

The PEST as an Aspirin

I qualified as an Acupuncturist in 1970. As you will know, the usual method of treatment is inserting fine needles into areas of skin known as 'acupuncture points'. This triggers off a reflex response encouraging a normalization of various body functions.

Much the same effect can be achieved by using finger pressure on the 'points' instead of a needle. Not quite as specific, perhaps, but none the less very effective. Better still would be to use a pointed but not sharp implement capable of producing the reflex response but not breaking the skin and so causing infection.

The PEST has eight 'sharp' corners, which are most effective as acupressure implements. I have often used them to influence headaches or indigestion.



This shows how to hold the karatetsu PEST to press into a 'point'. With a secure grip, locate the appropriate 'point' and sensibly 'dig' the corner in.

The usual dosage for a headache would be to impress firm pressure into the point called Colon 4 for some thirty seconds every ten minutes while walking in the fresh air.

Colon 4 (Ho-Ku) lies just in the angle between thumb and first finger, slightly towards the finger side. It is a major and powerful acupressure point.

There are many other points amenable to acupressure, and I recommend your buying an elementary textbook and learning some of them.

So if you tend to get headaches or other minor problems such as indigestion or flatulence, you may

find it helpful to always have the PEST in your pocket to try to ameliorate them.