



HELP YOURSELF WITH
THE



Mighty Mini



FACTORS OUR BODY HAS TO DEAL WITH

INHERITED TOXINS (MIASMS)

GENETIC DISORDERS

INHERITED TOXINS

PHYSICAL TOXINS

Uric Acid
Metabolic
Byproducts

Dysbiosis, from
Incomplete digestion
poor food combining

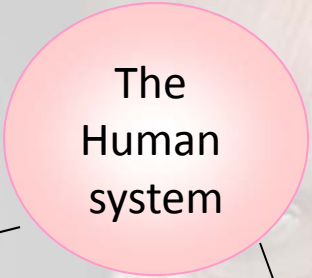
Heavy Metals,
Pollens, Plants,
Radon, Etc.

Chemicals, Pesticides
Preservatives, Smog

Virus, Bacteria,
Parasites, Fungus

SPiritUAL

**MENTAL / ENVIRONMENT
TOXINS**



Sources
Of
Toxic
Disturbance

METABOLIC WASTE

FREE RADICAL "

DIGESTIVE WASTE

**NATURAL ENVIRONMENTAL
POLLUTANTS**

MAN MADE POLLUTANTS

**RESIDUE'S OF MEDICINAL
AND RECREATIONAL DRUGS**

**BIOLOGICAL ORGANISMS
AND THEIR BYPRODUCTS**

**DISEASE-FORMING
BELIEF SYSTEM**

**EMOTIONAL /
PHYSICAL TRAUMAS**

**NEGATIVE / HURTFUL
SUBCONSCIOUS**

**LEARNED NEGATIVE
HABIT PATTERNS**

**EXTERNAL ENERGY
FIELD DISTURBANCES**

GEOPATHIC STRESS

ELECTROMAGNETIC

RADIATION

**FREQUENCY
DISTURBANCE**

Earth's magnetic field

High voltage Cables
Computers / TVs
Electric outlets, Cell phones
Electronic devices

X-rays, nuclear radiation
Ultraviolet radiation

Color frequencies
Sound frequencies

Frankenstein Foods & Nutrition Create Frankenstein Bodies

**TIRED
MUDDLED & CONFUSED
THINKING**

USP Synthetic
Laboratory Made
Supplements



Fractionated
Whole Food
Supplements

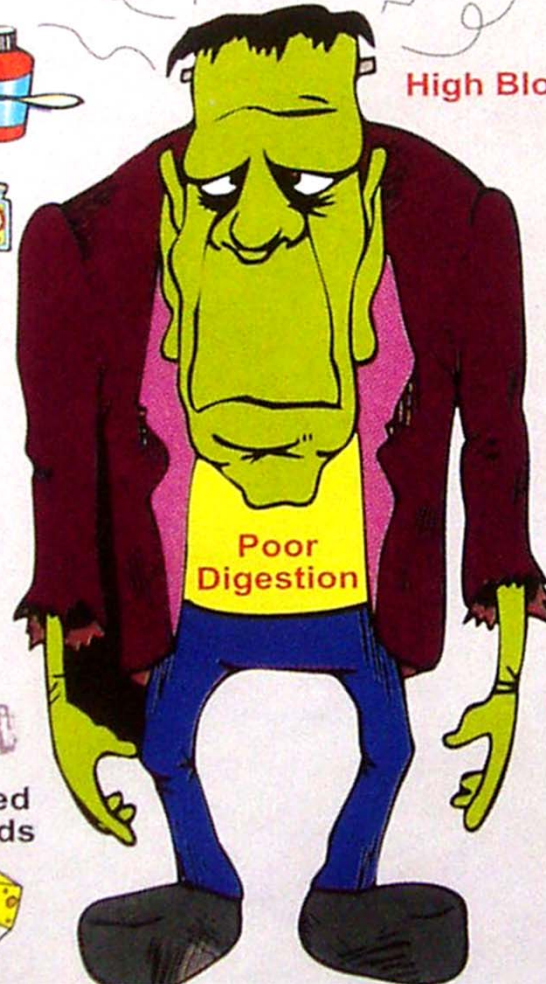
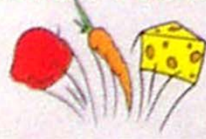


Expensive
Pasteurized
Juices



PROCESSED

Fractionated
Whole Foods



Acidic

High Blood Pressure

Congested
Lymphatics

Dehydrated

Mineral
Deficient

Pain

Poor Adrenal
Function

Stressed
Kidneys

Poor
Digestion

Do we really need to take more & more pills?



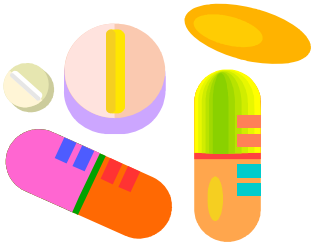
**ARE THERE OTHER THINGS WE CAN DO
TO HELP OUR BODY BE THE 'BEST?'**



"Just tell me where you kids got the idea
to take so many drugs?"



Are Drugs Causing You To Feel As Bad As You do?



Attention pain sufferers...

The Most Dangerous Pain Medications...



**Advil... Aleve... Bayer... Celebrex... Demerol...
Motrin... Naproxen... Oxycontin... Percocet...
Tylenol... Ultram... Vicodin...**

Which Can Be Deadly...

When you think of dangerous drugs, what comes to mind first?
Heroin?... Cocaine?... LSD?...

... How about **Pain pills?**

**Pain medications and adverse drug reactions are
the 4th leading cause of death in the U.S....**

only behind heart disease, cancer and strokes!

What does this mean to you?

It means your risk of dying from that pain medicine in your cabinet could be higher than your chance of dying from diabetes, lung disease, or even an accident

Dangerous Pain Meds #5: Salicylates (Aspirin)

Common names: **aspirin, acetylsalicylate**



Think aspirin is safe? Think again!

Higher doses or prolonged use at the lower dose – even in buffered or coated form – **can double your likelihood of Perforated Ulcers and Gastrointestinal Bleeding.**

Research shows **90-95% of Reye's Syndrome cases were preceded by taking aspirin.** The disease devastates internal organs, particularly the **Brain and Liver**, and at least **10% of those affected will die even with early treatment.**

Dangerous Pain Meds **#4: Acetaminophen** Common names:

Tylenol The "doctor's choice" is disturbingly dangerous to take!



Just check out these stats if you don't believe me...

Every year, more than **56,000 people will visit the emergency room due to acetaminophen overdoses.** 153 a day -7 an hour
It's the leading cause of calls to Poison Control Centers.

It's the leading cause of **acute Liver failure**, causing nearly half of all cases!

Dangerous Pain Meds #3: Opiate-Based Pain Meds

Common names:

**Vicodin, Lorcet, Norco, Percocet, Percodan,
Hydrocodone, Oxycodone**

If you've ever had surgery, a major accident, or any other major trauma to your body... you were likely given an opiate-based pain med to knock out the pain.



Unfortunately, knocking out the pain has its consequences!

