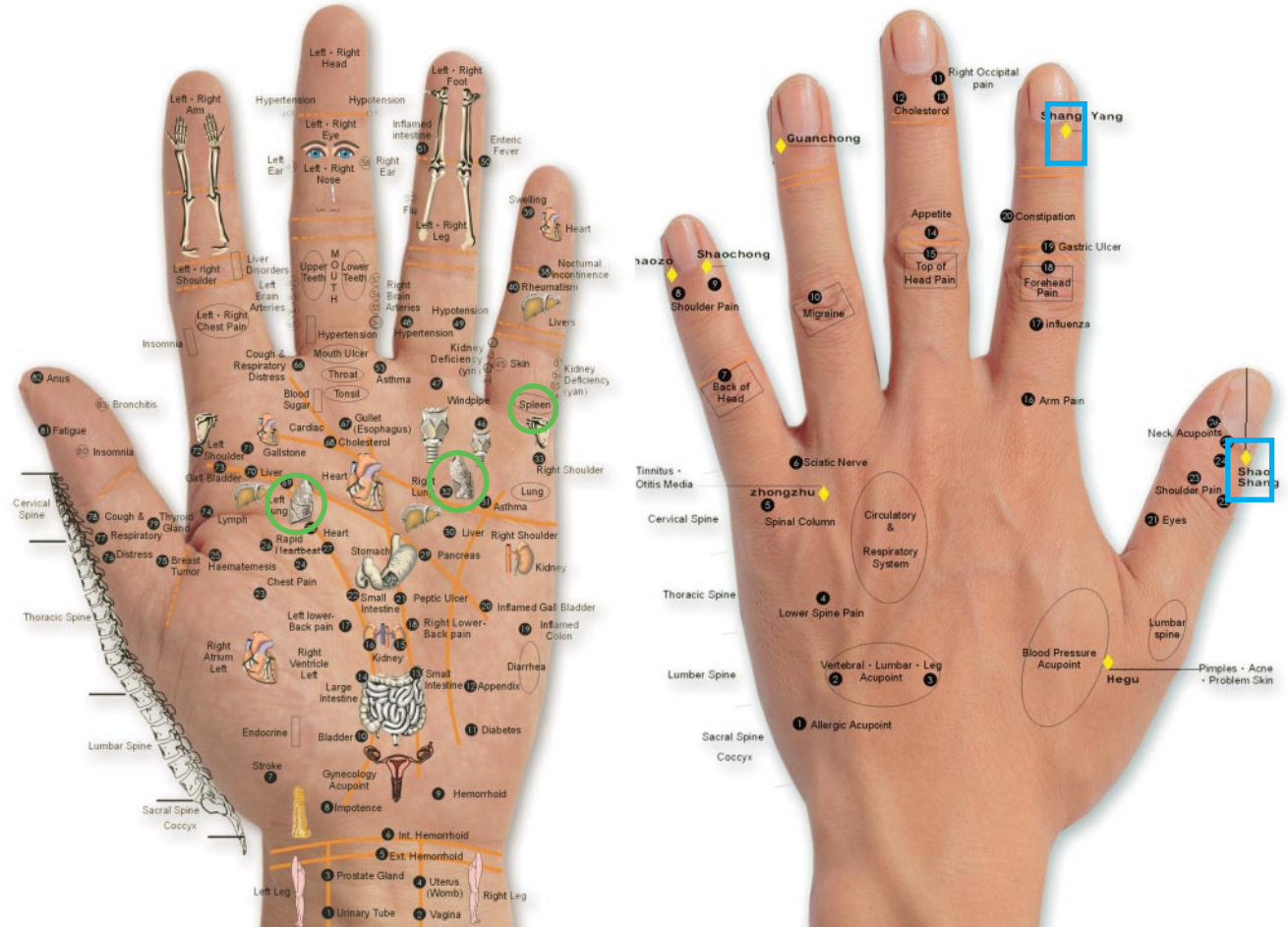
Acupoints for Lung Problems

Pain location



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Right & left Lung Spleen
 Group Two	Shang Yang Shao Shang
 Group Three	None






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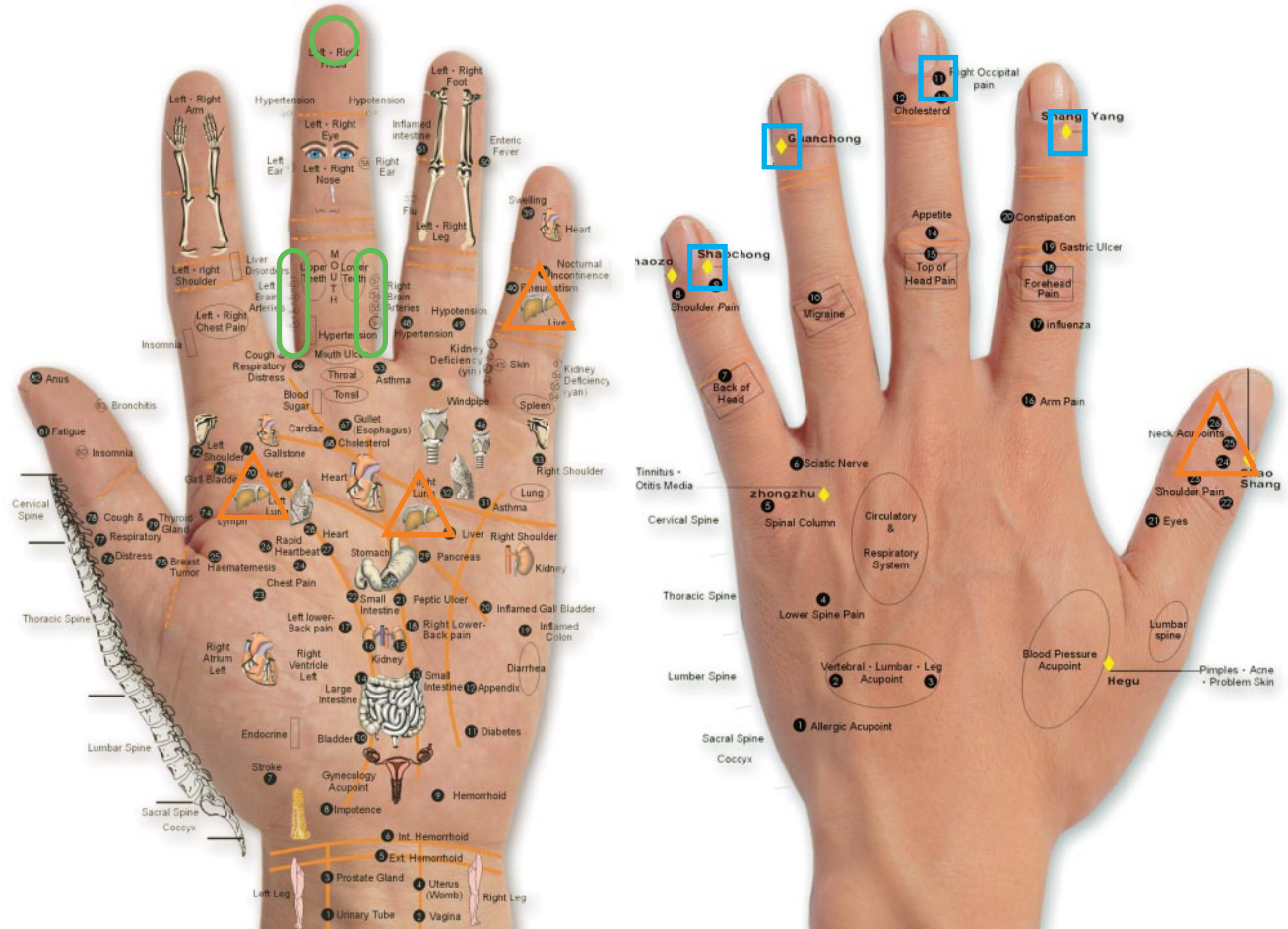
Acupoints for Migraine

Pain location



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




	Group One	Brain Arteries & Tip of Middle Finger
	Group Two	Back of Each Finger where indicated
	Group Three	Neck Points on Back of Thumb, Liver Points

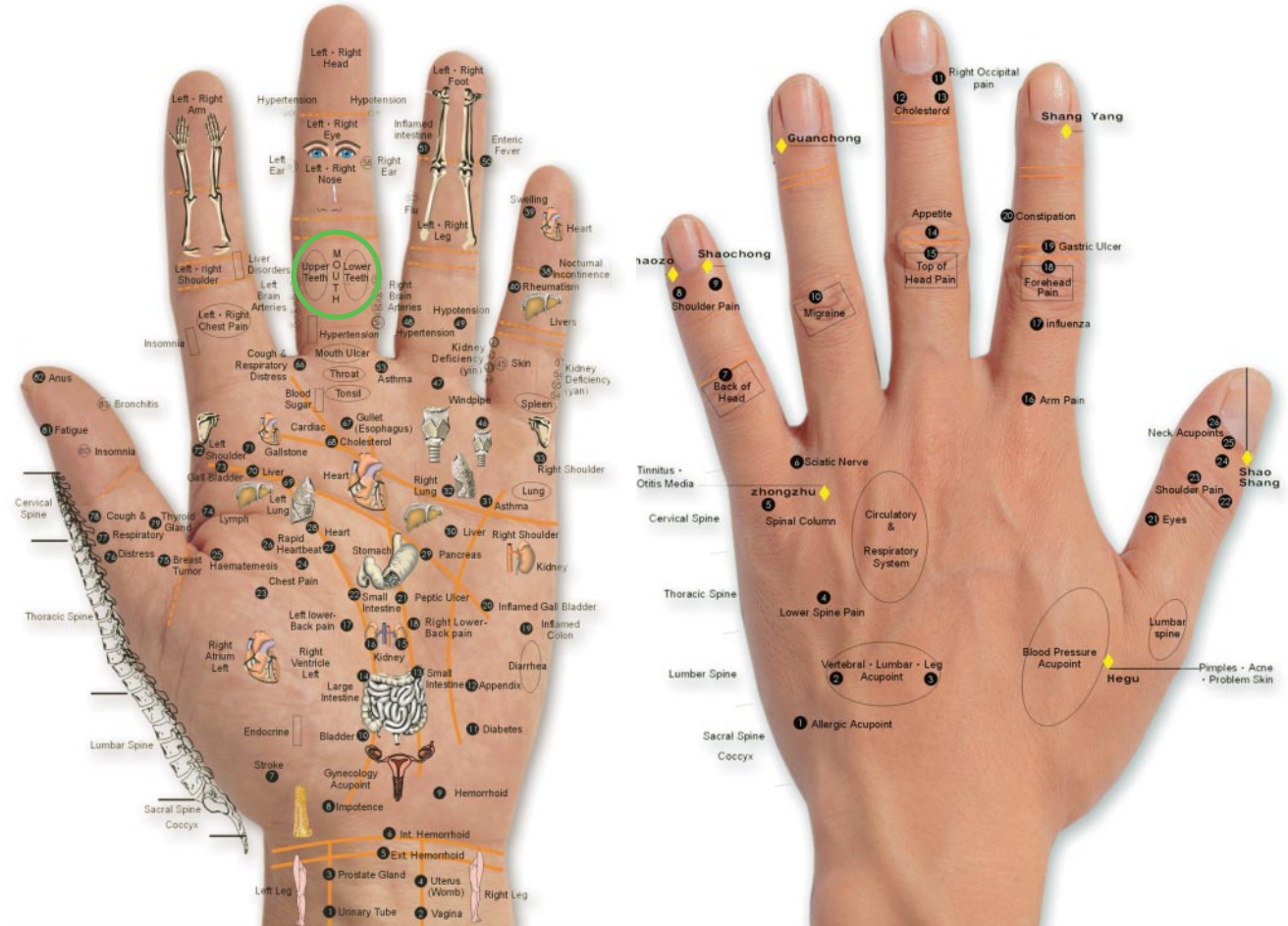


Acupoints for Mouth Ulcers



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

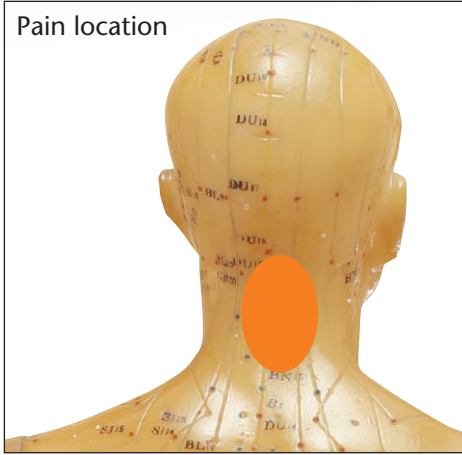
 Group One	Mouth & Teeth Points
 Group Two	None
 Group Three	None






