

The Secret of Successful Acupuncture

Is to:

- 1). Know which points to stimulate for a given condition.
- 2). Be able to locate these points precisely and accurately.
- 3). Be able to stimulate these points in some manner.
- 4). Be able to stimulate these points promptly and sufficiently frequently.

Instruction manuals are available to provide the answer to 1).

Check the points to stimulate on the page indicated for your condition.

These books also provide you with the approximate answer to 2), however the Pro 900 unit itself provides you with the accurate answer to 2) by the extreme precision with which the electronics locate the exact position of the acupuncture point required. Then, by pressing the button to switch to the stimulation mode, the unit provides the answer to No. 3), electronically stimulating the point (with a D.C. pulse of 8.8 volts at 100K Ohms skin impedance).

The term Tonify is used to describe stimulation in the + mode. The term Disperse is used to describe stimulation in the - mode.

The fact that the units are specifically designed to be purchased for safe home use, provides the answer to No. 4) in that it may be used promptly, as often as necessary, or up to three times a day.

Acute or recent onset conditions require prompt stimulation, whereas more chronic or long-standing conditions require more frequent and persistent stimulation. Time is required to gradually re-align the vital energy flow, and the time factor varies considerably with different conditions and different individuals.

Notes:

1. It is not uncommon following the first 2 or 3 treatments to experience a temporary "stirring up", or worsening of the condition. This often occurs after acupuncture or physiotherapy treatments, and is usually a promising sign. Persist with stimulation in these cases.
2. Many people find that, although all points indicated are "+" or "-", better results are obtained by treating different conditions at different settings, even if only a few hours apart.

3. Problems with Tonify (+) and Disperse (-):

The most difficult information to relay in book form is when to use Tonify (+) and Disperse (-) in particular conditions.

1). Follow the indications on the instruction page.

2). Arthritis is the main example. This condition can at times be loosely diagnosed, and labelled arthritis, when it may be a chronic ligamentous condition.

If in doubt -

Where pain is the predominant complaint use “-” Disperse.

Where stiffness is the predominant complaint use “+” Tonify.

If one mode does not give relief try the other mode.

4. If you find that during stimulation the green light stops flashing, which occasionally occurs when the sensitivity control is turned up too high, turn the sensitivity control back towards “wet” a little until it resumes flashing.

5. Throughout the books there may appear to be an excessive number of points given for some treatments. This is because some people may respond more readily to different groups of points. However, when time permits you may use all points listed.

Technical Description of the Pro 900 Unit

Intended use: Electronic acupuncture point locator and stimulator.

Point location: tip is moved around the skin until audible tone and extinguishing light indicates point location

Stimulation: switch into stimulation mode and apply electro-stimulation

General Description:

The devices are pen-like instruments that, in search mode, ascertain the precise location of acupuncture points by determining the relative skin impedance as the contact tip is moved around and relaying this to the operator by variation in an audible tone and visual signal. When the tone changes markedly into a higher register and the light extinguishes, it indicates an acupuncture point, at which time the device is switched to stimulation mode by depression of a button to deliver a small current to the acupuncture point.

User selected parameters are:-

On/Off switch (4).

Tonify (+)/Disperse (-) switch (3).

Sensitivity control (5) for optimising detection of stimulation points by varying applied voltage.

Stim button (2).

Intensity control (in battery compartment) reduces output in stimulation mode for the comfort of the patient. Rarely adjusted.

The instruments are capable of delivering positive or negative polarity square wave electrical discharge and avoid the use of skin penetrating needles.

Description of Electrical Performance:

The device is powered by a 9-volt battery. The electrical output of the device consists of square waveform pulse. The pulse parameters vary with skin impedance.

During the search mode, testing from 0 to 100K Ohms (skin impedance) gives the following output parameters:

Voltage 0.15 – 4 V

Pulse length 0.3 – 3.6 millsec

Frequency 200Hz to 2KHz

During the stimulation mode, pulses have the following output parameters at a skin impedance of 100K Ohms:

Voltage 0 – 8.8 V

Frequency 2.5Hz

The pulse output in the stimulation mode can be varied with the intensity setting in the battery compartment:

Maximum intensity setting: 100K Ohms impedance gives 85 microamps
10 K Ohms impedance gives 600

microamps

Minimum intensity setting: 10 - 100K Ohms impedance gives 6 - 8

microamps

Maximum peak pulse length is 300 milliseconds for the + stimulation mode and 330 milliseconds for the – stimulation mode.