16,000 - That's the number of people who **died** in the United States in one year from **drug overdoses.. 43 a day**

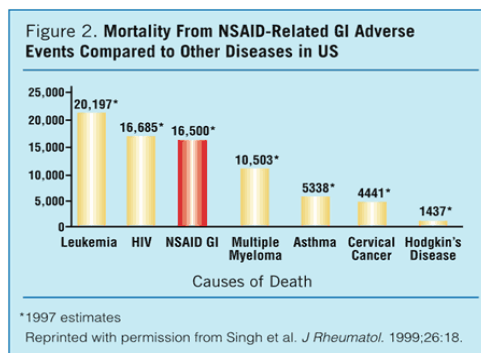
Dangerous Pain Medicine #2: NSAIDs

Common names: **Advil, Aleve, ibuprofen, naproxen**

Do you have some kind of chronic pain?

Arthritis... back pain... neck pain... something else?

Chances are you've been taking one of the common NSAIDs like **ibuprofen or naproxen**



The **odds of dying from taking a nonsteroidal anti-inflammatory drug** after just two months is around 1 in 1,200.

16,685 people die each year from NSAID related complications...
making them **just as dangerous as AIDS!**

The biggest known risk of NSAIDs is from gastrointestinal ulcers and bleeding.

We're not talking about a little tummy ache here, but severe bleeding and

possibly death after the medicine destroys your gut. And that's not the only known risk.

Dangerous Pain Medicine #1: Cox-2 Inhibitors

Common names: **Celebrex, Celecoxi**

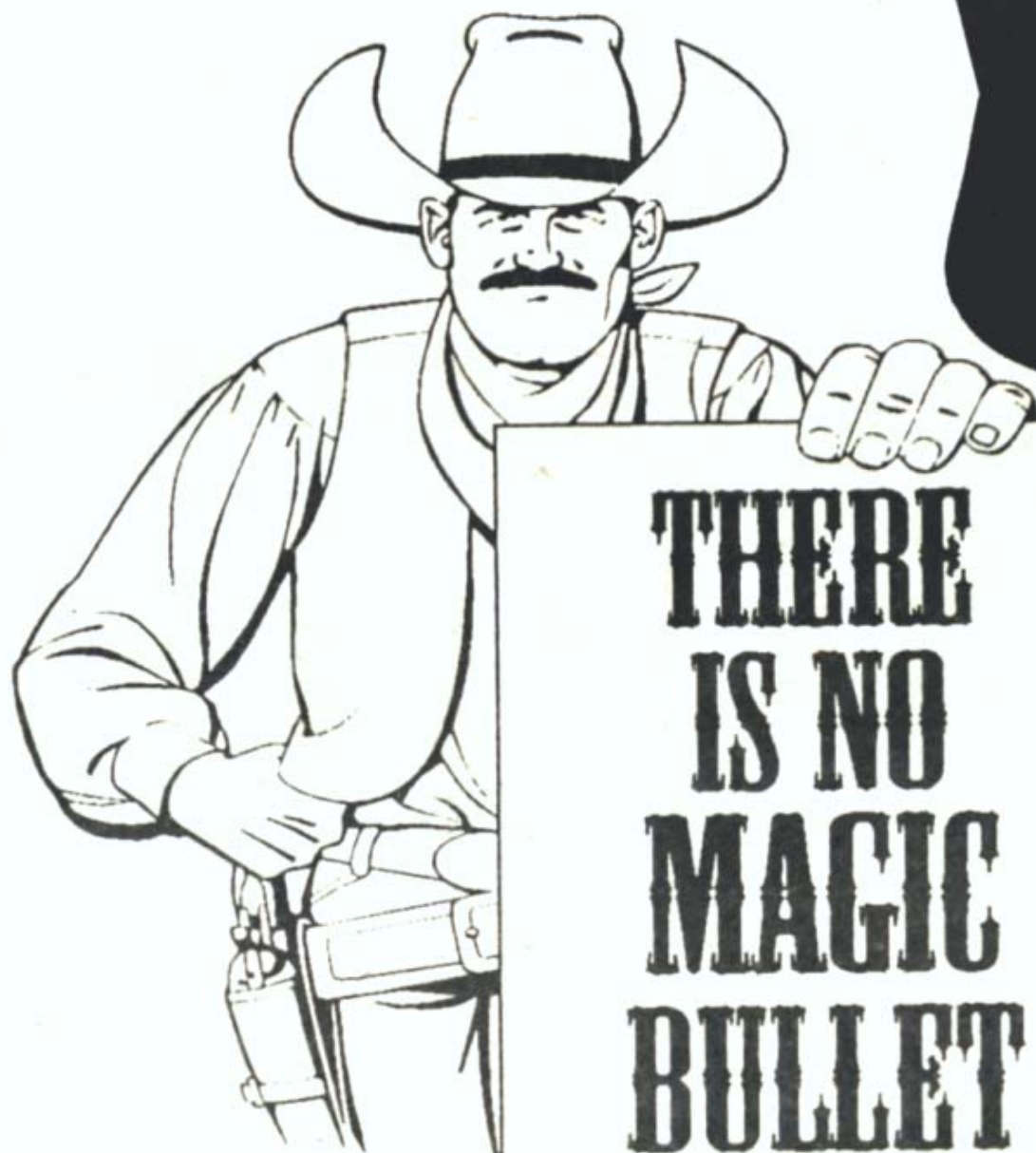
Would you like to **triple your risk of heart attack?**

Just pick up a prescription of **Celebrex.**



National Cancer Institute discovered that.

Those taking 400mg doses had 250% greater risk of
dying from Heart attack or Stroke... and those taking
the 800mg doses has 340% times the risk!