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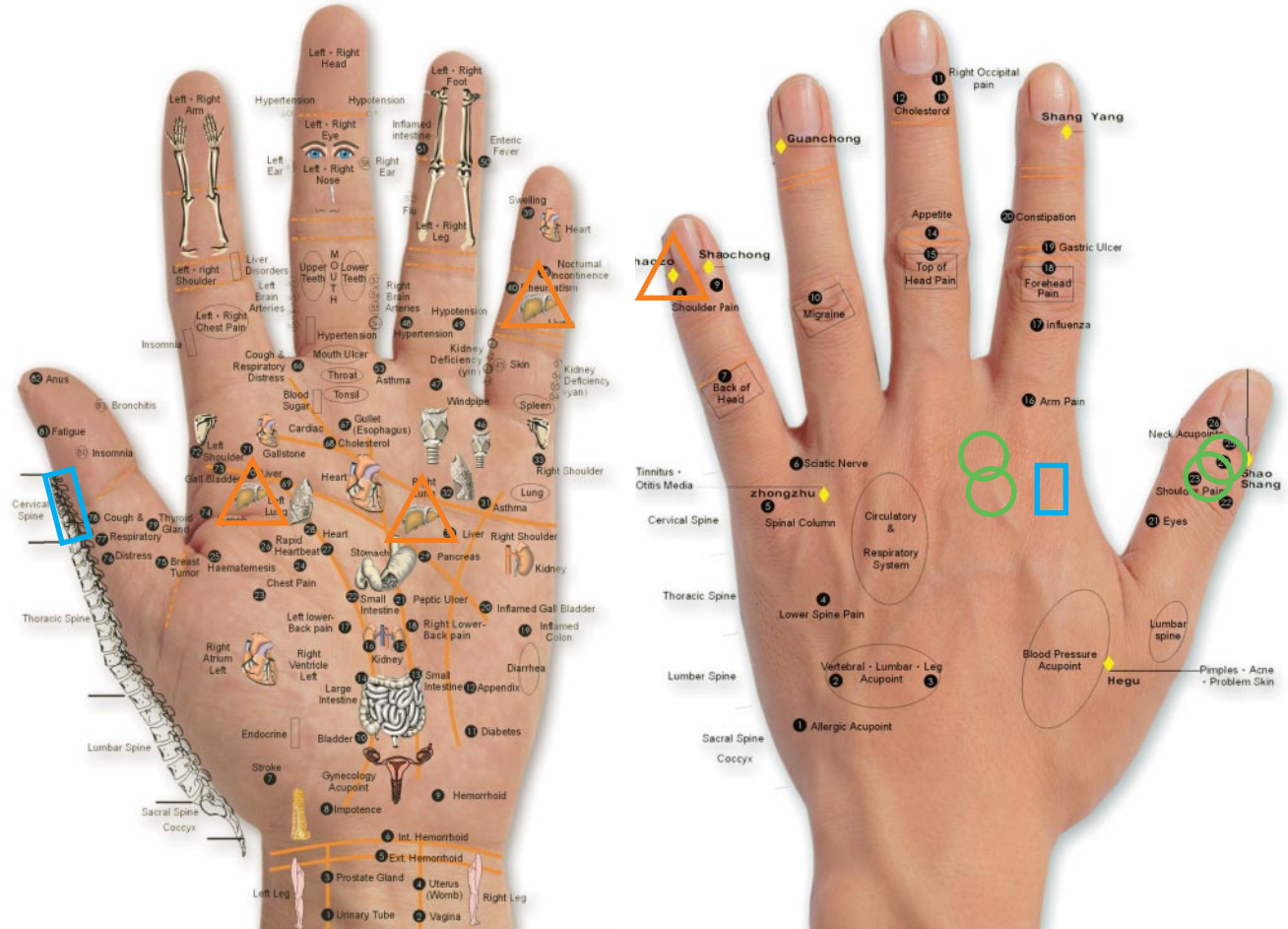
Acupoints for Back of Neck

Pain location

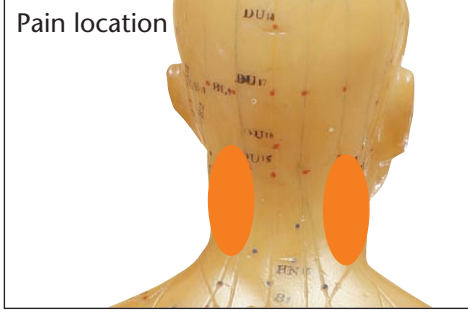


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Back of Hand & Thumb
 Group Two	Edge of Thumb & Back of Hand
 Group Three	Little Finger Liver Points

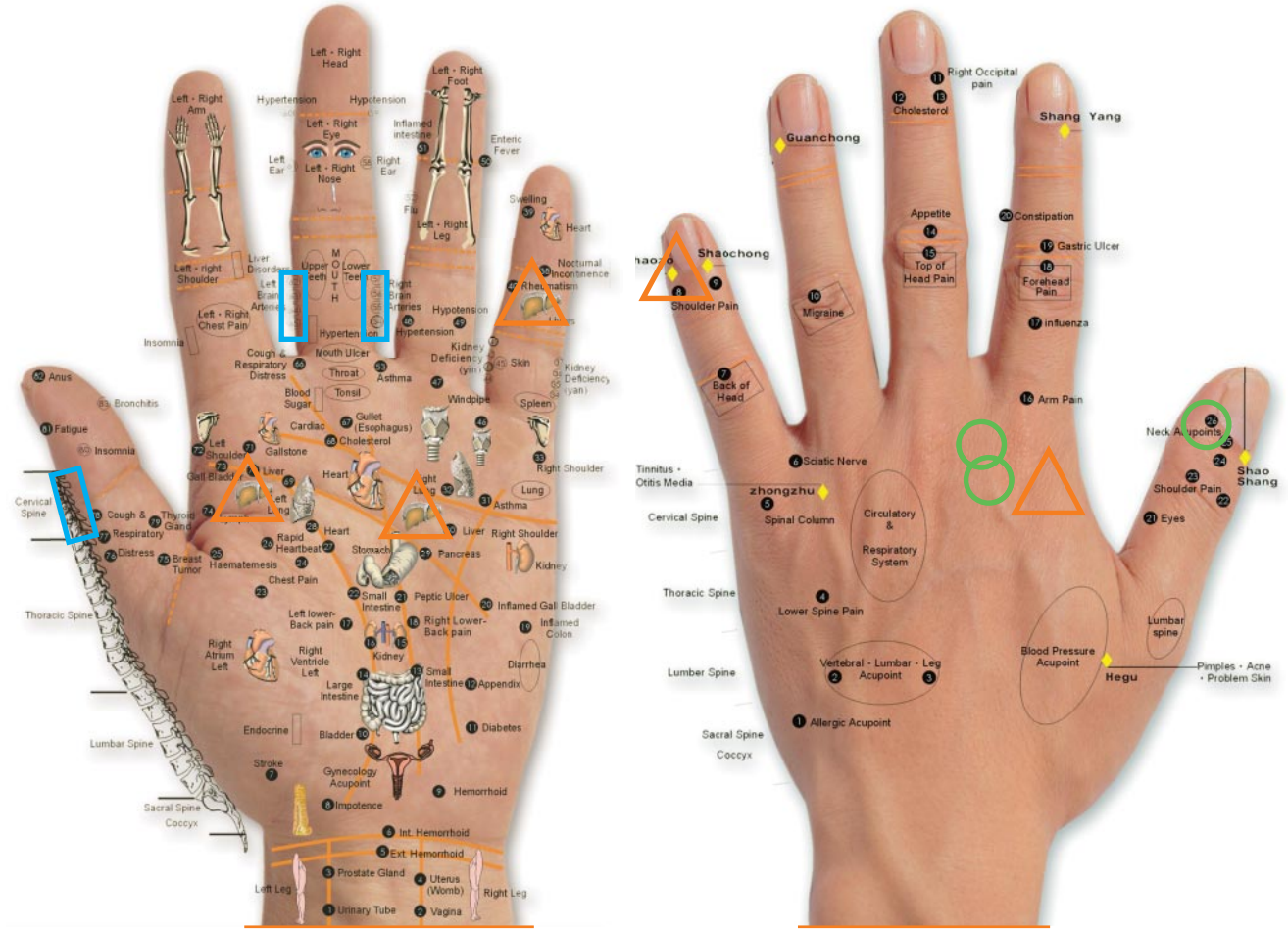


Acupoints for Side Rear of Neck



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

- **Group One** Back of Thumb & Back of Hand
- **Group Two** Brain Arteries on Middle Finger
- △ **Group Three** Back of Hand & Little Finger, Liver