About the Pro 900 Unit

The Pro 900 unit has been created as a very simple, safe, and effective device for people to treat their own problems in the comfort of their homes.

It is also an easy method for professionals to adopt in the treatment of basic problems in their patients, in conjunction with their other methods, without resorting to the expense and time of a full acupuncture course of study. It is particularly attractive to those with an aversion to needles, busy people who find it difficult to spare the time to attend acupuncturists' rooms for treatment or those with a fear of Hepatitis or Aids transmission through skin penetration.

Most families will find one or two members suffering from a problem, listed in the instruction manuals, for which the Pro 900 may be used.

The Pro 900 has two separate modes:

1. Firstly, by virtue of its ability to locate areas of lowered electrical resistance, it will locate the required acupuncture point extremely accurately.
2. Secondly, without moving the unit, and by pressing the "STIM" button, it is converted to the stimulation mode.

The electrical current flow to the point can be reversed by setting the "+" Tonify or "-" Disperse as indicated in the diagrams.

It does not penetrate the skin in any way.

The Pro 900 owes its efficient action to the extreme accuracy with which it locates the required points. This allows the current used to stimulate these points to be kept to an absolute minimum and consequently the unit is considered safe for use at any age.

The safety factor and efficiency of the unit have been thoroughly tested by health professionals over a period of 15 years, so you may rest assured that the unit is of the highest quality. Most other units of similar type have been found to be deficient in one or more essential areas, such as safety, point location accuracy, inadequate instructional programs etc.

The Pro 900 unit has been designed to produce maximum effect by the extreme accuracy by which it locates points. Once this is done only a very mild, in most cases sub-sensory, stimulus is required, and there is no need to feel anything during stimulation. This adds to the safety and comfort of use.

Stim button - the large round button. The label indicates the button to be normal height and not pressed during the search mode and low or pressed during the stimulation phase.

PLEASE NOTE: Batteries are not included.

Instructions for use

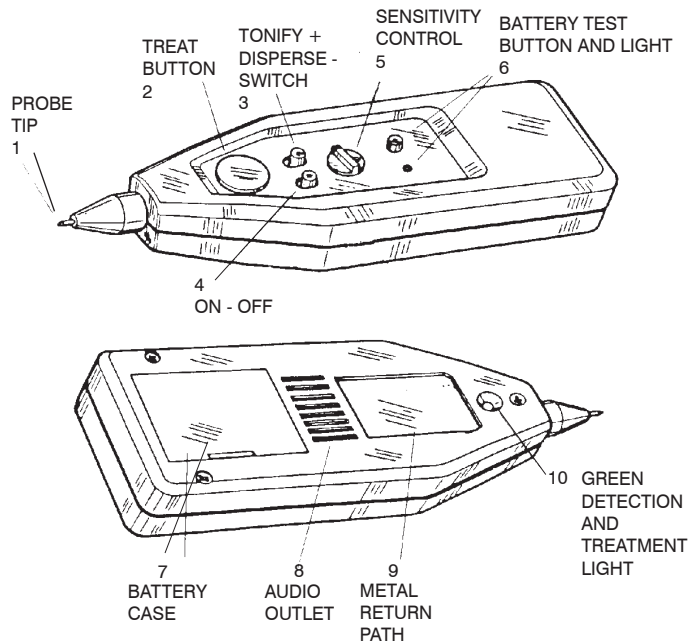
The Pro 900 is capable of performing two separate functions:

1. Accurate detection of energy acupuncture points.
2. Stimulation in either Tonify (+) or Disperse (-) mode.

Product Description

1. Probe Tip.
2. Stimulation button, press to stimulate.
3. Tonify (+) - Disperse (-) Switch.
4. On-Off Switch
5. Sensitivity Adjustment - (covered in detail in the next section).
6. Battery Test Button. (Switch unit on with the on-off switch, and then press the battery test button. If the light does not operate, replace the battery and repeat the procedure).
7. Battery case.
8. Audio Outlet. (for aid in detecting stimulation points).
9. Metal Circuit Contact Plate (thumb or finger must be in contact with the plate when the unit is in use).
10. Green Detection and Stimulation Light - this light is activated when the Pro 900 is switched on.