**THERE
IS NO
MAGIC
BULLET**

**Is there something else we can do
to help ourselves?**

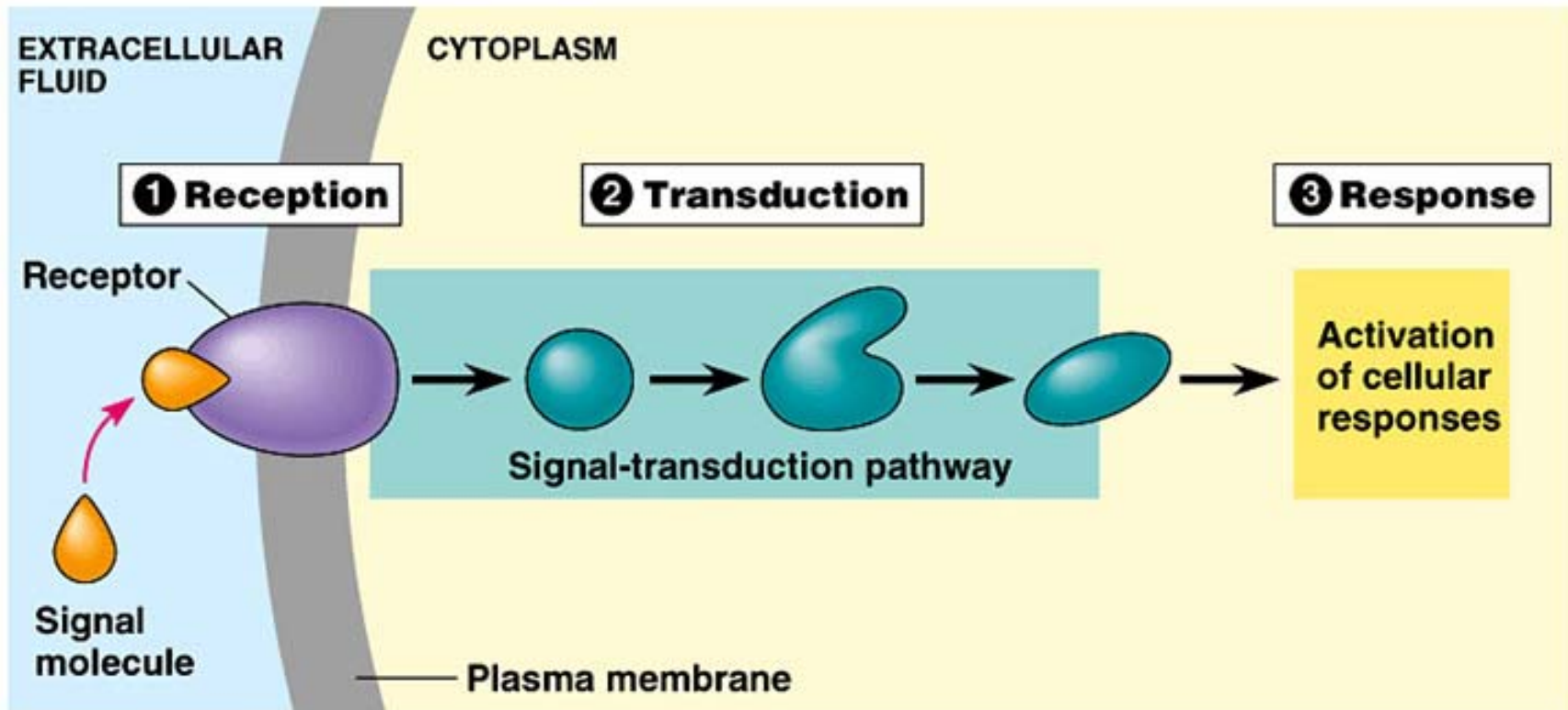
Think about this.....

A living CELL is a

- self contained,
- self assembling,
- self adjusting,
- self perpetuating,
- isothermal mix of biomolecules,



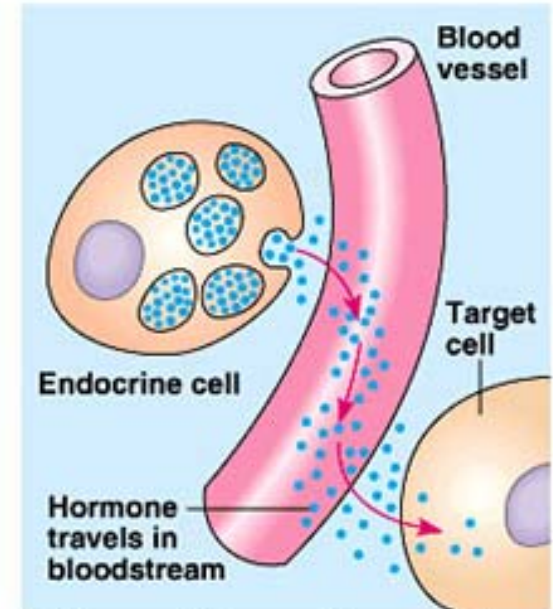
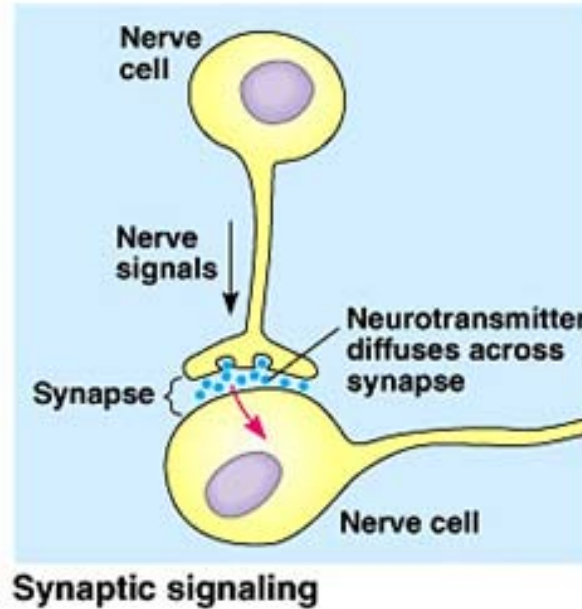
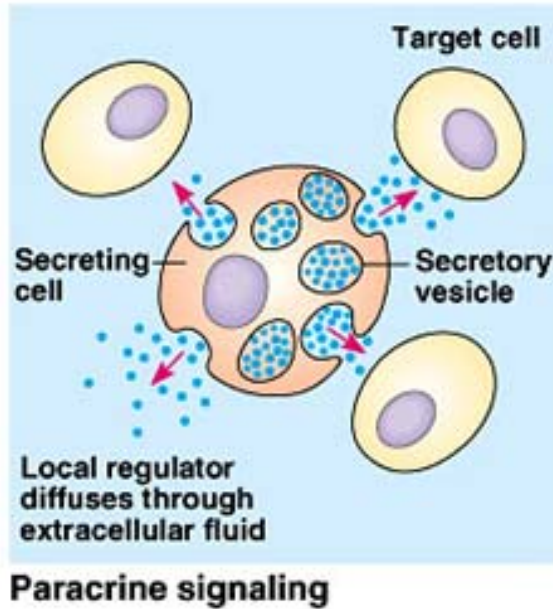
**EVERYTHING IN THE UNIVERSE APPEARS TO BE
ELECTRO-MAGNETIC WITH A SPECIFIC RESONANCE OR FREQUENCY**



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BLOOD CELLS COMMUNICATE ELECTRICALLY

