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Dr. Cohen's
acuball Therapy[®]

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Disclaimer

The information in this booklet does not take the place of personalized help from a qualified health professional. **It is your responsibility to seek qualified professional care.**

Dr. Cohen's Acuball[®], its owners, manufacturers, distributors and associates make no medical claims, direct or indirect.
Use only as directed.

Acuball Therapy

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**Dr. Cohen's Acuball is protected by
US and International patents.**

Health Canada Medical Establishment Device License #1212.

Before You Start

1) Be a responsible healer.

Your health is the single most important thing you have. Before any healing work you do, including using the Acuball, **get an accurate diagnosis from a qualified health care professional whom you trust.**

2) **Never Acuball any bruised, swollen, hot, inflamed, red or discoloured areas.** The Acuball is NOT designed for use immediately following a serious injury or accident. Once all bruising, swelling and discolouration have completely disappeared you can start Acuballing.

3) People who **bruise very easily, have advanced bone thinning and/or have advanced osteoporosis should not Acuball.**

Get the most from your Acuball.
Free training videos & computer user info
acuball.com



Congratulations On Your Wise Purchase

Your Acuball is a powerful self-healing tool. Developed over 7 years of research and testing, it's patented design stimulates blood flow and helps to release tight muscles & joints using **100% natural acupressure and heat**. You'll feel positive change after only one or two 20 minute sessions. The Acuball also **enhances the benefits of any professional care** you receive **paying for itself the first time you use it!**

The Acuball is a pleasure to use. Simply place it wherever you feel tension, relax back & **let the weight of your body do the work**. It's wonderfully **relaxing & empowering** because you **help yourself**, saving considerable time, money and unnecessary pain. Your mind also becomes much more aware and connected to your body when Acuballing, creating a stronger **mind-body connection** - a key component in healing.

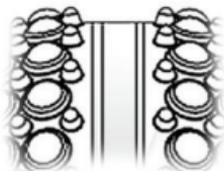
Who Uses the Acuball?

Thousands of people worldwide as well as hospitals & health professionals who teach their patients to help themselves. Olympic, NBA & NHL athletes, professional ballet dancers and yoga/pilates instructors love it too!

The Acuball works in unison with the natural healing powers of your body.

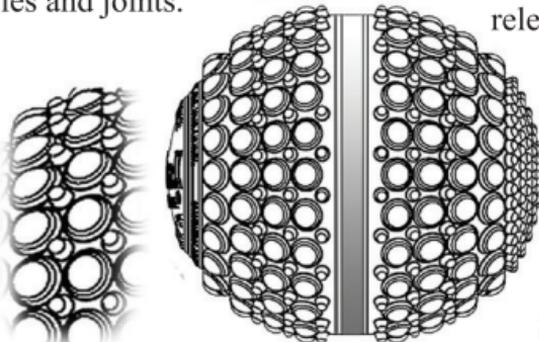
Spine Align Belt®

Vertebrae fit perfectly
into the Spine Align Belt,
releasing tight spinal
muscles and joints.



Heatable

Deep soothing heat
releases tight muscles.

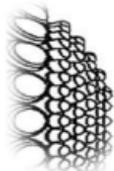


Large Nibs

Specifically designed to release
larger muscle groups, like the back,
buttocks, legs and shoulders.

Small Nibs

Work the smaller
muscles of your body
in your face, temples
and scalp.



Acuball Anywhere, Anytime

One of the great things about the Acuball is how easy it is to use anywhere and anytime. It's **light** and **portable** - put it in your purse or travel bag and take it anywhere you need it - **home, office, plane, gym, vacation, anywhere!**

Whether it's 1pm or 1am the Acuball office is always open.

Best Places to Acuball

1) Bed - Few things feel as good on an achy tight spot as a heated Acuball massaging and relieving pain while you relax in bed (if your bed feels too soft - place the Acuball on a hard cover book to get deeper penetration).

2) Carpeted Floor or Exercise Mat - Many people prefer a deeper penetration effect from their Acuball. The greater resistance that a carpeted floor or mat creates works well.

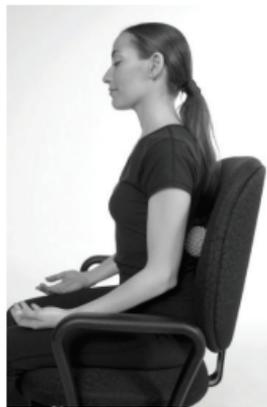
3) Chair - Computer users absolutely love this!

You spend a lot of hours sitting in a chair. The Acuball allows you to de-stress and loosen your body while you work.