When stimulation point is located, the light goes out. Depressing the Stim button activates the stimulation mode and the green light flashes in time with the sound giving a "beeping" effect.



Using the Extension Probe

The cap on the end of the cord on the extension probe pushes onto the probe of the unit, just as the regular cap does. The collar on the probe must be pushed forward to extend the probe tip and it is then used just as the probe on the unit.

Method of Use

Use of an instruction manual will enable you to decide which points to stimulate. By using the instructions in this manual locate, approximately, the stimulation point.

Select the mode for stimulation, either Tonify (+) or Disperse (-) as indicated in the book. Through experience and practice you will learn the setting on the sensitivity adjustment that best suits you. For drier skin or difficulty in locating stimulation points, move the indicator toward Dry. If you find too many points are being located, move the indicator towards Wet.

(1) Move the On/Off switch to the On position - hold the Pro 900 as you would a pen, resting comfortably between the thumb and index finger with the indicator light facing towards you. The index or middle finger should be poised above but not touching the Stim button.

(2) Hold the Pro 900 at between 45 degrees and 90 degrees to the skin's surface with your thumb touching the metal contact plate. (It is most important that a good contact is made.) Move the probe point slowly over the skin in the vicinity of the point using sufficient pressure to maintain skin contact, but not hard enough to "drag" on the skin. Do not "jab" at the skin. It may help to stretch the skin to allow the probe to move more freely. As you approach the stimulation point the pitch of the sound will rise and the light will flicker. When you are directly over the stimulation point the sound will reach its highest pitch and the light will go out. After the point has been located, apply more pressure on the skin until you feel the probe will not slip off. However, you only need contact, do not press in painfully.

(3) Press the Stim button for between 30 and 60 seconds to stimulate. If you are locating too many points in the region, it may be because you are applying too much pressure to the probe or that your skin is too moist. Use the sensitivity adjustment to correct this. Alternatively if you have difficulty finding the stimulation point you may not be applying enough pressure or your skin may be too dry. Once again use the Sensitivity adjustment to correct this. If your thumb is exceptionally dry on the metal contact plate, points may also be difficult to find - moisten accordingly.

To stimulate points in awkward areas such as the back, use the Extension Probe. Push the extension probe cap onto the probe of the unit, and then place the Pro 900 in front of you with fingers or thumb on the metal contact plate. Extend the probe tip by pushing forward on the collar of the probe and move the extension probe over the skin as you would the unit, observing the light and audio fluctuations. When the stimulation point has been located, depress the Stim button for the specified time.

In some cases more than one point may be found in the area and, if so, stimulation can be applied to all of these points. There is no danger in stimulation an incorrect point; you merely obtain a nil result. Some acupuncture points are actually “grouped”, so instead of a single point, there may be three or four in close proximity. If you wish to stimulate two different conditions on the same day and the points are similar but with a different (+) or (-) it is best to avoid Tonifying and Dispersing the same point within 12 hours or each other.

What you should feel

When stimulating some points you will feel nothing, on others a faint tingling sensation, while some points may even be uncomfortable. In the last case it is an indication that these points are in need of stimulation and you may need to stimulate these points in short bursts until the stimulation becomes more comfortable. However, for effective results to be obtained you do not need to feel a stimulus at the acupuncture point. If your Pro 900 unit feels too strong on all points contact Acuhealth Pty Ltd for further advice on adjustments available.

Treating another person

To treat another person you must touch their skin with your hand to establish a circuit during location and stimulation.

When to expect results

In some cases the condition you are treating may have been present for some time. Chronic or long-term cases will generally take longer to improve. Recent or acute conditions will improve more rapidly.

Be patient

Patience may be required until you are adept at locating stimulation points. If you experience difficulties, review the instructions carefully. If you are still having problems, please contact the retail outlet where you purchased the Pro 900 unit or Acuhealth Pty Ltd.

Medical treatment

Do not discontinue any medical treatment you may be having without consulting your medical adviser. If your problem persists, despite the use of the Pro 900, seek medical advice to eliminate any more serious conditions.