**EVERYTHING IN THE UNIVERSE APPEARS TO BE ELECTRO-MAGNETIC
WITH A SPECIFIC RESONANCE OR FREQUENCY**

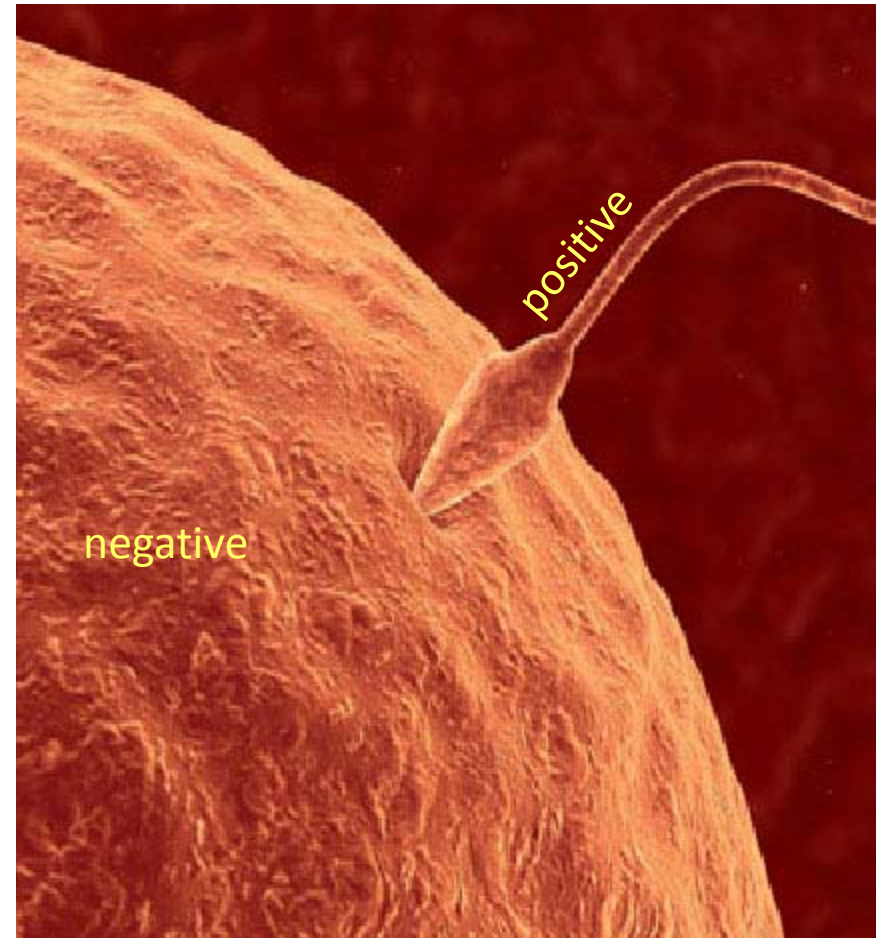
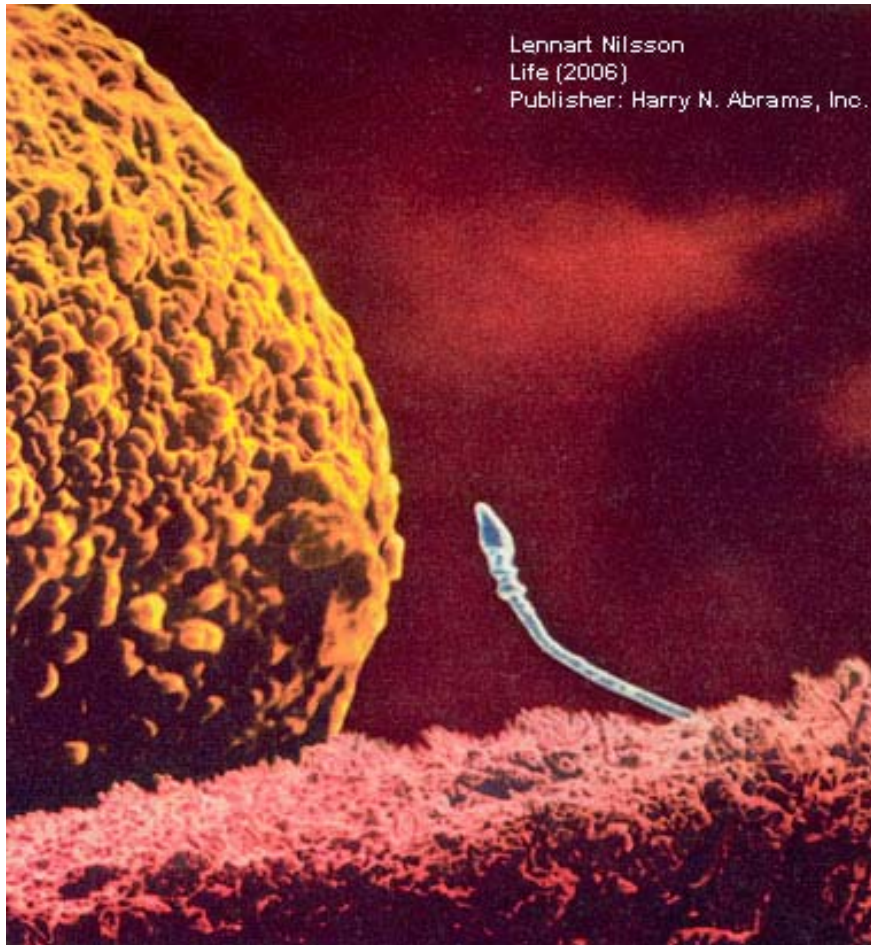