4) Against A Wall - 'Wall-balling' (p.19, 40) is a wonderful technique for getting into tight back, hip & shoulder spots without having to lie down - a great technique for the office.

Acuballing In The Workplace

People *love* having an Acuball at work when they use a computer. Place it behind you on your chair and work your low back, upper back & shoulders. Don't forget to roll it under your feet as well. This **relieves pain** and **refreshes you** as if you've had a mini-treatment **enhancing your mood & productivity.**



Dr. Cohen's HEATABLE Acuback®

New product gives you perfect upright posture effortlessly! Dr. Cohen specifically created the Acuback to make computer users sit up straight instead of hunching forward. Feels amazing!



A Must For Computer Users



BEFORE



AFTER

- **Improve your posture effortlessly**

- **Release tight spots while you work**

- **Improve productivity**

acu-back.com

Effective 100% Natural Pain Relief

Acuballing helps to **relax muscles, stimulate blood flow and flush out built up muscle wastes that cause pain.** It **calms your nervous system** and **releases natural painkillers and sedatives** creating **notable stress release,** enhanced feelings of **well-being** and **deeper sleep.**

Athletes find that Acuballing **improves muscle strength and flexibility, reducing the risk of injury.**

Your Acuball is completely safe and hypo-allergenic. Feel free to experiment with it. **If you feel like going into a certain position by all means do it!** This is your body ‘talking’ to your mind and saying ‘go there!’ Always listen to your body wisdom and **follow those feelings.**

Breathe Into’ the Area you are Acuballing

Taking 3-4 deep, full breaths and focusing your mind on the area you are working on helps to calm your nervous system, releasing tightness throughout your body. Visualizing a small balloon expanding and opening tight muscle and connective tissue more and more with each inhale you take also helps. For more in-depth Mind-Body healing techniques see p.49 in **Feel It? Heal It!** (p.11) available at **acuball.com**

An Easy Start

Lie on your back - in bed or on a carpeted floor or mat and **place the Acuball underneath your neck.**

Use both hands to center the **Spine Align Belt** (p.3, 16) directly underneath your spine. Move the Acuball higher or lower in your neck **until you've found an area that feels right.** This is often a sore spot your body wants you to release. Take the time to 'zero in' on the exact right spot.

Don't press or force anything. Simply **relax and breathe deeply, letting the weight of your head and neck pressing down on the Acuball do the work for you.**

After a few minutes you'll begin to feel your neck loosening. Most people spend **3 minutes** on a spot then move on to the next one.

Enjoy the **beautiful, peaceful sensation** of your muscles and joints opening and relaxing.

Most people do **20-30** minute sessions.



Acuball - the *only* HEATABLE BALL there is!

Your Acuball is filled with water and will generate an incredible **60 minutes of soothing heat** making it a joy to use on sore, achy muscles & joints. **Heat stimulates blood flow and loosens tight muscles & connective tissues flushing out built up wastes** that contribute to pain.

Two Ways to Heat Your Acuball

1) Place Acuball on **microwave safe RING** and microwave on **high** as follows:

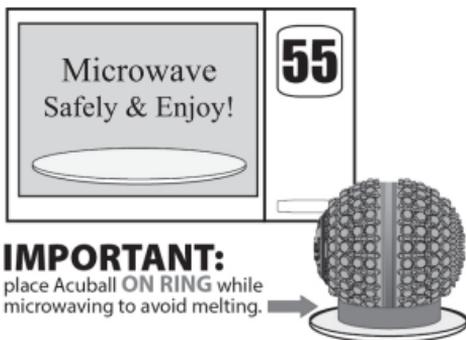
1000 + watts 45 seconds

800 + watts 55 seconds

600 + watts 65 seconds

- **It won't feel hot when you first take it out** - heat takes a minute.
- Allow Acuball to completely cool (90 min.) before re-heating.

Never exceed recommended times**



****CAUTION: never exceed 65 seconds** - Acuball may burst, releasing hot water, becoming flat & useless! Microwaving anything for too long will cause it to ignite so use caution.
****Only you are responsible for microwaving safely****

Always place Acuball **ON RING** while microwaving to avoid melting.



2) Boil for 10-12 minutes and towel dry.

**DON'T LET THIS HAPPEN TO
YOUR ACUBALL!**



**THIS ACUBALL
MELTED AFTER
BEING OVERHEATED
IN THE MICROWAVE!**

NEVER EXCEED RECOMMENDED TIMES**
REMEMBER: YOUR ACUBALL WILL NOT FEEL HOT
WHEN FIRST REMOVED FROM THE MICROWAVE.
ALLOW 1 MINUTE FOR HEAT TO START.