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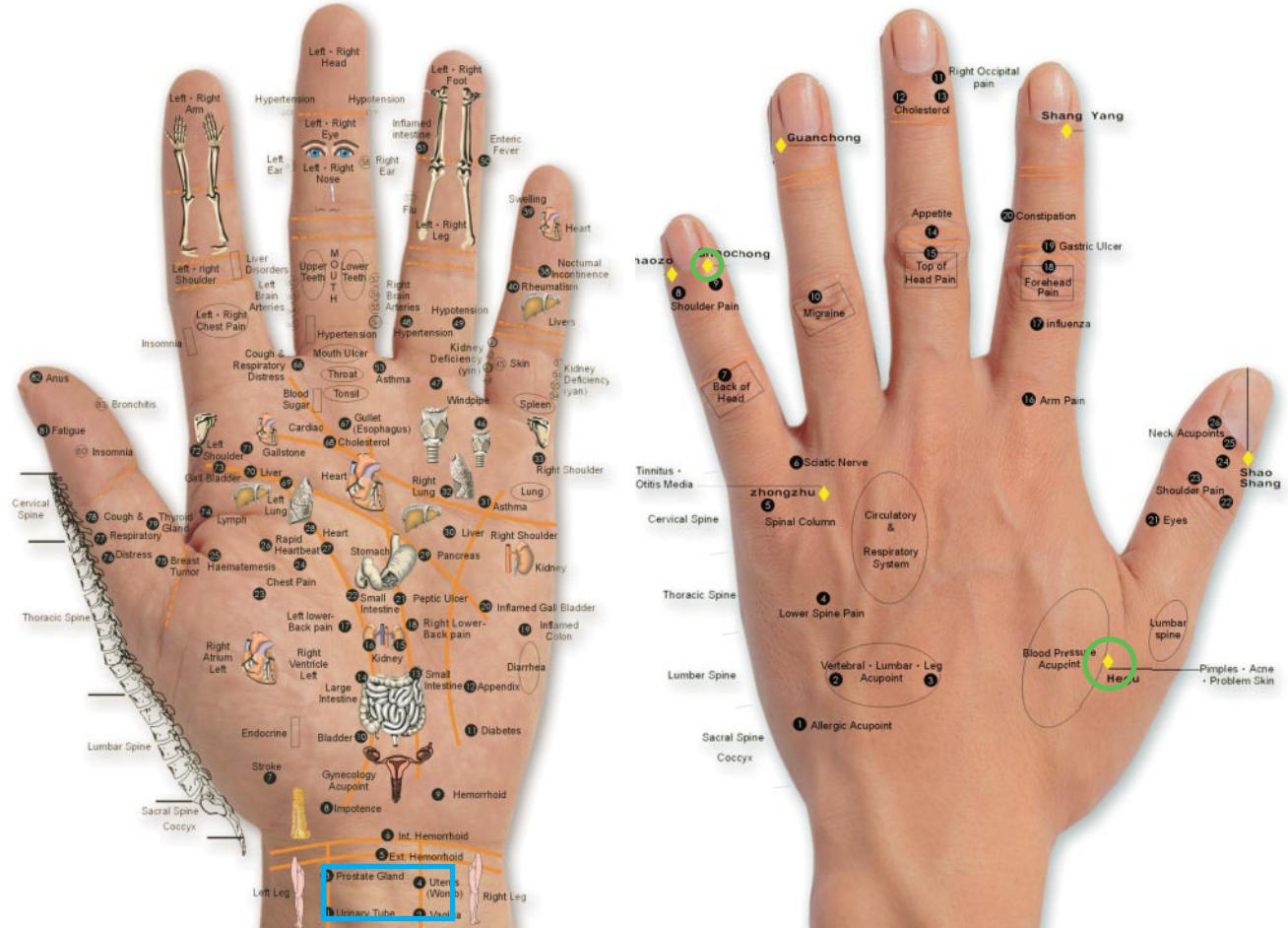
Acupoints for Period Pain

Pain location

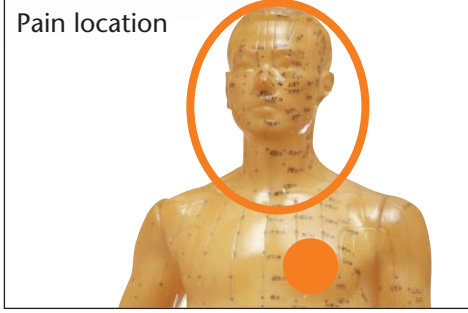


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 <p>Group One</p>	Hegu Point on Back of Hand Shaochong
 <p>Group Two</p>	Uterus Point on Wrist
 <p>Group Three</p>	None

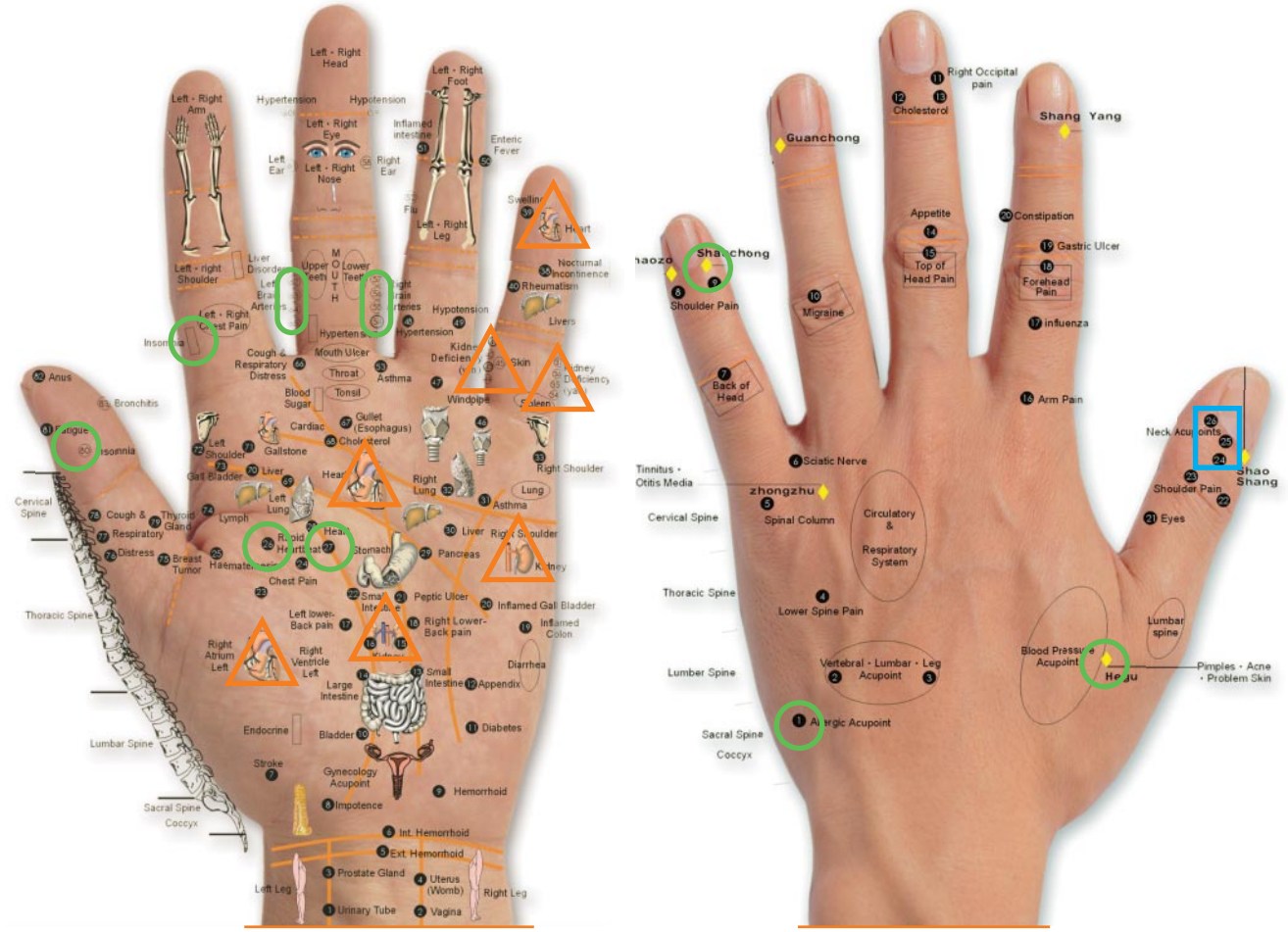


Acupoints for Rapid Heartbeat/Panic Disorder/Stress



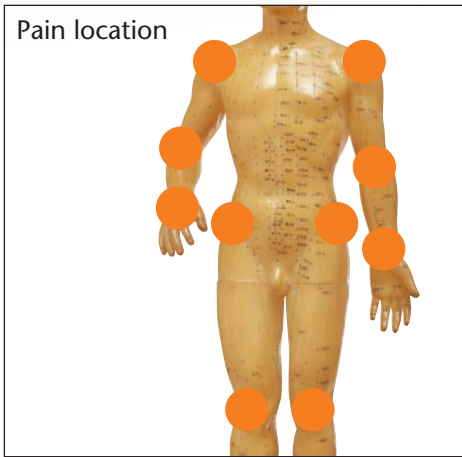
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

- **Group One** Brain Arteries, Insomnia, Fatigue, Allergic Point, Hegu, Guanchong
- **Group Two** Neck Acupoints
- △ **Group Three** Kidney Heart






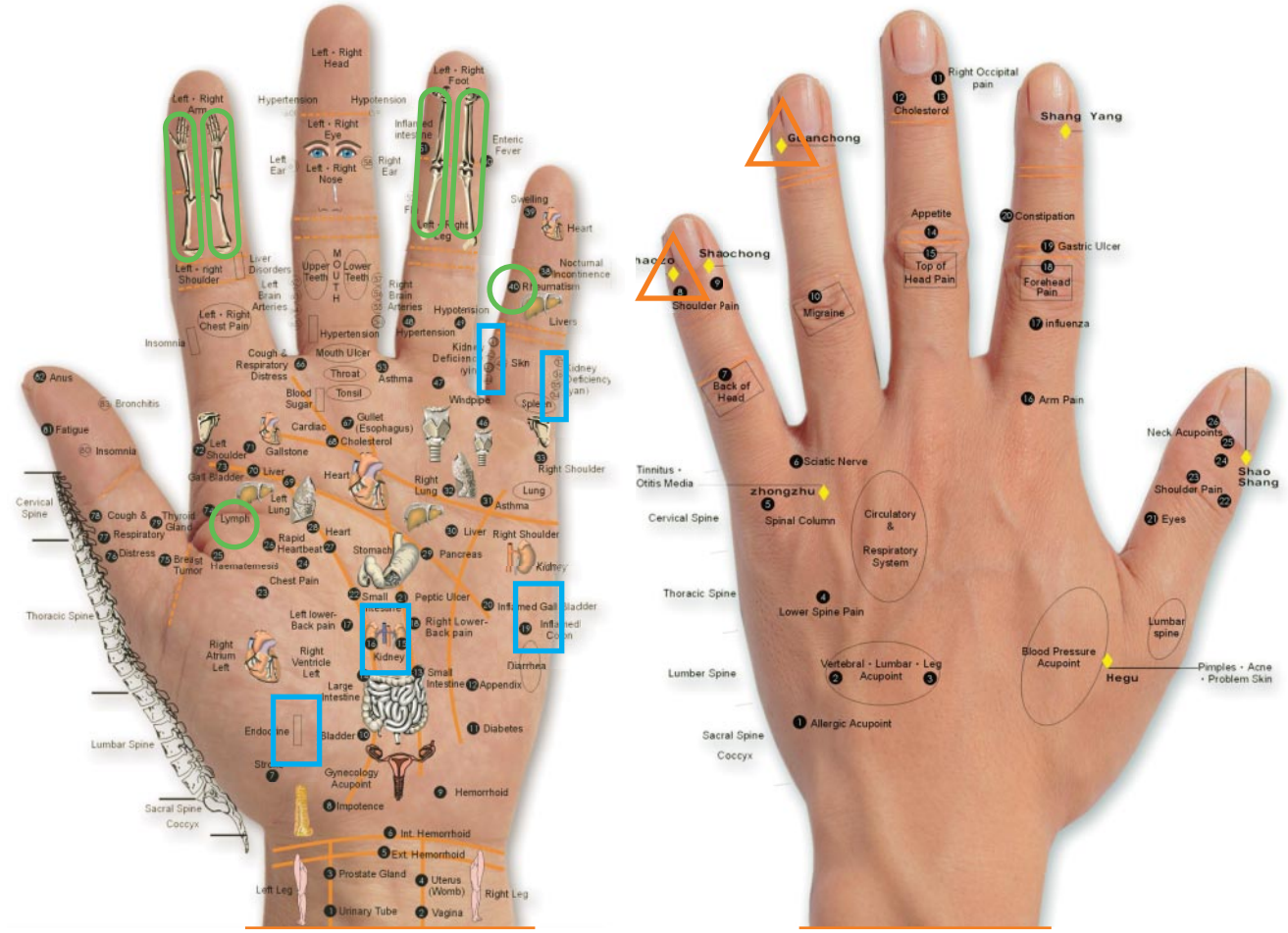
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Acupoints for Rheumatism