paracrine signaling

(a) Local signaling

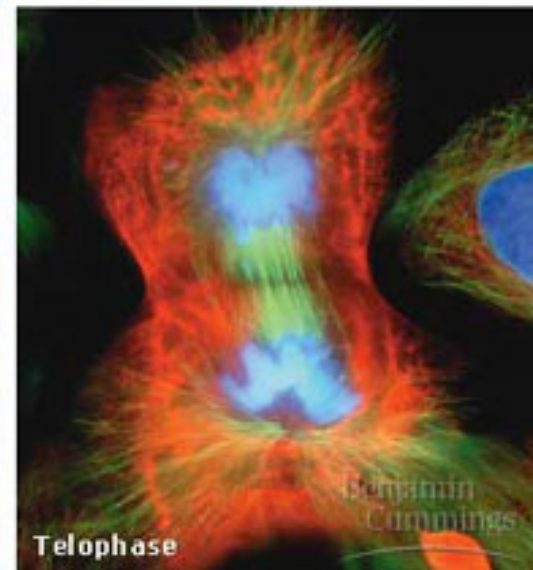
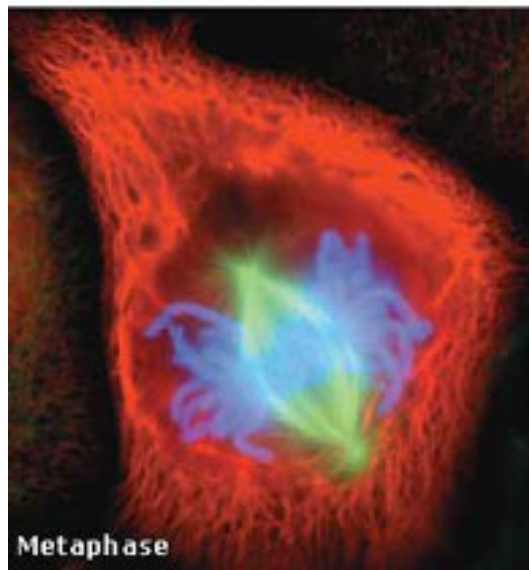
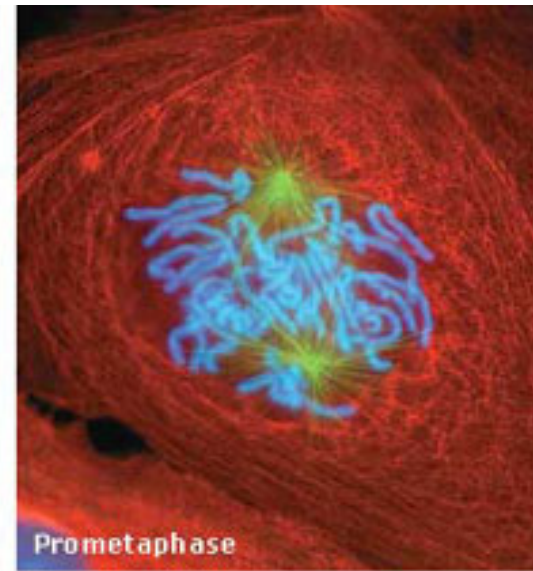
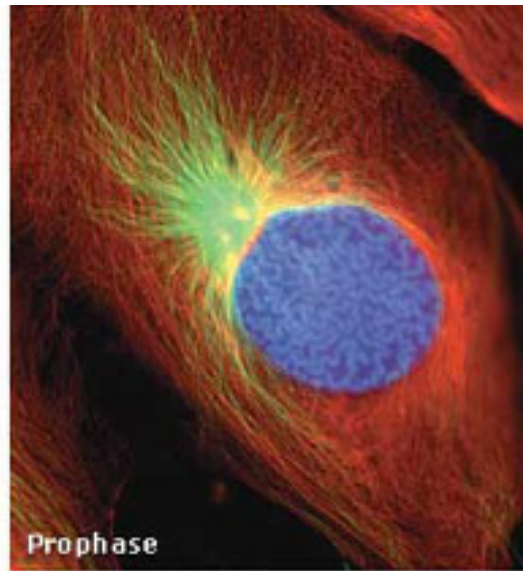
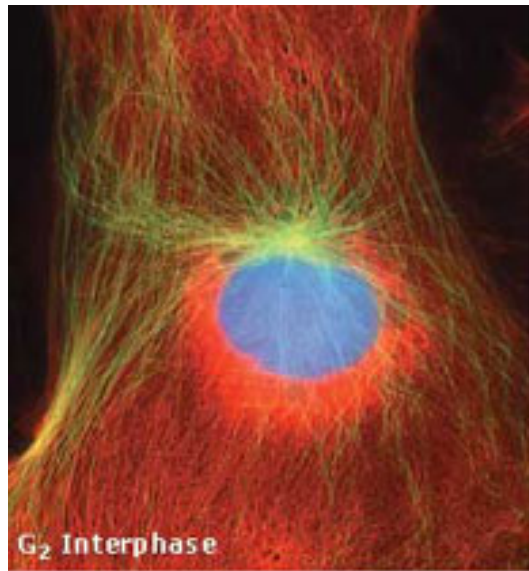
endocrine signaling

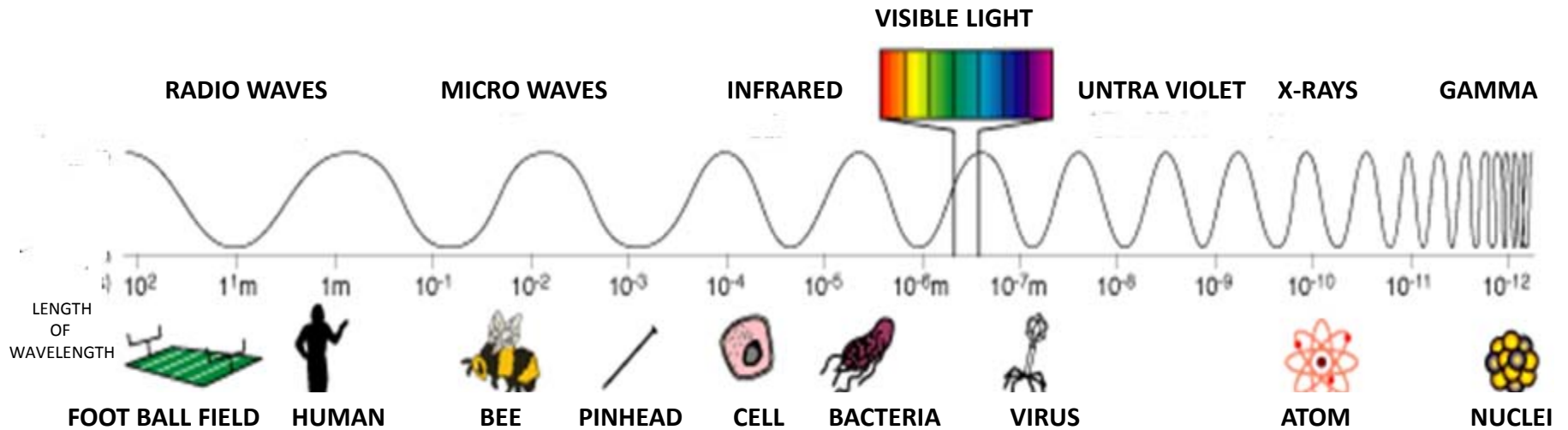
This is how **you** began



The "Spark" of "Life"