**User assumes any and all risks. Dr. Cohen's Acuball, it's owners, manufacturers, distributors and associates assume no liability whatsoever for any and all damages resulting from improper heating and/or microwave use and/or equipment malfunction. It is your responsibility to microwave safely.

Good Pain vs. Bad Pain

Good pain actually ‘feels’ good even though it hurts. It’s your body’s way of saying “Yes, I need it, go there!”

Acuballing a tight spot creates an **initial tenderness** that usually **lasts 15-30 seconds** then **feels distinctly relieved** as the **muscles and joints release**. Many Acuballers ‘discover’ spots they never knew were sore.

Bad pain on the other hand, never feels relieved by touch, in fact it **progressively worsens the more you touch it**.

This is your body’s way of saying, “Leave me alone to heal!” If you fracture a bone or tear a muscle the last thing your body wants you to do is touch it.

What If I Don’t Feel Any Better?

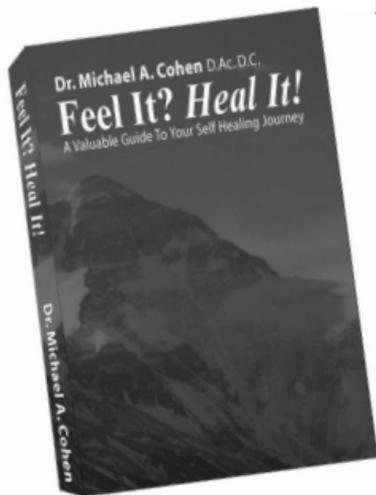
If **after 4-5 attempts** to Acuball an area **the pain does not release** at all - or **becomes worse** - **stop Acuballing and see your health professional**.

Find out **why** your body isn’t responding properly.

Feel It? Heal It! - 190 pages of valuable information you'll use over & over again

For an empowering and inspiring guide to your healing you'll love Dr. Cohen's book **Feel It? Heal It!**

Based on his first-hand experiences with native healing traditions around the world, **Dr. Cohen motivates you to help yourself to heal by** putting valuable self-healing techniques at your fingertips. Learn the latest in **Mind-Body healing research**, energizing 60 second stretch breaks, a **must read chapter for computer users** (with specially designed stretches to reverse computer damage) a **special section for low back pain sufferers** and much, much more!



True Healing Takes Time

Be patient and respect the fact that true healing takes time. **People who work on long standing problem areas may initially feel more pain when they start Acuballing as muscles, connective tissue and joints are restructured and retrained** (like the initial messy phase of renovating a house). Overtime the area will loosen and feel better.

Peeling off Layers of an Onion

Never, ever force your body. If it's too painful stop.

Do as much as you can and come back tomorrow to take a little more of the tightness away. Think of it like peeling off layers of an onion, one by one overtime. Remember how long it took for that problem to develop. **Healing happens bit by bit over time; you can't rush it.**

Emotional Stress Increases Pain

Take the time to talk to someone, write about it and investigate the best ways to deal with your issues. Suppressing them will only lead to problems surfacing somewhere else in your body. **In all healing, a calm, relaxed nervous system is the key.**

Pain You Feel In One Part Of Your Body May Come From Problems In A Different Area

Irritated muscles and joints can send pain signals to different regions of your body.

For example, tight muscles in your low back can ‘refer’ pain down into your leg. Understandably Acuballing your leg won't help because you aren't treating the actual cause of the problem - you are treating the symptom.

Your health practitioner can help you to identify if what you are feeling is the result of referred pain (pain that originates in a different area than you where you feel it) or local pain (pain that comes from exactly where you feel it).

Once you know where the **real origin of your discomfort** lies, you can accurately focus your healing efforts on the 'root' of your problem.

Low Back

Free training videos at acuball.com

1) Lay on your back on a firm bed or, if your lower back isn't too bad, a carpeted floor or mat. Some people prefer a chair. When lying down, bend your knees so both feet rest on the floor 10 inches (25 cm) from your behind. This pushes your lower back into the floor so the Acuball works more effectively.