To replace battery

The battery door can be removed by twisting a coin or similar object in the slot provided. Check and replace the battery first if you experience any problems in the Pro 900 operation. Use only Alkaline or Heavy Duty 9 volt Batteries.

Warning - do not use rechargeable batteries. If short-circuited, they may explode. Batteries have different thicknesses. The compartment is made for a Duracell. If you have difficulty closing the cover, remove the small adhesive button and replace lower. Make sure the battery is not sitting on the wires.

Treating Animals

Animals tend to have dry skin and to treat them you may require the maximum dry setting, or even have to moisten the skin. Points to stimulate are available from animal treatment guides.

Commonly Asked Questions

1. **Battery Life.** This depends on how old the battery is at purchase. Under normal conditions you should expect one or two months use at least. Remove the battery if not using the device for some time. Battery must be disposed of in line with the local Environmental Protection Agency requirements.
2. **Rechargeable Batteries.** These have not proven satisfactory. The optimum effectiveness is above 8V and rechargeables drop below this very rapidly. Also there is the danger of them exploding if they short-circuit.
3. **Transformer.** Not considered safe and Acuhealth Pty Ltd will not accept responsibility if used.
4. **Stimulate Both Sides.** Although for convenience only points on one arm, foot etc. are shown, for most conditions stimulate points in identical positions on both sides. The exception being when you obviously only have one sore ankle, hand, elbow, knee etc.
5. **How Long to Stimulate a Point.** This is not critical. At least 20 seconds, but longer is quite safe if you feel it helps, especially for chronic conditions. Stimulate up to 3 times a day, gradually spacing treatments as improvement occurs and you will be able to determine your own maintenance requirements.

6. Is there any danger of infection from the probe? No. Unless you treat someone with infected skin, then use the point heavily enough to scratch your skin. However, for your peace of mind, you may wish to periodically clean the tip with a disinfectant.
7. Same point stimulated "+" and "-" for different conditions. It is advisable not to stimulate the same point "+" and "-" within 12 hours of each other.
8. Treating others. As a circuit is required for function, you must touch the other person's skin while stimulating points. Differences in electrical potential between individuals may occasionally make it difficult to find points on another person, whereas they can find their own points quite easily.
9. Intensity Control. This is in the battery compartment and is set on full. If you find the unit too strong on your points you may gently turn the screw anticlockwise to reduce the intensity.
10. Can you repair any faults? No, there are no user serviceable parts inside - do not open the unit - return to supplier.
11. Use in Conjunction with Needle Acupuncture. Yes, a very useful adjunct and speeds up the result.
12. Sensitivity Control. People with dry skin have a high electrical resistance in the skin so, to find points, the control must be moved toward "Dry" to make the unit more sensitive, otherwise points may be difficult to find. Conversely with people who have moist skin.
13. Is it a Cure? Sometimes it is impossible to say that many of these conditions are "cured". In acupuncture the term relieved is preferred and this relief may occur for a very long time before requiring further treatments.
14. Is stimulation with the Pro 900 as effective as standard acupuncture? In practice it has been found to be more effective and more rapid in action than other forms. The reasons for this are, we believe: 1) The extreme accuracy of point location - the points are so small that they may frequently be missed with a needle. 2) The fact that it is available for immediate use when a problem begins. 3) It can be used much more frequently than you can visit an Acupuncturist.
15. A large number of conditions are listed in books but it is requested that you make a realistic assessment for each individual condition you propose to treat as to the results you may expect to achieve.

16. Measurements. Measurements are indicated in fingers or “inches”. This means the Chinese inch, which is the width of the middle finger of the patient at the joint just proximal to the nail base. This varies with the size of the individual and so is generally in proportion for each person.

17. Maintenance. The Pro 900 contains electronic parts and therefore requires proper handling. Keep the electrodes clean at all times. Use only a soft dry cloth for cleaning. Never use volatile liquids. Do not drop or handle roughly. Avoid extreme temperatures, moisture and dust.