Mitosis (cell division) an electro-chemical process





**EVERY THING IN THE UNIVERSE
HAS AND IS
A SPECIFIC FREQUENCY**



**HELP YOURSELF WITH
THE**



Mighty Mini



THE GOAL OF THIS LITTLE INSTRUMENT



- EZ TO USE
- PORTABLE
- PAIN CONTROL

- ENERGIZING
- BALANCING
- PROMOTE HEALING

THERE IS A **BIG** DIFFERENCE BETWEEN

**MILLIAMP
T.E.N.S**

and

**MICROAMP
M.E.N.S.**



ATP



99%
of

DOWN 50%

UP 500%

Therapy
Is in
this
category

CELL



**MEMBRANE
TRANSPORT**



DOWN 30-40%

UP 30 40%



**PROTEIN
SYNTHESIS**



DOWN 50%

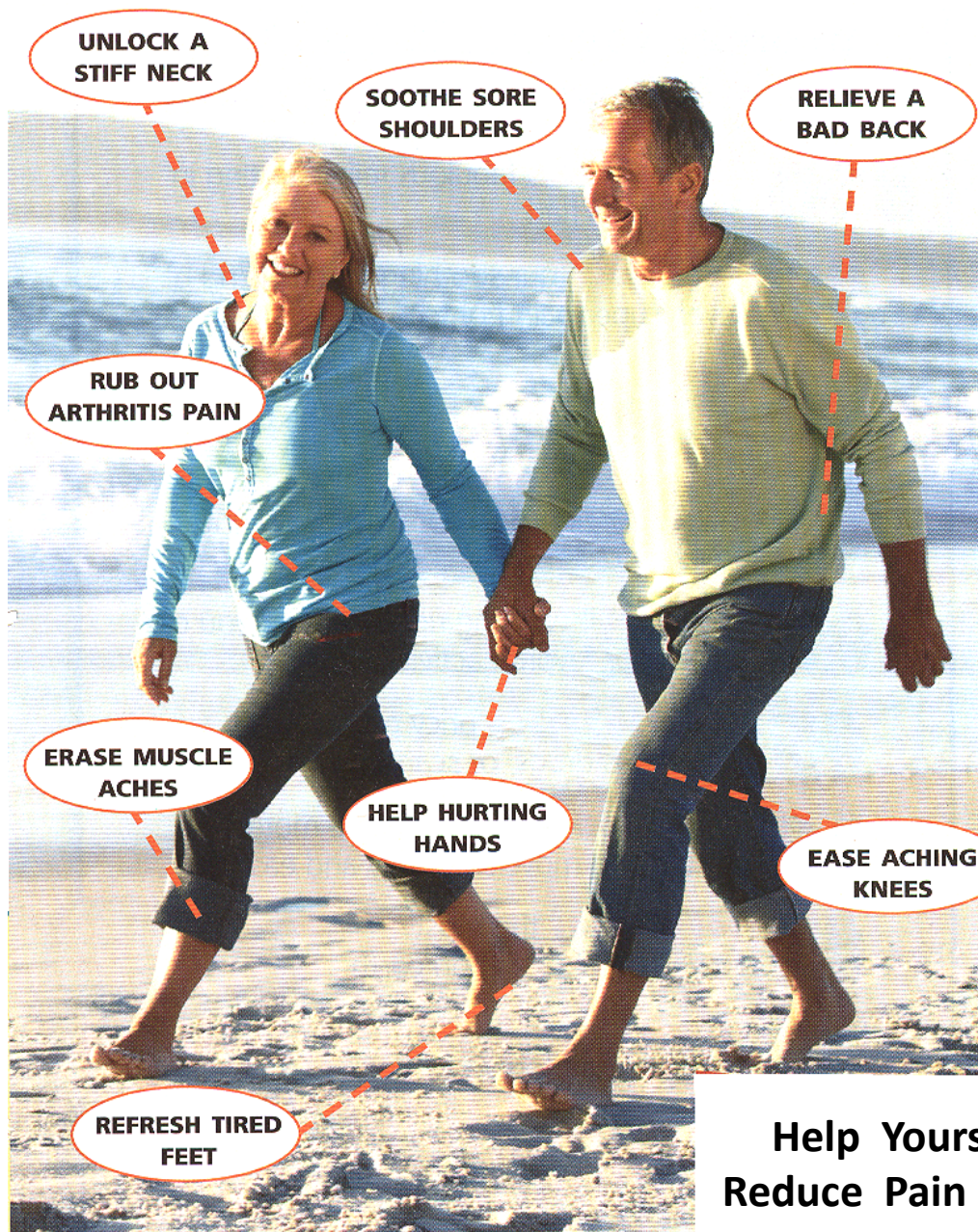
UP 73%

Source: "Clinical Orthopedics" 1986.

5 OTHER HEALING FACTORS THAT OCCUR WITH “MICROCURRENT”

“CELL PHYSIOLOGY” 1989

- **1 FIBROBLASTIC ACTIVATION**
- **2 DNA SYNTHESIS**
- **3 T-LYMPHOCYTE ACTIVATION**
- **4 INSULIN BINDING**
- **5 CALCIUM CHANNEL OPENING**



**Help Yourself
Reduce Pain Meds**

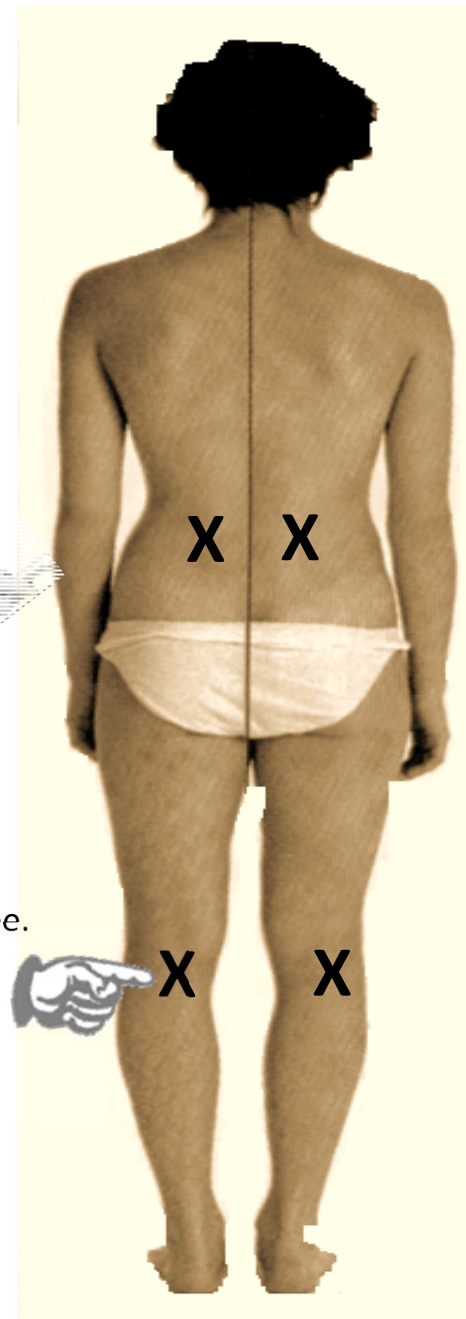
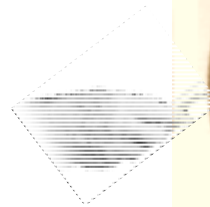
General Method for "Quick-Relief"

- The Treatment unit is placed on one point.
 - Therapist's finger is on the other point.
- All are bi-lateral, except for mid-line Pts.
Treatment Time depends on the degree of relief you want to attain. 1 to 2 minutes

Low Back Pain

The unit placed on low back, ½ inches off the spine on a level with the umbilicus. (Belly Button)
Therapist finger of the other hand is in the middle of the back of the knee

Placement
of 'Micro Mini'



Therapist finger is behind the knee.
Hold for 1 or 2 minutes,
Repeat on other side

Sciatica & Low Back Pain

The unit placed on the buttock.

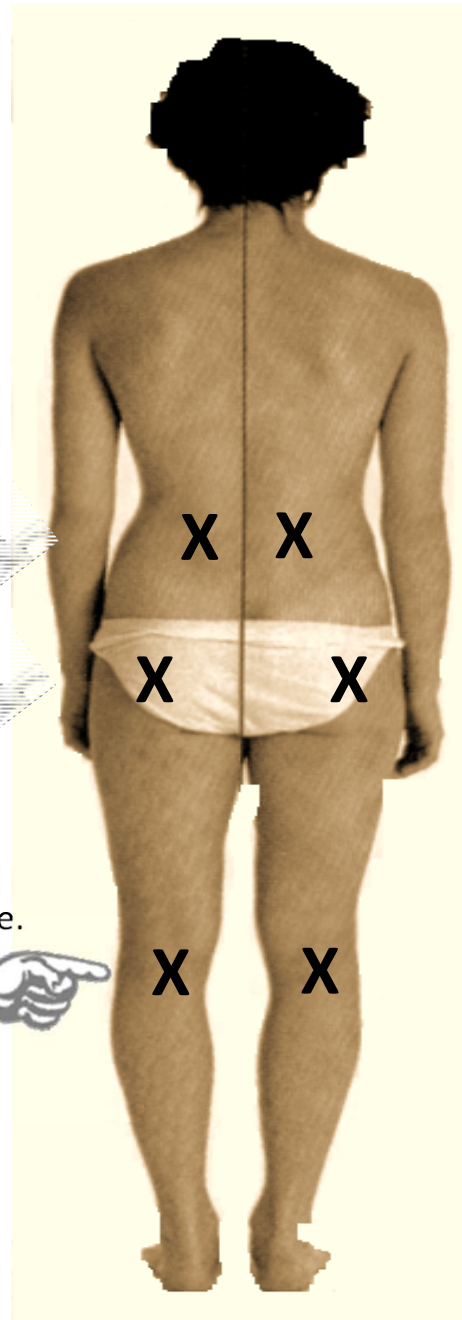
There is a slight depression between the gluteal crease and outside of the Hip bone
Therapist finger of the other hand is in the other X point.