2) **To work on sore muscles on either side of your spine** place the Acuball on the area you feel discomfort and move your body until you zero in on the exact right spot - you'll know when you've found it because it will be sore! **Take 3-4 deep, slow breaths, letting your body relax.**



The **first 30 seconds may be tender** if the area is tight. Within 2-3 minutes you'll start to feel your muscles releasing as you 'peel back' the layers of tightness. **As the sensitivity diminishes your body will give you the feeling that it's time to move on to the next spot.** Roll your body up or down, or move the Acuball until you locate another area. Overtime as you continue to Acuball and release tightness the area will feel less & less sensitive. **Let the weight of your body do the work for you. Never force it!**

4) To work directly on your spine lie on your back, lift your buttocks and use both hands to center the Acuball's **Spine Align Belt** (see next page) directly underneath your spine. It takes a few tries to 'get the hang' of placing it precisely - just be patient. Roll your body up or down on the Acuball searching for spinal areas that feel tight. Found one? Good, now take **3-4 deep breaths** & let yourself **completely relax** down onto the Acuball. Pain will release in 1-2 minutes. Continue breathing.

After 3 minutes the sensitivity will diminish. Move up to the next spot working **all the way up through your spine into your neck**. Notice how **relaxed & refreshed** you feel!

5) Low back pain caused by repetitive **forward leaning** postures like **computing, house work & caregiving** often improves by Acuballing the spine at the junction of the mid and lowback (see diagram below). The patented Spine Align Belt allows you to directly ‘open up’ this area. It feels amazing!

SPINE ALIGN BELT

Vertebrae fit perfectly into the patented Spine Align Belt, releasing tight spinal muscles and joints.



6) Most people Acuball for 20-30 minute sessions but you can easily spend an hour or more searching for and releasing tight spots.

If it's too painful don't force it. Do as much as you can and come back tomorrow to take a little more of the tightness away. **Healing happens bit by bit over time.**

Within 2-4 sessions you'll notice that the area is a lot less sensitive - it becomes more and more difficult to locate tender spots. This means you've started to **release your muscle & joint tension** - congratulations self-healer!

7) Foot, hip and leg tightness often contributes to low back pain. Try working out any tight spots you find in your feet, legs (especially your adductors & quads on the front of your legs - see p. 42) and hips in tandem with your low back work. Over 50% of the patients I see in practice have mechanical problems in their feet and legs which directly contribute to their low back pain.

Upper Back

Free training videos at acuball.com

This area is **tight and sore on almost everyone** due to our **continuous forward 'slumping' posture**. Don't be surprised if it feels sore when you first Acuball it. Computer users* and mothers carrying kids are some of the worst offenders.

1) To work your Spine - Lying down, bend your knees to create more downward pressure in your upper back. Lift your pelvis and **use both hands** to **center the Spine Align Belt** (see p. 16) **as high as possible** in your spine. Now **roll your body down** to zero-in on the exact upper back spinal areas you need to work on. Most Acuballers take a few days to get the hang of this.

Ease into this area taking your time. Remember to continuously take deep, slow breaths as you Acuball.

Note*: Placing HEATABLE Acuback[®] behind low back when computing (see p. 5) **stops you from hunching forward**. Your upper back, neck, muscles and **organ systems** love it!

acu-back.com

2) To work your upper back muscles place the Acuball on either side of your spine searching for tender areas. Relax into it letting the weight of your body and your breath do the work for you. The **Acuball-mini** (p. 36) is **incredible** for this!

3) Many people like to **wall-ball** this area as well, putting the Acuball behind them and **leaning back into a wall**. This works great in **places where you can't lie down** such as work. It feels amazing!



4) **In the office** try putting the Acuball behind your upper back and leaning into it in your chair.

Only a few minutes of **Acuballing** to release your muscles and spine makes an **amazing difference** in the way you feel - **looser, lighter and relaxed!**

LIKE THE ACUBALL? YOU'LL LOVE THE ACUBALL KIT!

The Acuball Kit empowers you with the knowledge, tools and inspiration you need to relieve pain, enhance performance and re-connect with the incredible body you have 100% naturally. It's simple to use, incredibly effective and fascinating because you start to feel your body in a whole new way - the way you were meant to!

Looking for a perfect gift?

The Acuball Kit keeps giving for years to come.

Perfect for anyone you care about.

This is one gift they'll never forget!

Your Acuball Kit includes:

- ① Easy Start Guide: Get's you healing right away
- ② **Heatable** Acuball &
- ③ Acuball-mini
- ④ Dr. Cohen's empowering 190 page book *Feel It? Heal It!*
- ⑤ 60 minute instructional DVD



Order yours now at acuball.com

Arms & Chest

Free training videos at acuball.com

Our arms and chest contract when we use the mouse while computing, hold our child, carry bags/purses, play sports or hold the phone or steering wheel using the same arm over and over again.

Golfers, tennis, squash, badminton and baseball players, all benefit immensely from Acuballing tight spots before playing. Even Olympians!



1) Lying on your front on a carpeted floor, firm bed, or **up against a wall**, put the Acuball under your chest, making sure not to press on sensitive breast tissue. Search for and release tight spots holding each for 3 minutes.