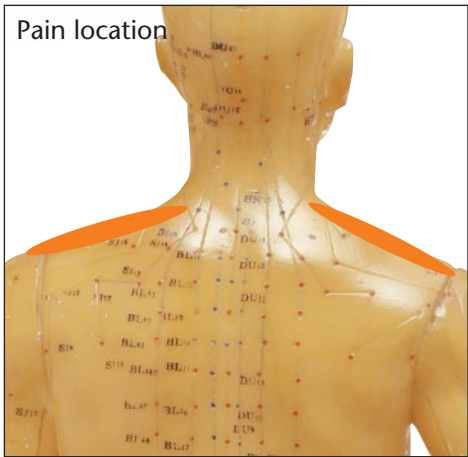


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Front of Fingers One Three & Four. Lymph Point
 Group Two	Kidney Points & Endocrine
 Group Three	Back of Ring Finger & Little Finger

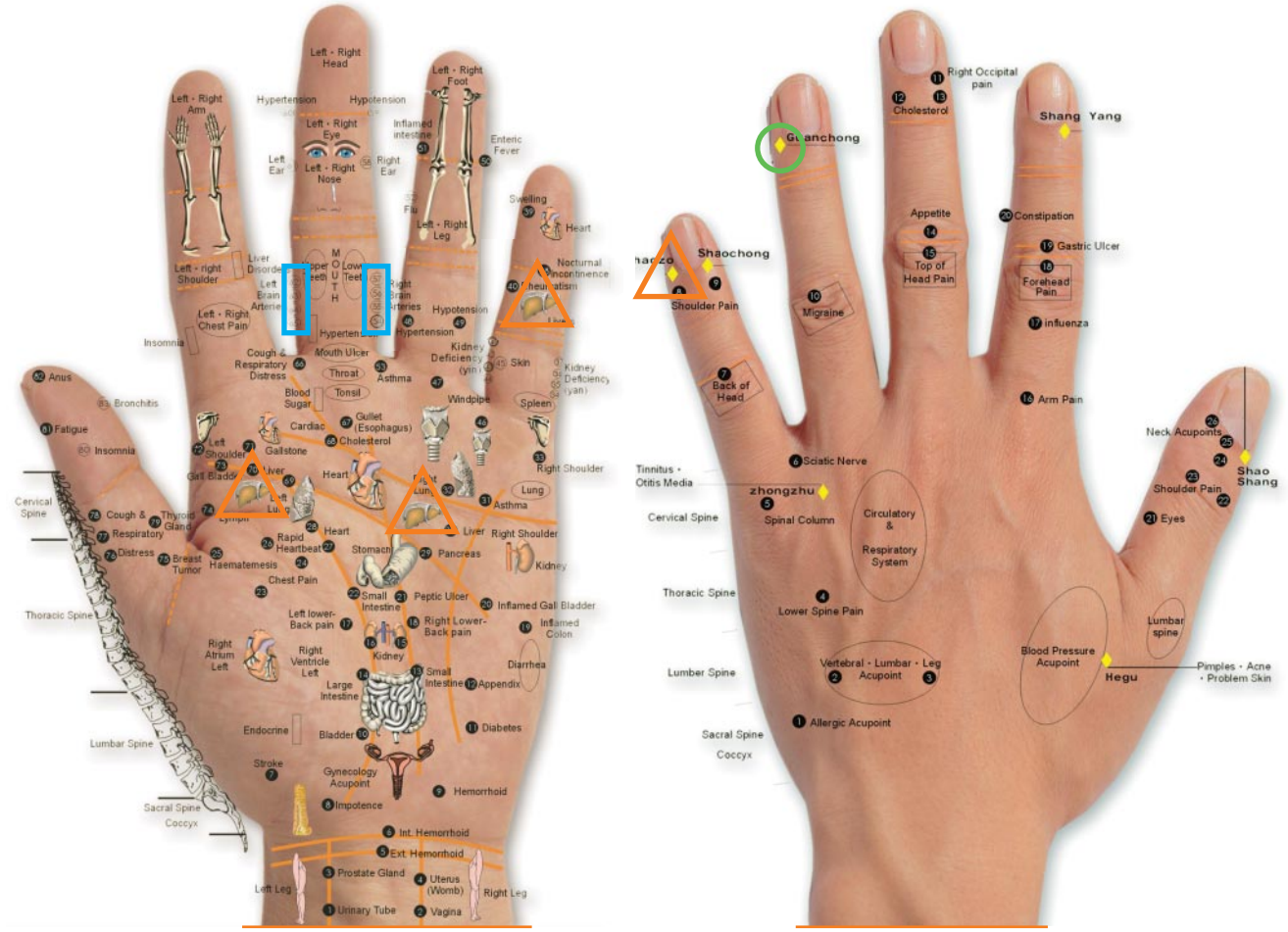


Acupoints for Top of Shoulder



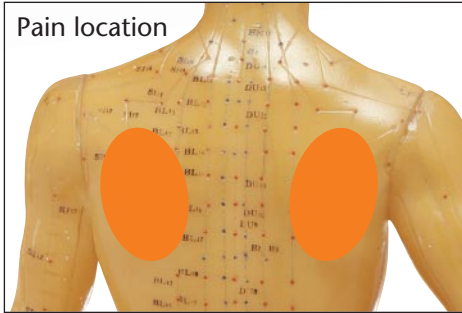
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Guanchong
 Group Two	Brain Arteries on Middle Finger
 Group Three	Shaozo & Liver






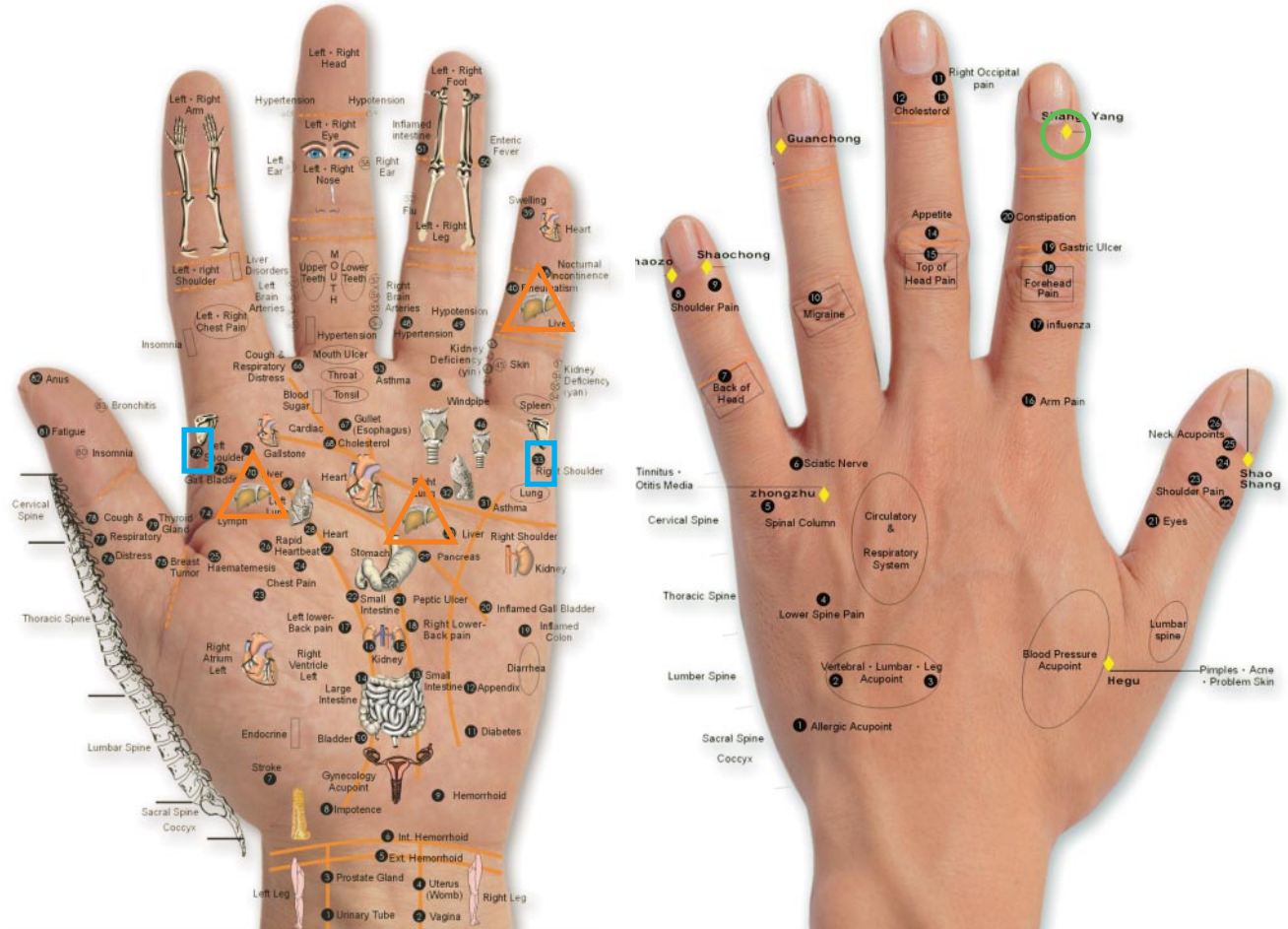
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Acupoints for Shoulder Blades

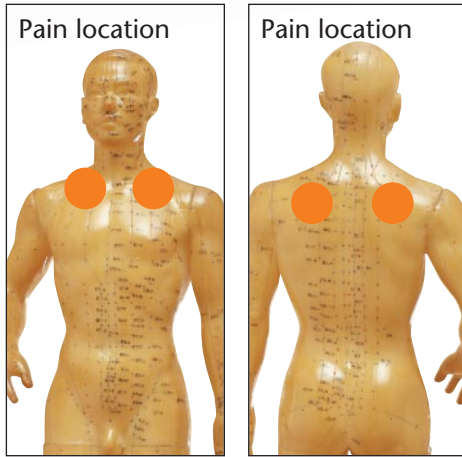


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Shangyang
 Group Two	Left Shoulder Right Shoulder
 Group Three	Liver