General Information on Acupuncture Points and Stimulation

Acupuncture treats a specific problem, but the stimulation points may not necessarily be in the problem area (eg, back pain - as well localised points there may be stimulation points on the leg or foot). Also, stimulation points indicated in a particular region, such as the knee, may be used for any condition affecting the knee, such as sprain, arthritis, fluid, stiffness, weakness etc. In general, if not specified, you may Disperse (-) for an acute or short-term condition, such as an acute headache, or menstrual pain, and Tonify (+), for a chronic or long-term condition such as arthritis. However, the + or - setting is not the most crucial part of the stimulation as acupuncture is essentially a “normalising” treatment. It is necessary to bring abnormal energy back to normal but not affect a point with normal energy, however if you inadvertently stimulate on the wrong setting, or even stimulate the wrong point, you will merely obtain a “Nil” result and not do any harm. When treating a problem in a certain area, as well as stimulating the prescribed points, you may also stimulate points located by your Pro 900 in the region of the pain, or on localised tender points. These tender points are called “Ah Shi” points and frequently very good results may be obtained by stimulating these points in Disperse (-) mode. Also, in any condition the associated ear point can be stimulated. See an ear chart for the location of these points, eg for a stomach condition, stimulate the point “Ear Stomach”. Use the same + or - setting for the ear points as indicated for the main body points on the instruction page. Although diagrams may show only one side of the body, it is intended that points on both sides should be stimulated, except in obvious cases where a painful joint is only on one side, eg. A sprained left ankle needs only the points on the left stimulated. Many instruction programs are given as a preventative treatment, in which all the points are stimulated regularly. Sometimes one or two of these points may be sufficient for an acute attack and for “immediate” relief, experience will determine which points are more effective.

Examples (all of these are in the Disperse (-) mode)

1. Headaches. In general it will be sufficient to treat a headache by stimulating either Yintang or L14.
2. Nasal stuffiness. Stimulation of Yintang and LI20 is usually sufficient.
3. Acute Menstrual Pain or Mid Cycle Ovulation Pain. Pain may be alleviated rapidly by stimulating SP6. If right-sided ovulation (mid cycle) pain persists the possibility of appendicitis must be seriously considered.
4. Nausea and Vomiting. Usually effectively treated by stimulating P6 alone.
5. Recent Acute Hip pain will quite often be treated rapidly by stimulating LI1, near the base of the nail of the index finger.
6. An Acute Stiff Neck. Stimulation of S13 and GB21 will usually be sufficient.
7. Upper Abdominal discomfort usually is well treated by stimulating CV12 and S25.
8. Cramp is treated by stimulating B57.
9. Stress is treated by stimulating H3 and H7.
10. With many conditions there is an associated stress element so it is advisable to stimulate the stress points a few times each week as well.

Precautions to be Taken With the Acuhealth Pro 900

The Pro 900 unit, in prototype form has been thoroughly tested over more than 2 years both by the developer and other health professionals, with the conclusion that it is extremely safe and effective in its operation. However, it is felt that, despite this, caution should be used in the following:

1. Those people with a pacemaker or other electrical devices either implanted or worn. The current is minimal and is considered unlikely to cause any problems, but these people should consult with their medical adviser.
2. In pregnancy. It is documented in acupuncture literature that the points listed below as "FORBIDDEN POINTS IN PREGNANCY", may, with sufficiently strong stimulation, cause a miscarriage. While this literature refers to the traditional strong needle stimulation, the stimulation produced by the Pro 900 is small and this possibility is remote. However, it is important that this warning be noted.

Forbidden Points in Pregnancy

Strong stimulation of these points may cause an interruption to the Pregnancy. SP6, LI4, S38, B60. Also, avoid the following points during the specified months: FIRST MONTH: SP2, Liv 2, Liv 4, CV17. SECOND MONTH: B59, GB34. THIRD MONTH: P3, P4, P5, P7, and P8. FOURTH MONTH: P6, TW1, TW4, and TW10. FIFTH MONTH: SP9. SIXTH MONTH: S40, S45, and S18. SEVENTH MONTH: L3, L7, and L11. EIGHTH MONTH: CV2, all LI points. NINTH MONTH: K1, K3, and K7.

Although this unit is considered safe by internationally recognised standards it is suggested that the opinion of your medical adviser be sought prior to use on children below the age of 16 years.

Method of use

With an instruction manual you will be able to decide which points to stimulate.



Internally Powered Equipement
Attention, Consult Accompanying Document/s



Type B Applied Part

Manufacturer:
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4/7 Union Street, Stepney,
S.A. 5069 Australia
Version No. 7/2003