2) For arm muscles, use the same technique, zeroing in on the most tender spots then working through them one at a time.

3) Once you've located a tender spot, take deep breaths into it totally letting your body relax. Visualize the muscle releasing more and more with each breath you take.

4) The **Acuball-mini** (page 36) **works wonders on tight shoulder and arm muscles and is a favorite of professional athletes.** Get yours online at acuball.com



Shoulders & Neck

Muscles run from your upper back and shoulder up into your neck - if your shoulder is tight your neck will most likely be tight on the same side as well.

Computer Mousing & the Hand-Shoulder-Neck Connection

With continued right-sided mouse use your shoulder blade eventually 'shifts' out to the right. **Since muscles run directly from your shoulder blade up into your neck, the right side of your neck will tighten as well.**

Overtime this leads to progressively worsening neck pain, stiffness & headaches. ***One sided cell phone users*** (use a headset to avoid this!) also create the same pattern of one sided shoulder and neck tightness.

Dr. Cohen's book **Feel It? Heal It!** contains an important **MUST READ CHAPTER FOR COMPUTER USERS** with specially designed computer stretches, ergonomic advice and so much more! Get your copy online at **acuball.com**

Switching sides when you **mouse** or use the **touch pad**, making sure your arm is parallel with your torso (vs. reaching out in front of your body), sitting upright properly so that your head is not hunched forward (see p. 5) and doing ongoing computer stretches (see **Feel It? Heal It!** p. 156) helps tremendously. Acuballing tight areas also works wonders!

1) Lying on your right side (if that's your mouse side) **put a pillow under your head** so your neck is comfortable. Place the Acuball underneath the muscles at the back and outside of your shoulder, underneath and just behind your arm pit.



see **Free training videos at acuball.com**

2) You'll probably have to roll around a little to find the right spot, but you'll certainly know it when you do: **these muscles are usually very tight and will hurt!** Remember, it takes a bit of shifting around to get into the right spots. Just be patient, moving around on the Acuball until you find them, then take 3-4 nice, deep breaths, completely releasing your body into the Acuball.

I recommend **taking it very easy with this area** because in most people (computer users and cell phone users especially!) it's had thousands of hours to tighten - small easy steps of 1-2 minutes 2-3 times a day for 3 weeks works very well to gradually loosen the area.

Note: It is common to **feel pain radiating down into your arm and hand** when you stimulate these shoulder points. This is completely normal and will resolve as the muscles gradually loosen over a few weeks with the continual work you do.

3) Some people find that wall-balling or high-back chair Acuballing (see page 19) works better for them as they can't lie on the floor. **Simply place the Acuball behind your shoulder blade on a wall or chair and lean into it** with your body weight, moving yourself around until you've found the right spot. Deep breathe and release.

4) **Muscles run parallel to your spine** all the way up **from your low back into your upper back then neck.** Releasing tight spots in these muscles will help to 'free' your neck making a big difference in the way you feel.

Lying on your back with your knees bent, start Acuballing your **low back muscles at the side of your spine.** Search for tight spots, **gradually working your way upwards parallel with your spine** (spend 3 minutes on each spot) until you reach your shoulder blade. Then Acuball 3 or 4 tender spots **in-between your shoulder blade and spine** gradually going higher until you reach your neck. Notice how **great your neck and shoulders feel** after this!

Neck

1) To work on neck muscles and vertebrae

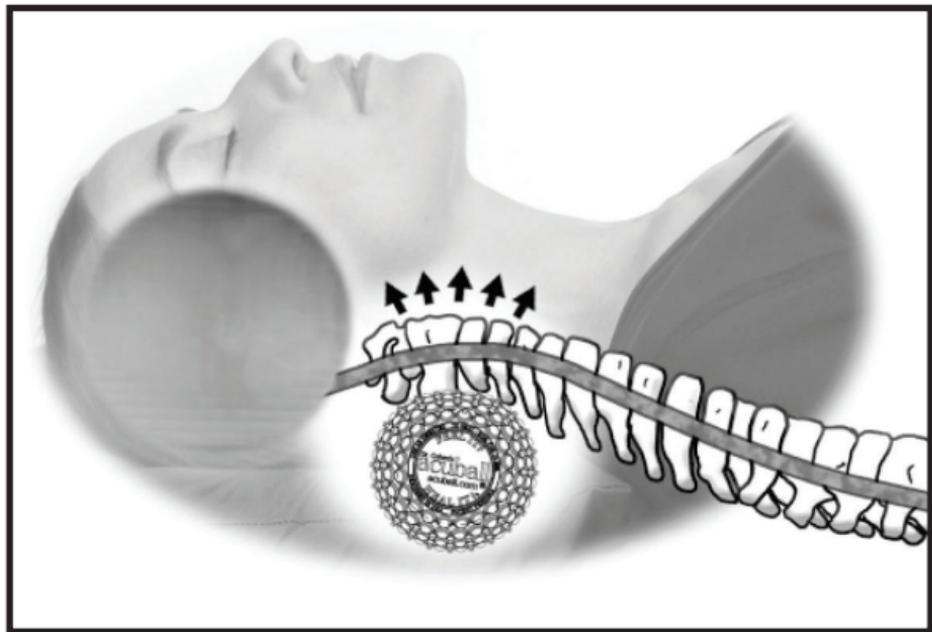
use both hands to center the Spine Align Belt directly beneath your spine (see picture next page). Use both hands to move the Acuball higher or lower in your neck to find tight spots. Once you've found a good spot, simply **relax and deep breathe letting the weight of your head and neck do the work for you.** Never use force.