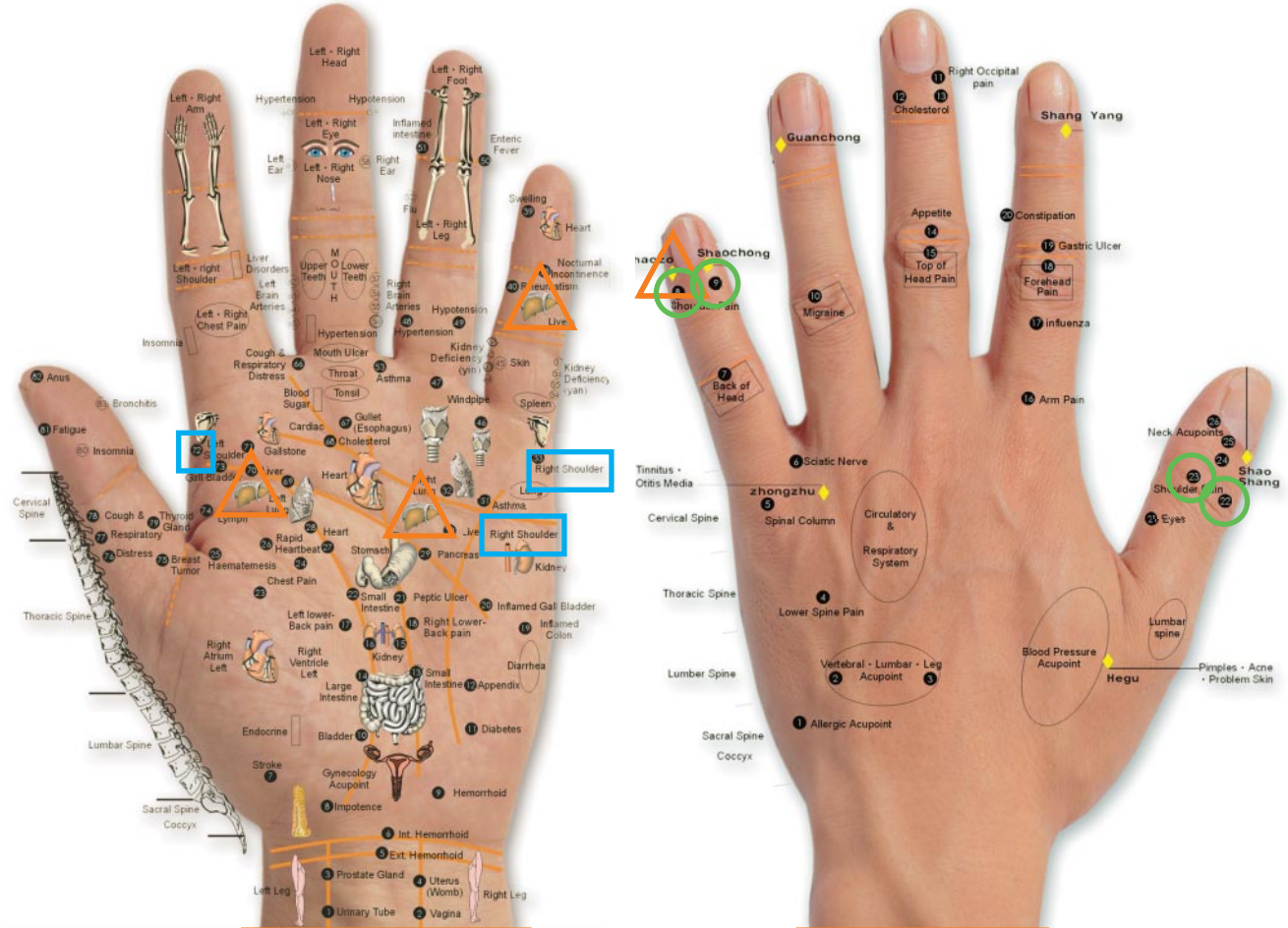


Acupoints for Clavicle & Mid-Shoulder

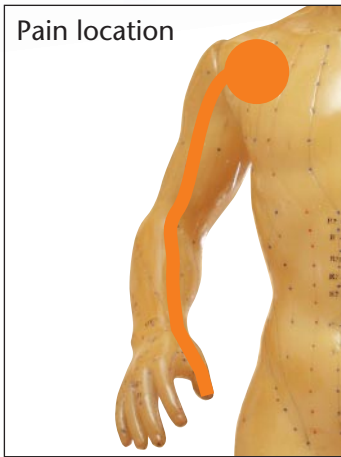


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Back of Little Finger Back of Thumb
 Group Two	Shoulder Points on Palm of Hand
 Group Three	Liver & Shaozo

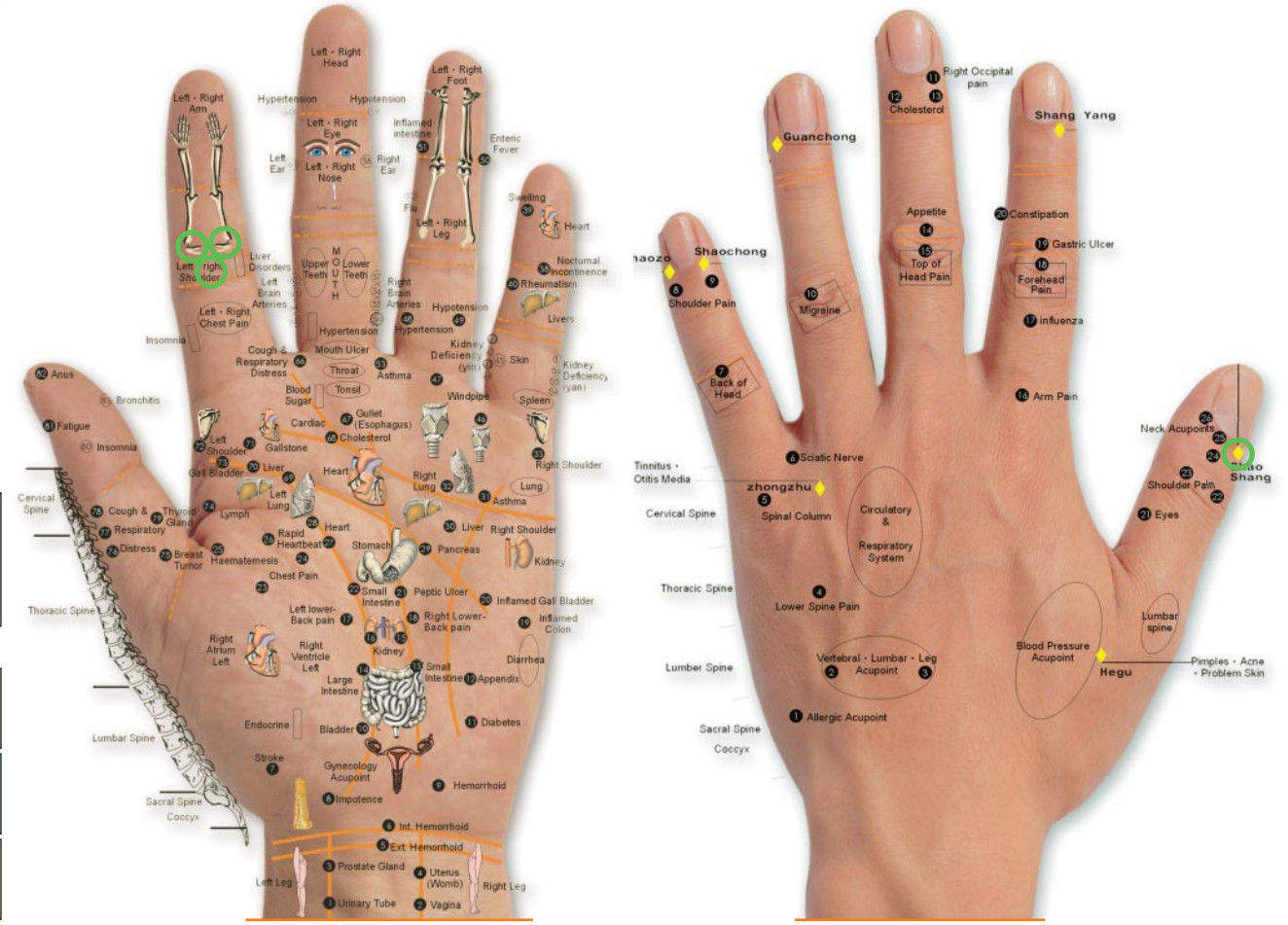


Acupoints for Stiff Shoulder



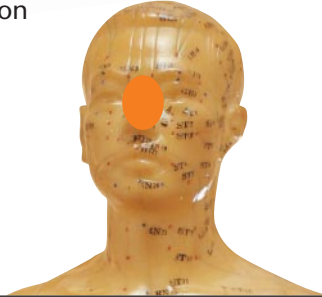
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Shaoshang on Thumb & First Finger
 Group Two	None
 Group Three	None






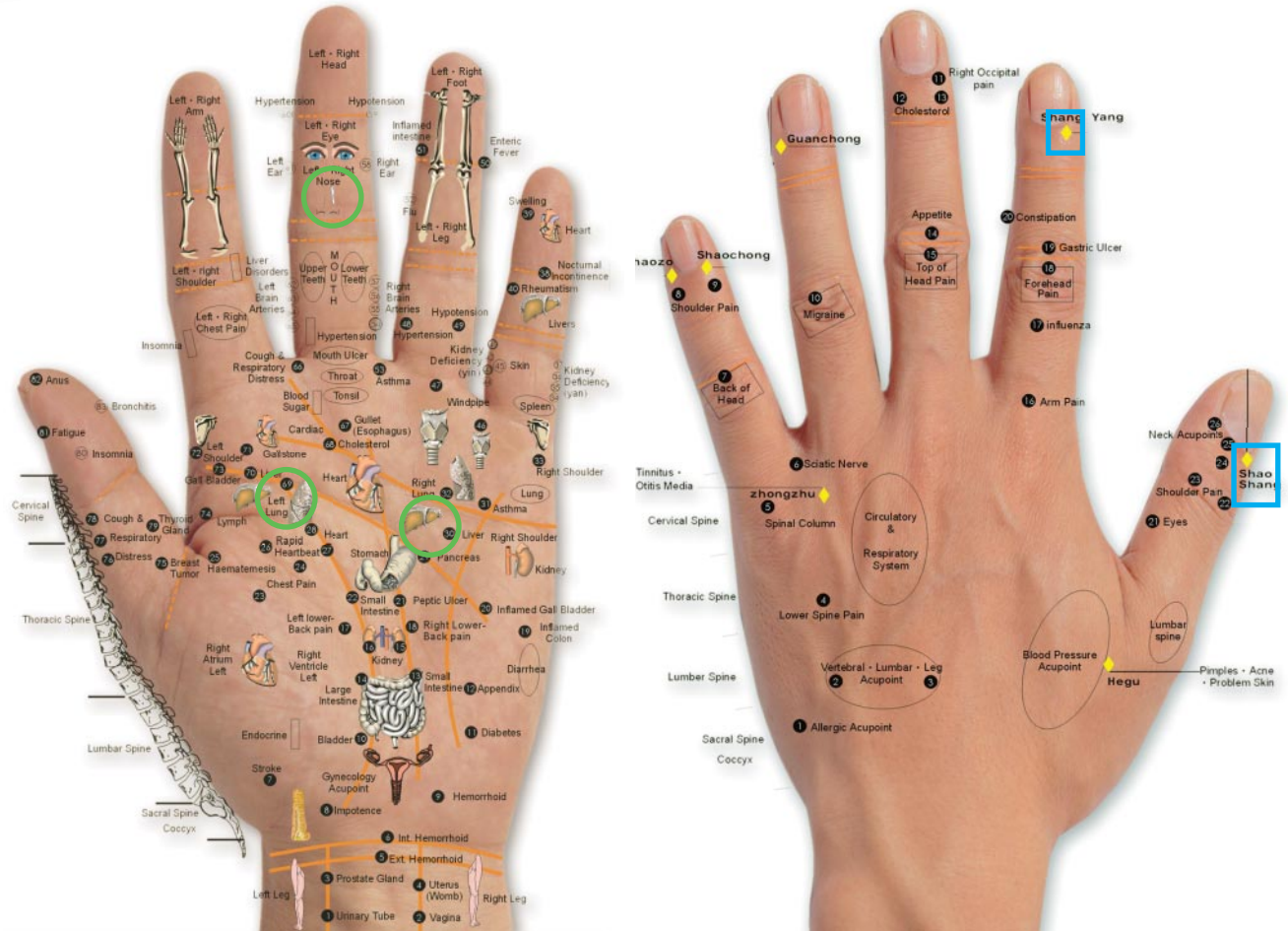
Acupoints for Sinusitis

Pain location

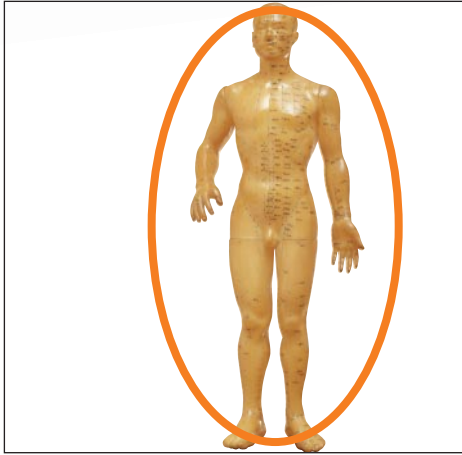


Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Nose Left & Right Lung
 Group Two	Shang Yang Shao Shang
 Group Three	None