Placement
of 'Micro Mini'

Placement
of 'Micro Mini'



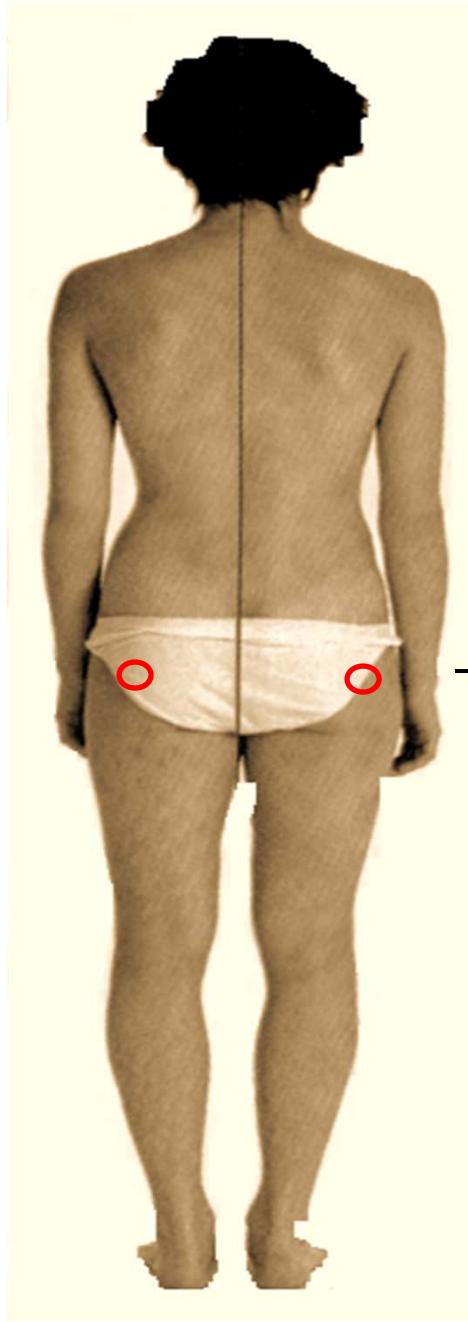
Therapist finger is behind the knee.
Hold for 1 or 2 minutes,
Repeat on other side



Treat all areas.

Low back Pain

The unit placed on low back,
**1 ½ inches off the spine on a
Level with the umbilicus.**
Therapist finger of the other
hand is in the other X point.



Where is the place to treat located?



In the middle of the depression between the Hip bone and the Gluteal Crease.

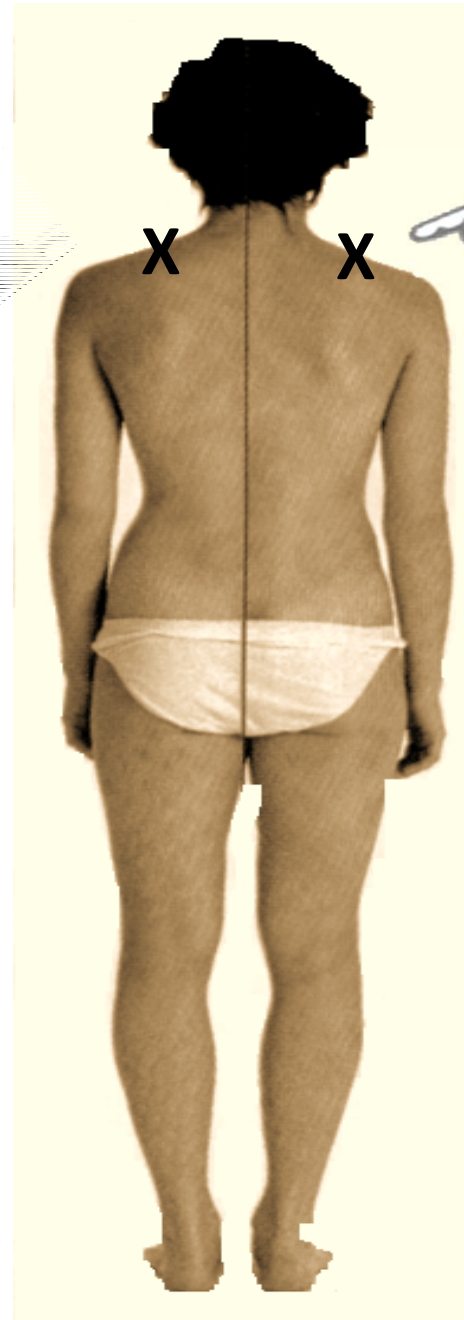
Neck & Shoulders & Entire Back

The unit is held between the neck & shoulders

The finger is on the opposite side

Hold for 1 or 2 minutes

Or, you can simply hold their hand on the same side



Therapist finger is on other side of neck.
Hold for 1 minute,
Repeat on other side

Best Method?

Neck & Shoulders & Entire Back

The unit is held between the neck & shoulders

The finger is on the opposite side

Hold for 1 or 2 minutes

Or, you can simply hold their hand on the same side

Placement
of 'Micro Mini'