In 2-3 minutes you'll feel your muscles naturally start to let go and relax. **Notice how wonderful this feels!**

2) To work on muscles in the side of your neck lie on your side and **place the Acuball on a pillow or your extended arm** searching for tight, tender areas. Ease into them gently, continuing to breathe deeply, letting your neck muscles release more and more with each exhale.

Go to **acuball.com** for **videos** that show you exactly how to Acuball the **different parts of your body.**

3) Some people make the **mistake of forcing** their neck down onto the Acuball - this tightens neck muscles which must contract to exert this pressure. The best technique is to simply relax and deep breathe. **The natural opening of your neck muscles and joints that occurs through relaxation is far superior to force.**



Face, Scalp & Temples

1) Acuballing tight facial areas enhances blood flow & circulation to the skin while releasing stress induced facial tightness - helping you look and feel better!

Heat your Acuball and use the small nibs on the bottom to make small circular motions on your forehead, face and around your eyes. Notice how refreshed and relaxed your face feels after only a few minutes of this!

2) Scalp

Use the large or small nibs to apply downward pressure with your hand. Most people have never examined their scalp muscles, so **they have no idea how tight they are.**



acuball.com

Search for spots that are tender, then apply just enough pressure to stimulate each spot. Breathe through it.

Hair follicles can also be stimulated in this manner.

3) Temples

Search for contracted areas in your temples at the sides of your head (these are usually quite sore).

Use the small nibs, or if it feels good try the large nibs, remembering as always to breathe through any sensations you feel.

Light, small circular motions combined with deep, releasing breath-work help to loosen these areas quite effectively. Peel back a layer each day, bit by bit.

Do you have sinus congestion?

Acuballing tight, sensitive areas on the top of your scalp (see page 29) for 5-10 minutes daily over 2-3 weeks helps to release sinus congestion.

Base of Skull - A Key Area

The Acuball's Spine Align Belt allows you to open the base of your skull, a key area where **your brainstem exits your skull travelling down to become your spinal cord, sending nervous system information to all the tissues in your body.**

This is an extremely important area to keep mobile and open. Unfortunately, because we spend so much time with our heads bent forward working, computing and care giving, this area is almost always tight.

1) Lying on your back, use both hands to put the Acuball under the base of your skull where it feels tight. Place the Acuball so your upper neck vertebrae fit into the Spine Align Belt. Take a few moments to move the Acuball around until you **locate an area that your body gives you the feeling is right.**

Some people like **using a pillow** to rest the Acuball on.



2) Once you've found the spot that feels right, take 3-4 nice deep releasing breaths and let yourself sink down even further onto the Acuball. Continue to deep breathe, inhaling fully and completely letting go on your exhale.

Let yourself 'fall' into the wonderful sensation you feel when a vital part of your body is opening. Stay there as long as your body tells you to.

Feet

The Acuball can loosen tight foot muscles and joint blockages which lead to foot pain. Because **our feet are the foundation** of our body, releasing tight foot muscles and joints helps to restore and **optimize the mechanics of our entire skeletal system.**

1) Standing on both feet, grab hold of a stool, doorknob, railing or counter top with one hand for support. Put the Acuball underneath your foot and roll it around until you find a sore spot. **Put as much of your body weight on the Acuball as you feel comfortable with and breathe through it,** focusing your mind on the area. Some people prefer to work out tight spots by continually rolling and moving the Acuball under their foot. Do what feels best.

Never force it. Take your time and ‘peel’ off the layers of tightness bit by bit. Relax through any discomfort you feel and breathe deeply - it notably helps the process.