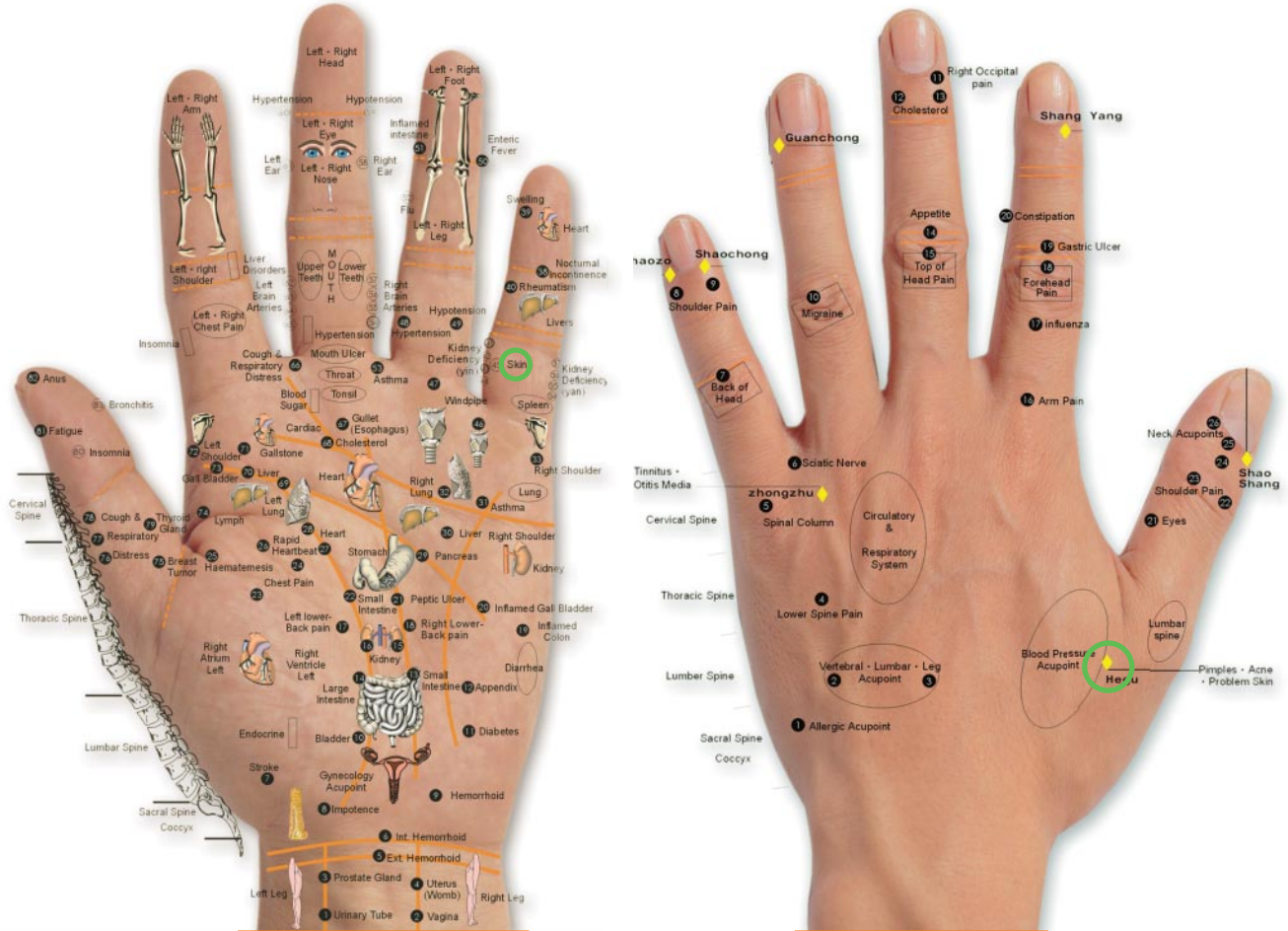


Acupoints for Skin Problems



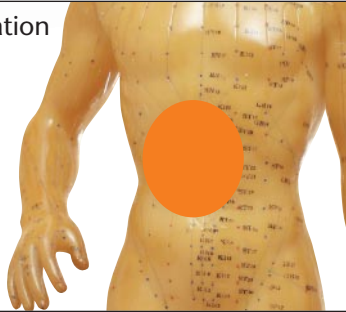
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Skin Points, Hegu
 Group Two	None
 Group Three	None






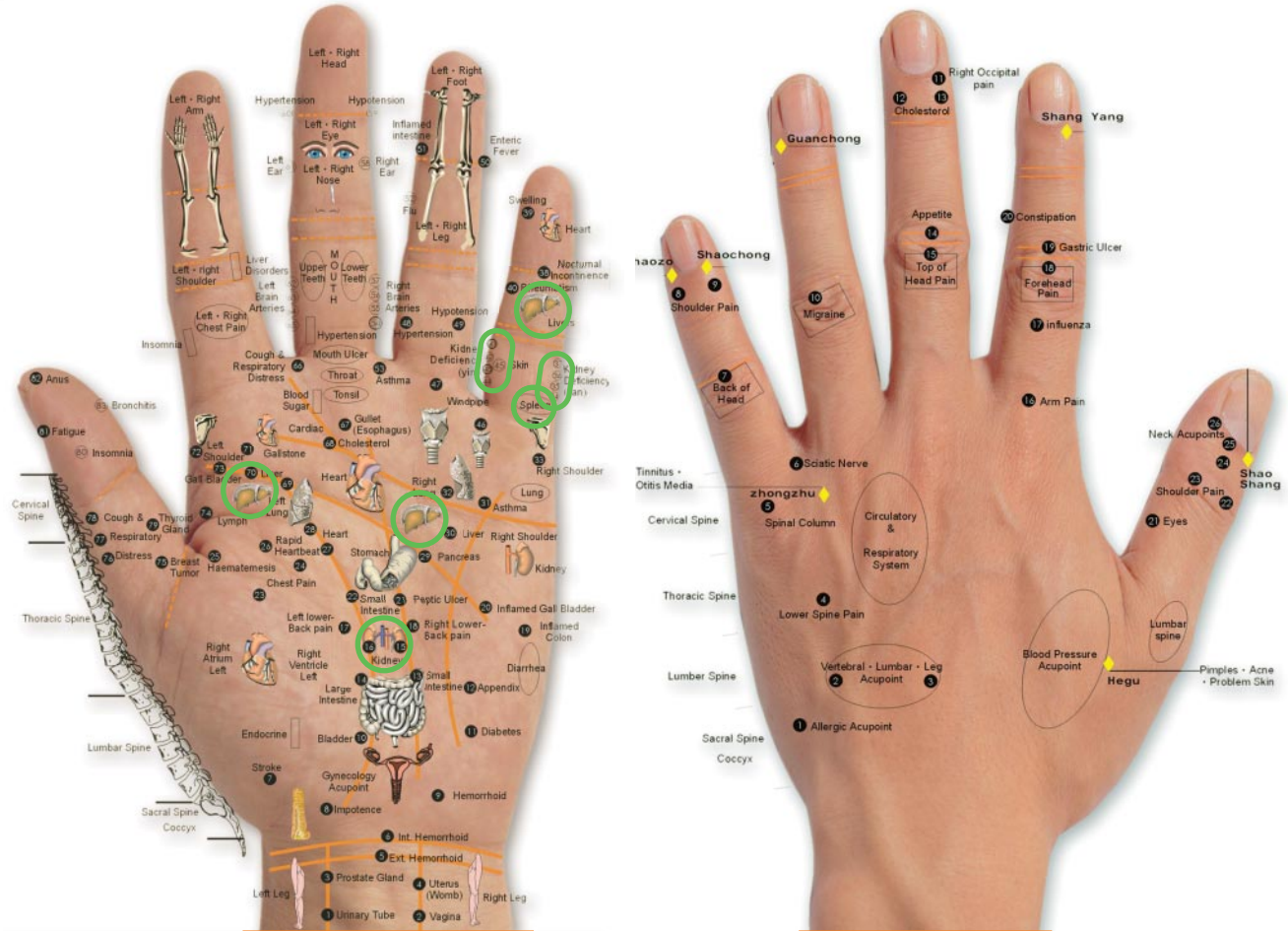
Acupoints for Spleen

Pain location



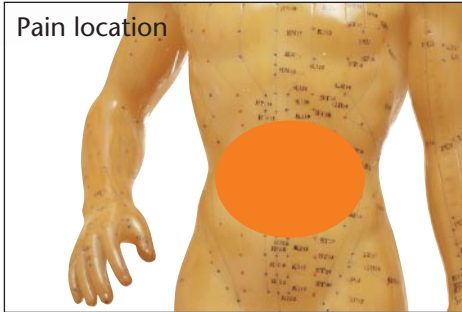
Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Liver Points Kidney Points Spleen Point
 Group Two	None
 Group Three	None






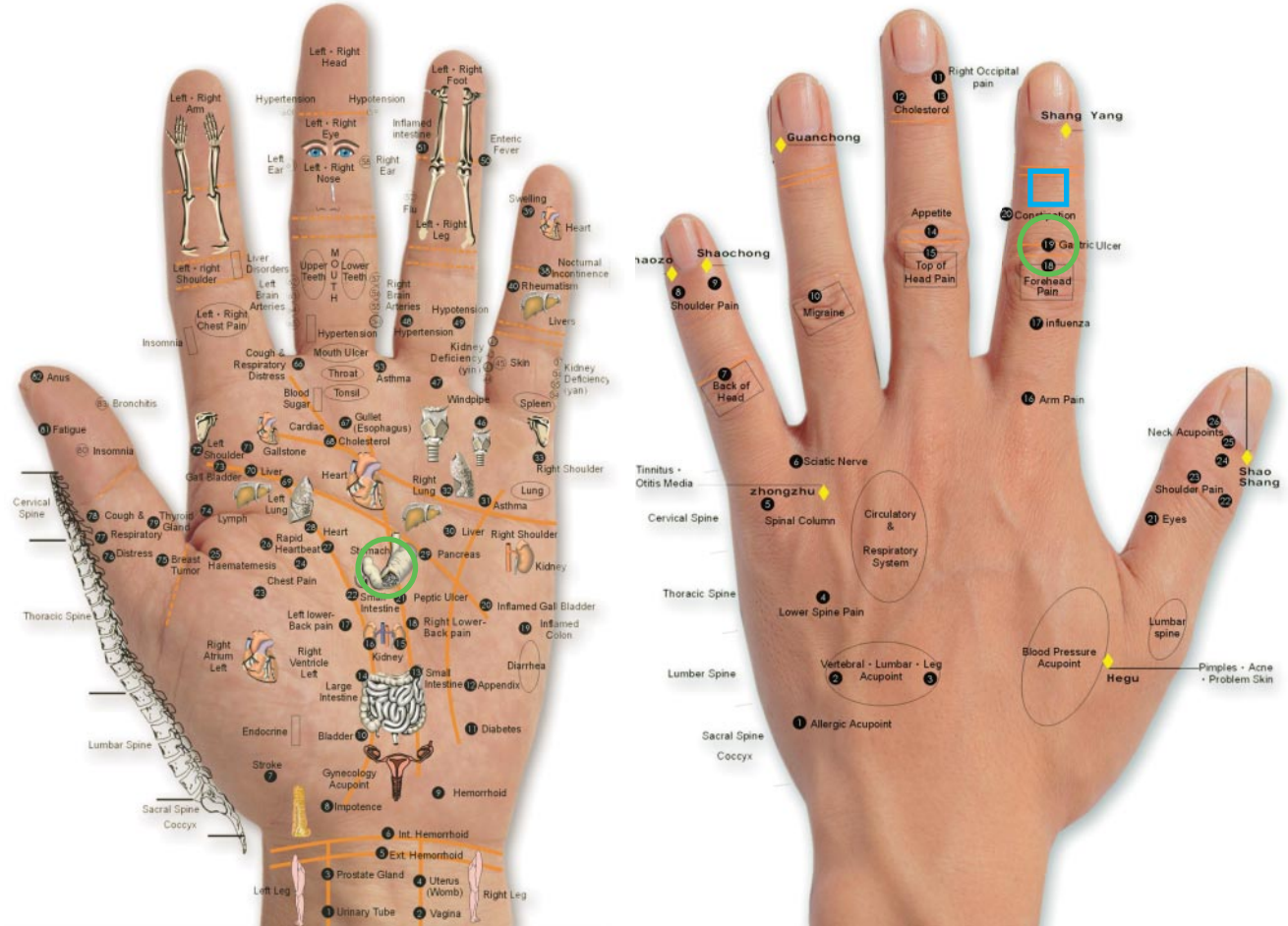
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Acupoints for Stomach Pain



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Stomach, Ulcer of the Stomach, Gastric Ulcer
 Group Two	Special Point
 Group Three	None






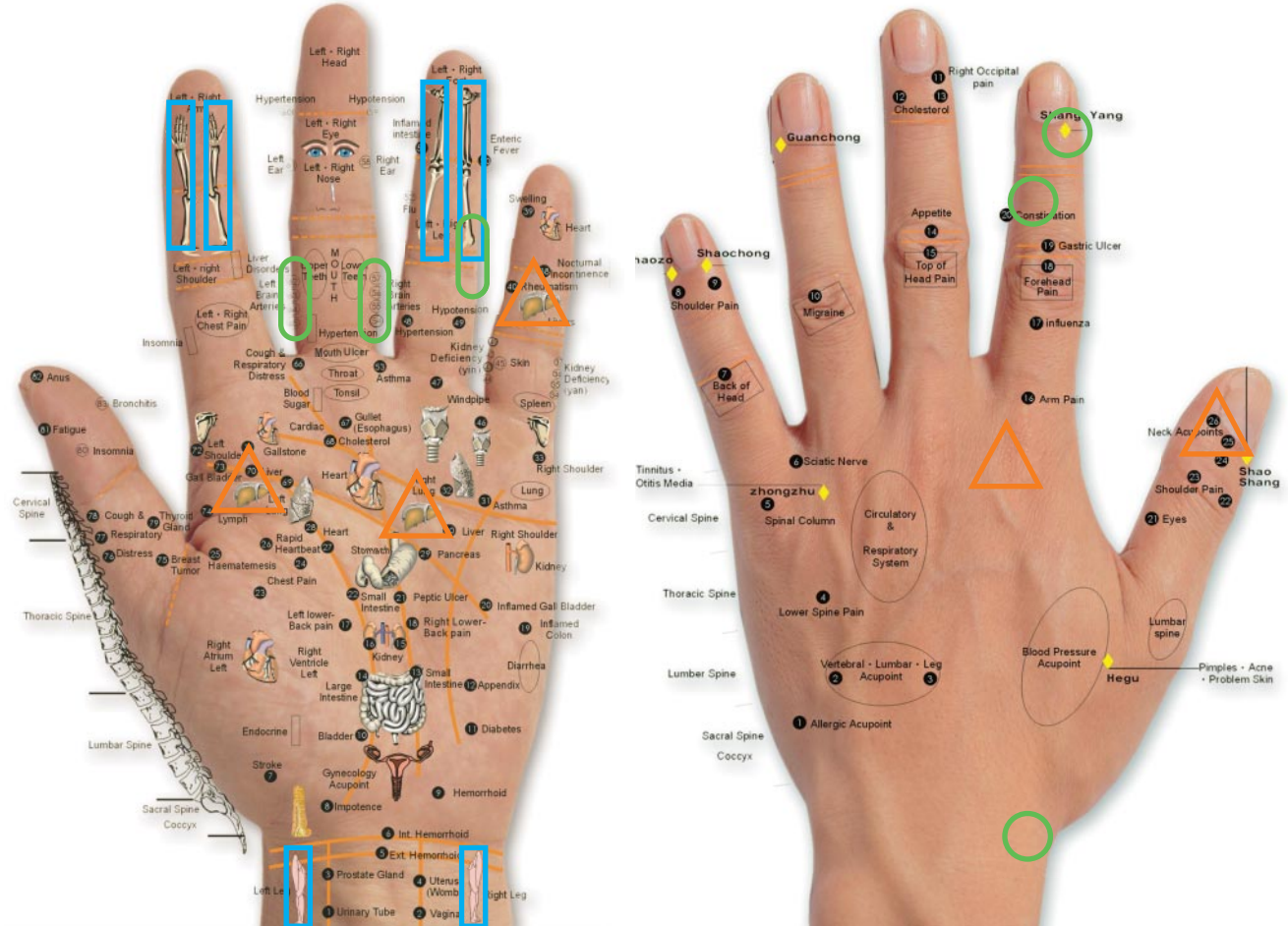
Acupoints for Stroke Patients

Pain location



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Brain Arteries, Shang Yang & Back of Wrist
 Group Two	Leg & Arm Points on Fingers & Wrist
 Group Three	Back of Thumb & Back of Hand, Liver, Neck






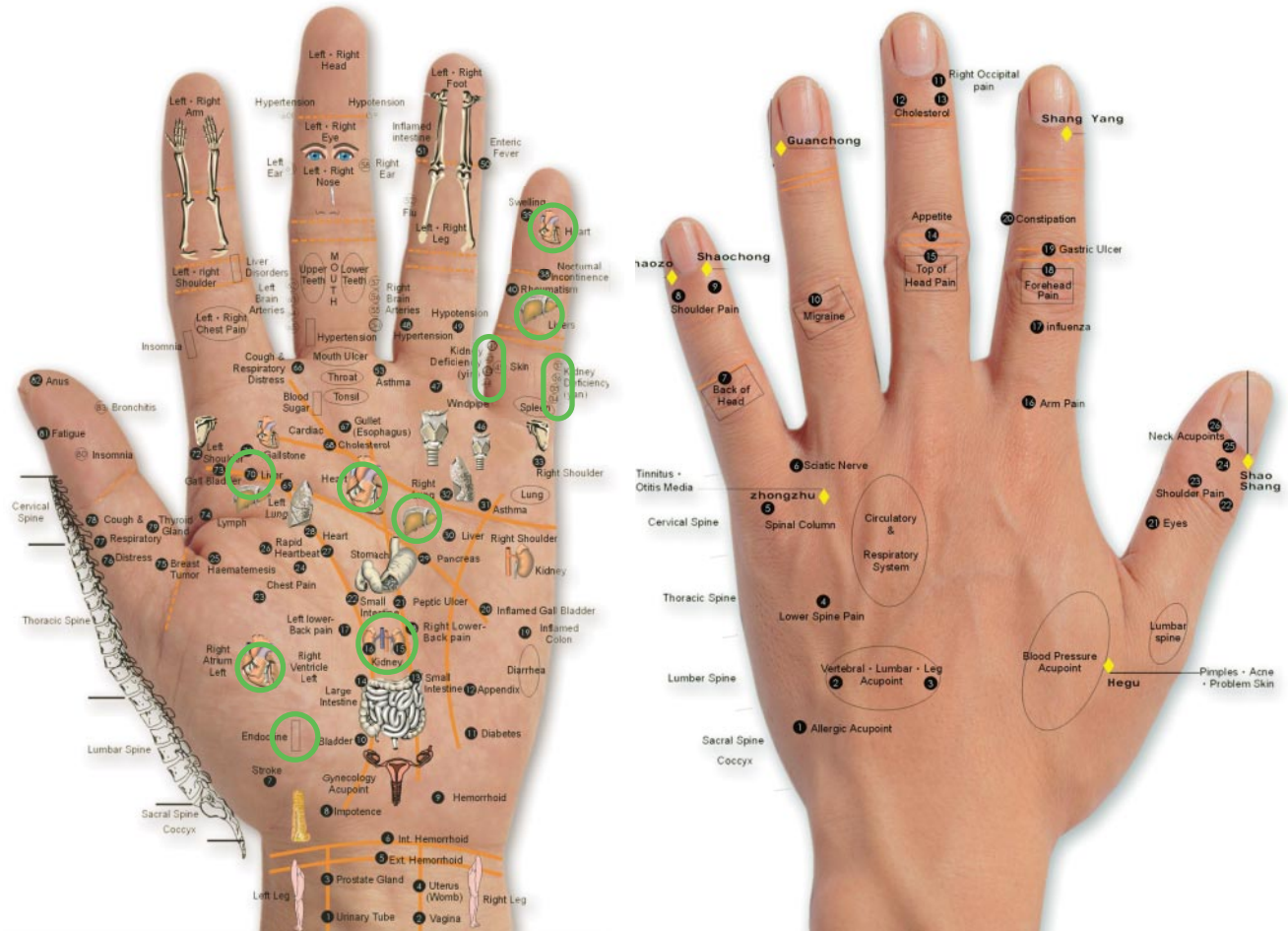
Acupoints for **Thalassemia** - Low Level of Hemoglobin, Causing Anemia

Pain location



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across




 Group One	Endocrine Heart Kidneys, Liver
 Group Two	None
 Group Three	None



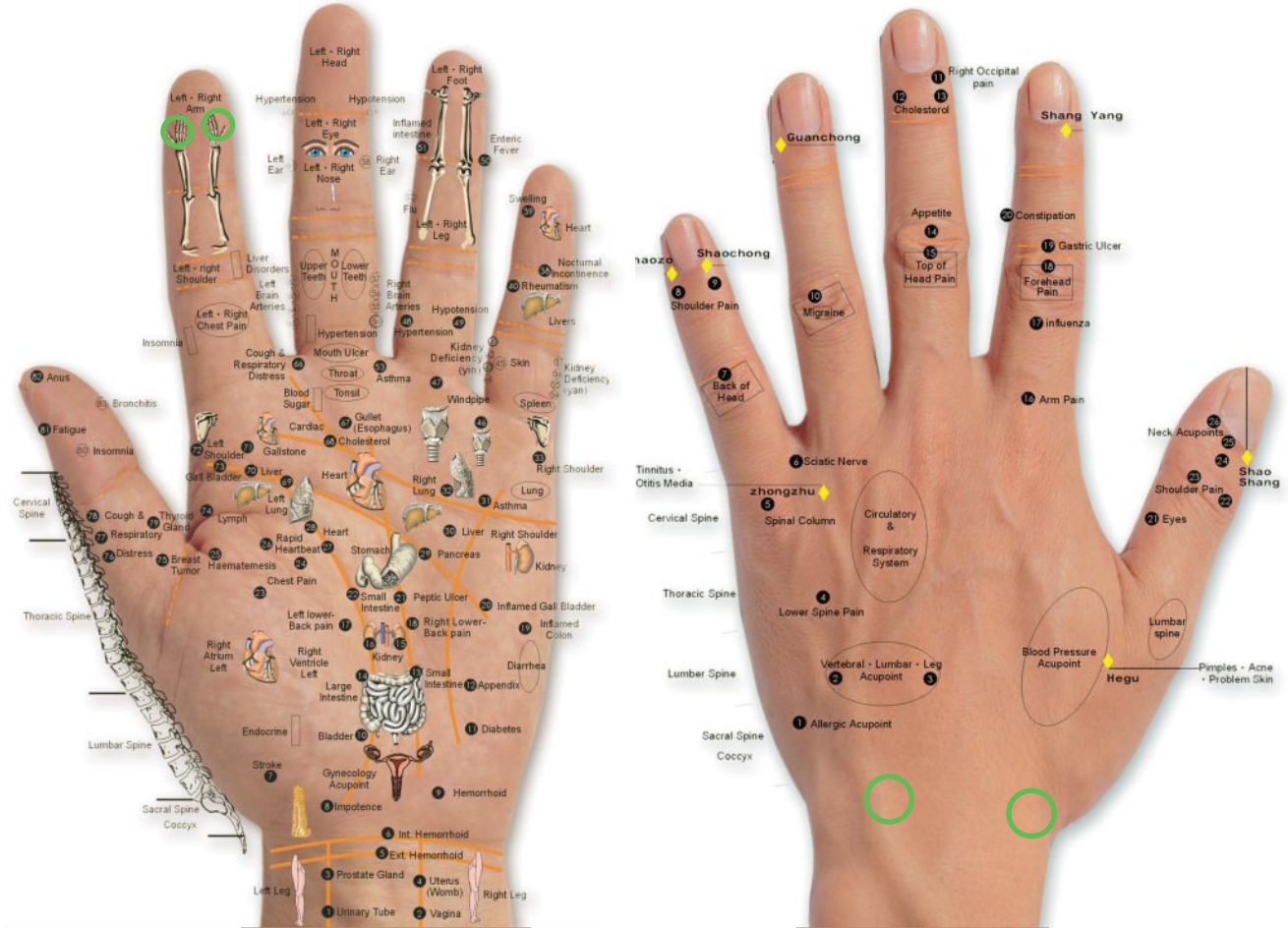
Acupoints for Tight or Inward Curling Fingers