**Free training videos
at acuball.com**

2) Many people enjoy starting their day with a little **self-reflexology** by Acuballing the bottom of their feet to help 'energize' themselves. I also recommend Acuballing your feet for a minute or two before you start your day to prepare your feet for the 'pounding' they're about to take.

As the many elite runners who Acuball will tell you, this technique is truly wonderful for enhancing athletic performance and reducing injuries. Acuballing effectively releases tight foot muscles and connective tissue.

3) If you've had foot pain for years take it easy!
If it's really tight you may need to start by sitting down and rolling your foot on the Acuball.
This technique puts much less pressure on your foot muscles, so it's great when you're working on a long-standing tough spot that needs to be gently opened over time. Later, as the spot starts to open up and release, you can stand up and apply more pressure.

The Acuball-Mini
perfect for feet



The smaller size and harder consistency of the powerful **Acuball-Mini** makes it a perfect tool for working on tight feet (upper shoulders & arms too!)

It really ‘gets in there’ to the root of the problem. The **Acuball-Mini** is used by **pro athletes in the NBA & NHL, professional dancers and top athletic trainers.**

It also works wonderfully **in combination** with your Acuball. Order yours online at **acuball.com**

7) Hips & Buttocks

1) Lie on your back, side, or in between, on any angle that allows you to access the tight spots in your hips and buttocks, then zero in on the specific areas you feel are tight and need work.

Take it slow and easy, doing a little bit each day. Because these areas are often very tight, many people prefer to Acuball them **in bed** or on a **padded mat**.

Free training videos at acuball.com





2) Because your hips are connected to your legs and feet it's always worth Acuballing tight spots in the **front and sides of your legs** and **bottom of your feet** to encourage hip opening. Once tight spots in the legs and feet are loosened, hip muscles release much more easily.

3) Access the **muscles at the front of your hips** by lying on your front, propping yourself up on your elbows and placing the Acuball underneath you on the inside of your hip bone.

4) Some people prefer **wall-balling** their hip muscles. Simply place your Acuball against a wall (p.40) and lean your hip area into it **moving your body until you find just the right spot.**

It's a Question of Balance

Do you always turn to the same side to access something at work like a printer or filing cabinet or to talk to someone? Do you always cross the same leg over the other? When standing, do you put your weight on the same leg all the time? These actions will contract your hip musculature over time, causing problems down the line that are completely unnecessary.

Do the same action on both sides of your body.

Men do you always put your wallet in your back pocket? Sitting on that wallet will throw your low back and hip out of alignment, so put your wallet somewhere that it can't throw you out of balance. New mothers do you always carry your child on the same side?

Balancing both sides equally makes the difference.



8) Legs & Knees

Exercisers, especially runners, tighten up the muscles on the inside and outside of their legs as well as behind their knees. The Acuball has helped many people open areas of contraction in their leg and knee muscles that they just couldn't get to any other way.

1) To access the muscles on the outside of your leg, lie on your side and place the Acuball underneath the outside of your thigh, anywhere from just below your hip to above your knee. This technique allows you to work the tensor fascia latae, a band of muscle and connective tissue that tightens in many people. **Do this on a bed** if it's too sore.

Free training videos at acuball.com



2) The muscles on the **inner aspect of your legs**, called the **adductors**, are often very tight. Lie on your front and rest on your elbows. Bend one knee out to the side keeping your other leg straight. Place the Acuball underneath the inner thigh of your bent leg. Use your arms to move your torso forward and backward to get proper contact.



3) The muscles on the **front of your thigh** called your **quads** can be worked by straightening your bent leg and Acuballing directly underneath it. Most people are tight!

4) To access the **hamstrings**, the large muscles at the back of your knee and leg, try sitting on the front part of a chair and putting the Acuball underneath your knee or leg. Roll your leg over the Acuball until you find the exact spot where it hurts. Some people like to **sit on the floor with their leg extended** in front and put the Acuball underneath the back of their leg rolling until they find the spot.

Adjust yourself so that you feel maximum contact and breathe into it.

15 minutes of daily Acuball work over 2-4 weeks works well.



9) 10 Minute Whole Body Revitalizer

Here's a quick 10 minute revitalizer for your entire body that puts everything we've learned to use:

- 1) Stand up and **roll the Acuball underneath your feet** searching for tight spots. Because the bottom of your feet have reflex connections to the rest of your body, stimulating these points produces a wonderful overall **revitalizing effect**.
- 2) Use the **Spine Align Belt to Acuball your spine** working your way up from your lower back through your mid back and neck. Breathe through tight spots you find and let yourself completely release into them.
- 3) Finish off by doing a few face and scalp points to **release tension in your facial muscles and head**. You'll probably be quite surprised by the amount of tension you find in your face and scalp!