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Index Finger Wrist Points
 Group Two	None
 Group Three	None

NOTE: Also treat the acupoints where you find the strongest sensations on the affected Fingers.






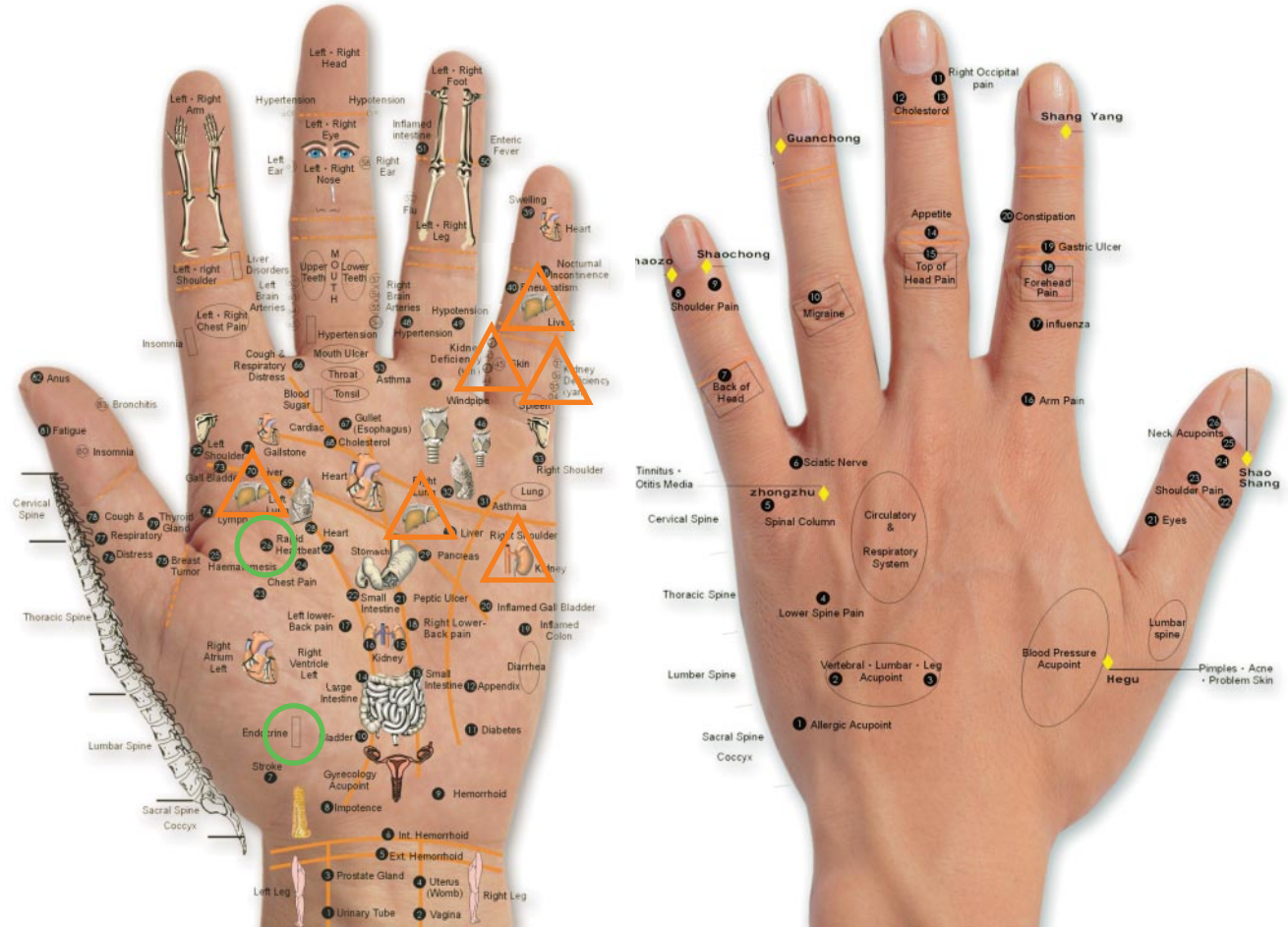
Acupoints for Tumor Prevention

Pain location



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

 Group One	Endocrine Rapid Heartbeat
 Group Two	None
 Group Three	Kidney & Liver






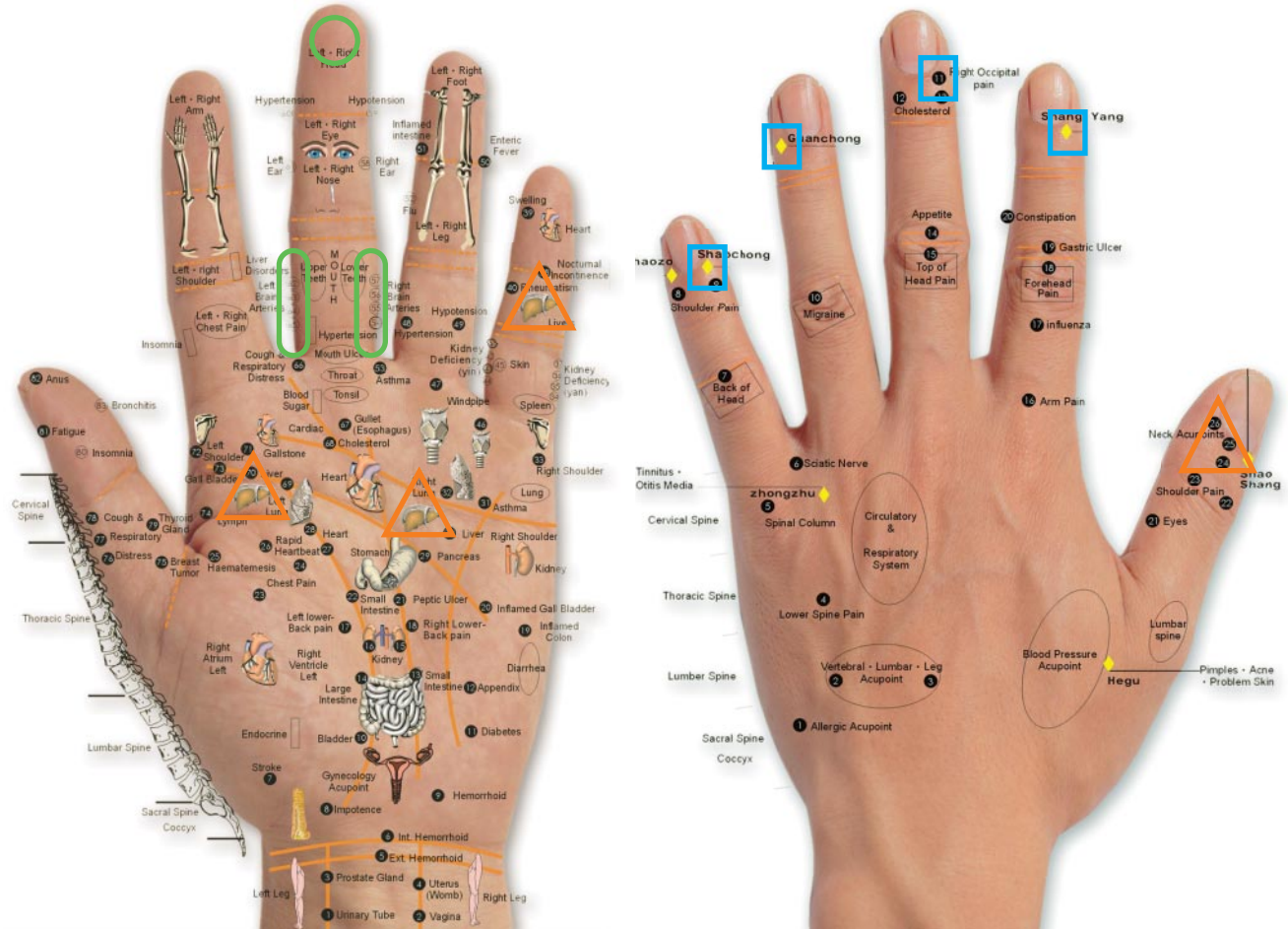
Acupoints for Vertigo - Imbalance of Middle Ear

Pain location



Locate the points where the strongest sensation is felt on your hand, which should be close to those suggested below and across

	Group One	Brain Arteries & Tip of Middle Finger
	Group Two	Back of Each Finger where indicated
	Group Three	Neck Points on Back of Thumb, All Liver Points





Although reflexology has been around for a very long time, hand acupuncture has only recently become widely recognised as a treatment for addressing a range of medical problems and for restoring balance to the body. This book has been written to capture the knowledge and experience of the authors in using the Aculife Magnetic Wave Therapist to detect and relieve a wide range of ailments for many thousands of users around the world, using the principles of hand acupuncture.

The book introduces the reader to the principles behind electro-magnetic acupuncture and guides them through the simple steps of using the Aculife Magnetic Wave Therapist to detect problems in the body and provides an explanation for the range of different sensations felt in the hand. It then goes on to show how ordinary individuals can treat themselves for a range of 57 different conditions with fully illustrated handmaps to guide them through the process.

The Aculife Magnetic Wave Therapist was researched and designed by medical scientists and acupuncturists Dr. Xia Lei and Dr. Chiang Chih Cheng over a 16 year period and has now been in use by thousands of individuals, therapists and medical practitioners for about 4 years. Among the many doctors and medical associations around the world recommending Aculife is the respected chairman of the World Federation of Acupuncture and Moxibustion, Professor Deng Lianyue.

Although the Aculife Magnetic Wave Therapist is certified as a Class IIa medical device in Europe and also has FDA approval in the United States of America, it is complimentary to western medicine and is not intended to be a substitute for traditional medical care.

Niall Strickland & Yuk Kison Lee