This entire foot-spine-face-scalp revitalizing session can be done in as little as 10 minutes.

Many Acuballers really get into this and spend an hour or more exploring and enjoying it.

As you'll experience for yourself, the revitalizing sensation you feel after doing this is quite powerful and makes an excellent start or finish to your day.

Why do you feel so great after Acuballing these areas?
Here's a partial list of what you've done:

- 1) **stimulate the reflex points in your feet,**
- 2) **enhance your spinal joint motion,**
- 3) **enhance your spinal cord's energetic flow,**
- 4) **release tightness in your back muscles,**
- 5) **stimulate blood flow,**
- 6) **release tightened face & scalp muscles.**

No wonder you feel so revitalized afterwards!

The Power to Help Yourself to Heal

Within you lies a tremendously valuable untapped resource, **the power to help yourself to heal.**

We all have this self-healing ability built right inside of us, but in our culture we've never been shown how to use it. Now you can start to help yourself as a responsible, motivated and capable self-healer.

Of course, results come to those who have earned them. Stick with your healing commitment: **15-20 minutes per day can make a huge difference over time** and few things will give you as much satisfaction and sense of control as actually making yourself feel better.

Work together as a team with your health professional to identify problem areas and help to release them.

Your healing will be far superior when you are a partner who is **truly engaged in the process** instead of being a passive recipient of care. My patients commonly reduce their need for active care by 30-50% and become much more connected with their bodies in the process.

Acuball anywhere and anytime you like.

It gets easier and better the more you do it. Every little bit adds up and after a while you'll only need maintenance work to keep yourself optimally tuned.

Many users come to truly love their Acuballs. They enjoy the relaxation effect immensely and take them wherever they go to help with their vitality, healing and posture (especially computer users).

You are now on the road to self-healing, a road as old and well worn as humanity itself. Millions have travelled down it. My hope is that many more will.

Please share these techniques and philosophies with your family, friends and colleagues. Like sharing a flame, sharing healing knowledge costs nothing and gives so much. Teaching someone to self-heal creates a beautiful process of awakening and connection.

Remember: **you have the power** to help yourself to heal. Enjoy using it!

Acuball FAQ's

What is the Acuball used for?

Relieving muscle and joint pain, improving posture and flexibility, aiding athletic performance and enhancing tissue healing and vitality.

How does the Acuball work?

The Acuball's patented design features safely apply acupressure and heat to painful, congested areas of the body - this loosens tight muscles, increases blood flow, flushes out built up muscle wastes, enhances joint motion and releases natural painkillers and sedatives.

Who can use the Acuball?

Almost anyone. People from ages **5-85** have benefitted including professional athletes, dancers, therapists, doctors and Yoga & Pilates instructors.

Are there any reasons not to Acuball?

Yes. Any recent trauma, bruising, fracture, discoloration, infection, severe osteoporosis and/or easy bruising conditions. See your health professional for advice.

How much time should I spend Acuballing?

Most people do 15-30 minute sessions, moving from one spot to the next every 3 minutes.

Is the Acuball itself safe? What's inside?

Completely. It's 100% hypoallergenic & filled with water.

How do I heat my Acuball? 2 Ways: (see p. 8)

1) Microwave 45-70* seconds on microwave safe plate.

Your Acuball will not feel hot when you first remove it - give it a minute or so to warm up.

***CAUTION: NEVER EXCEED recommended times.**

Allow Acuball to cool (90 minutes) before reheating.

2) Boil for 10-12 minutes and towel dry.

Is it important to deep breathe while I Acuball?

Absolutely. Deep breathing allows your muscles and joints to release tightness directly enhancing healing.

How long will my Acuball last?

Continuous pressure, heating and wear & tear will fatigue the Acuball over time. Peak performance lasts for two years with normal use.

Meet the Acuball's designer

Dr. Michael A. Cohen is a practicing Chiropractor and Acupuncturist in Toronto, Canada and ongoing guest lecturer at the Canadian Memorial Chiropractic College on Mind-Body Healing research.

Dr. Cohen believes our self-healing abilities are vastly underutilized to the detriment of patients and health care systems worldwide.

Dr. Cohen's first hand experiences with different healing traditions around the world including China, Sri Lanka, India, Tibet, the Phillipines, Indonesia, Myanmar and the Amazon, have helped to create the unique insights behind his self-healing strategies.



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1 866 444 BALL (2255)
\$19.99 U.S./Can.
ISBN 0-9736565-1-4