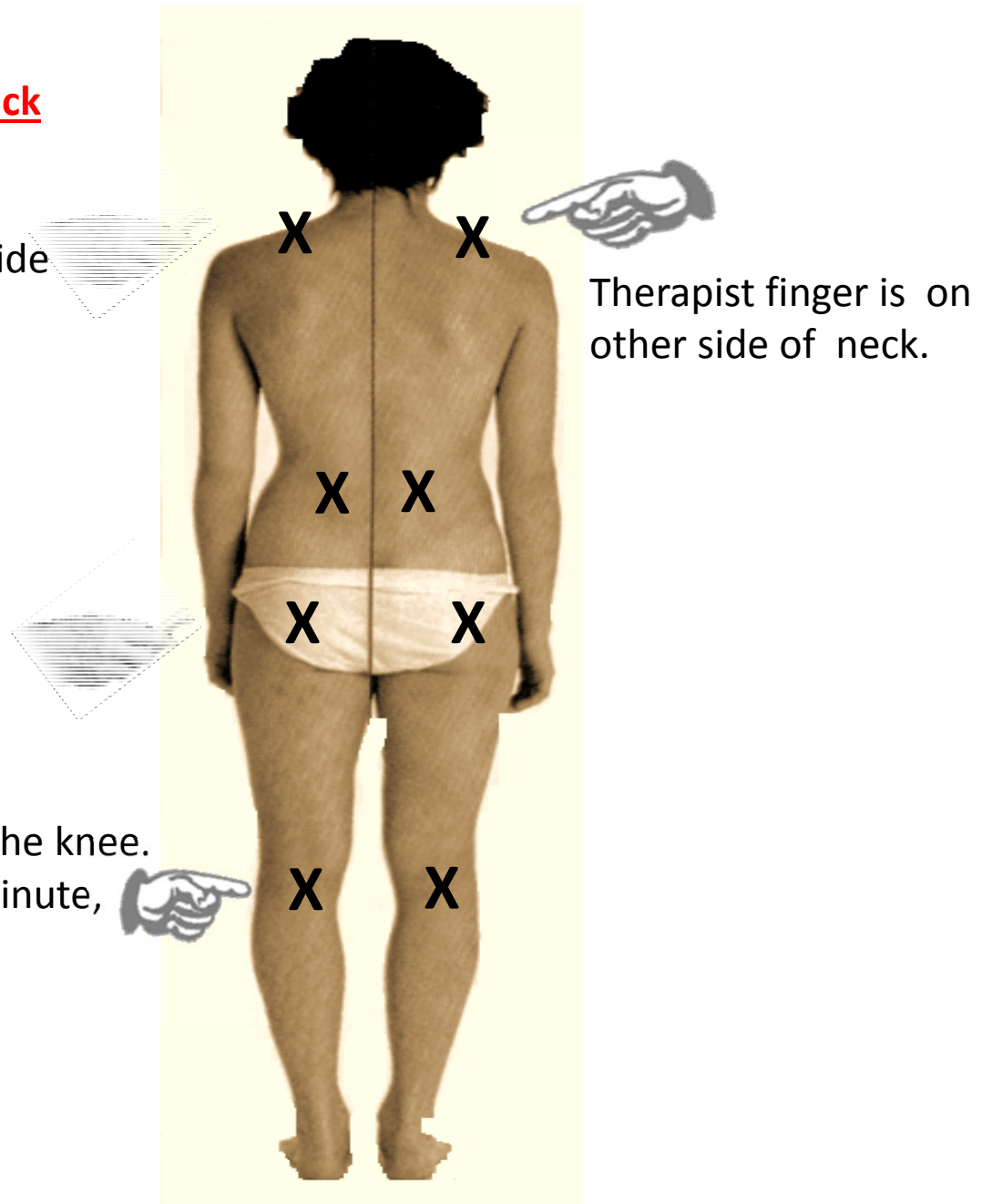
Placement
of 'Micro Mini'

Therapist finger is behind the knee.

Hold for 30 seconds to 1 minute,

Start from bottom up.

Repeat on other side





Major Power Point

Large Intestine 4 **Body Balance, Headache**

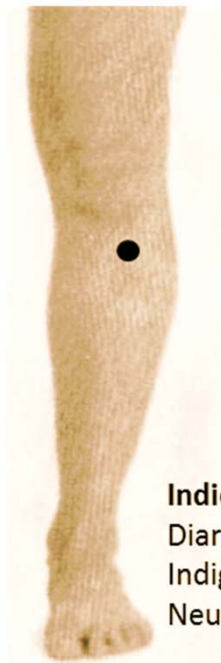
On the dorsal surface of the hand, between the 1st & 2nd metacarpals, on the protuberance of the muscle on the radial side the middle of the metacarpal.

Indications Headache, toothache, Rhinitis, swollen & painful oropharynx, deafness, eye disease, facial nerve paralysis, fever, upper limb joint pain, hemiplegia, neurasthenia.

**These 2 Acu-Points
are the most you can do
in the least
amount of time.**

**10 – 15 seconds
each location**

**To Help
Energize & Balance**



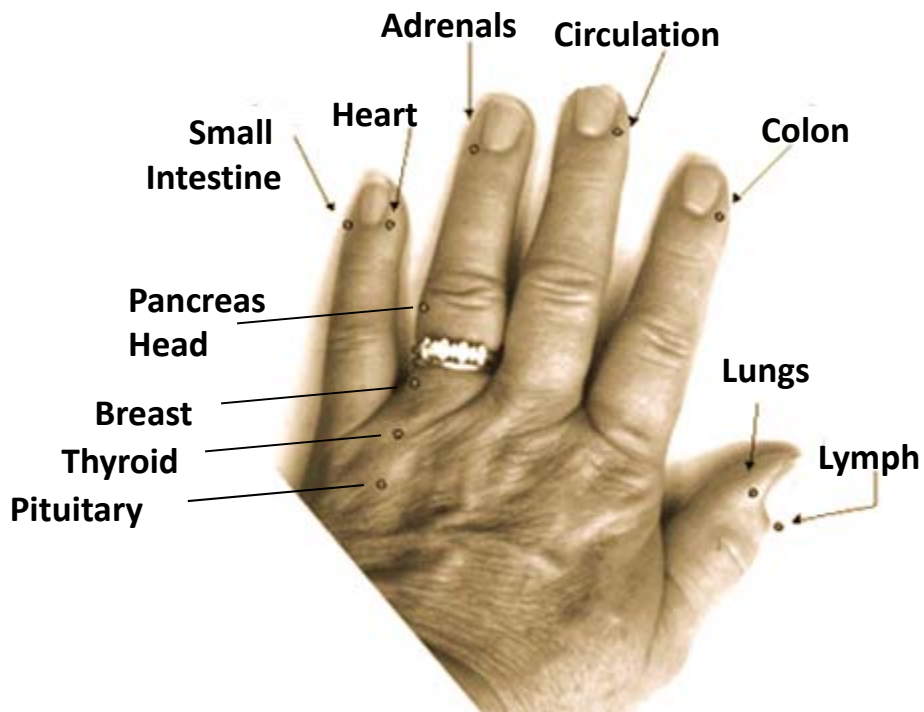
Stomach 36: **Most Balancing of Total Body**

One body inch just below the tuberosity of the tibia on the lateral side of the anterior tibial crest to the tibialis anterior Muscle.

Major Power Point

Indications General tonification, gastritis, ulcer diseases Diarrhea, distended abdomen, constipation, anemia, Indigestion, high blood pressure, hemophilia, epilepsy, Neurasthenia, insomnia.

Treating the “End” points of Acupuncture Meridians



Before you start treating all or some of these “End” Points, know why you are doing so.

Dr. Michael Epitropoulos can show you which points to treat 386-274-2520



Fainting Point, Defense Anti-Rape point Governing Vessel 26:

Just above the middle of the philtrum

Indications Shock, collapse, heat stroke, unconsciousness, hysteria, epilepsy, acute lumbar strains.



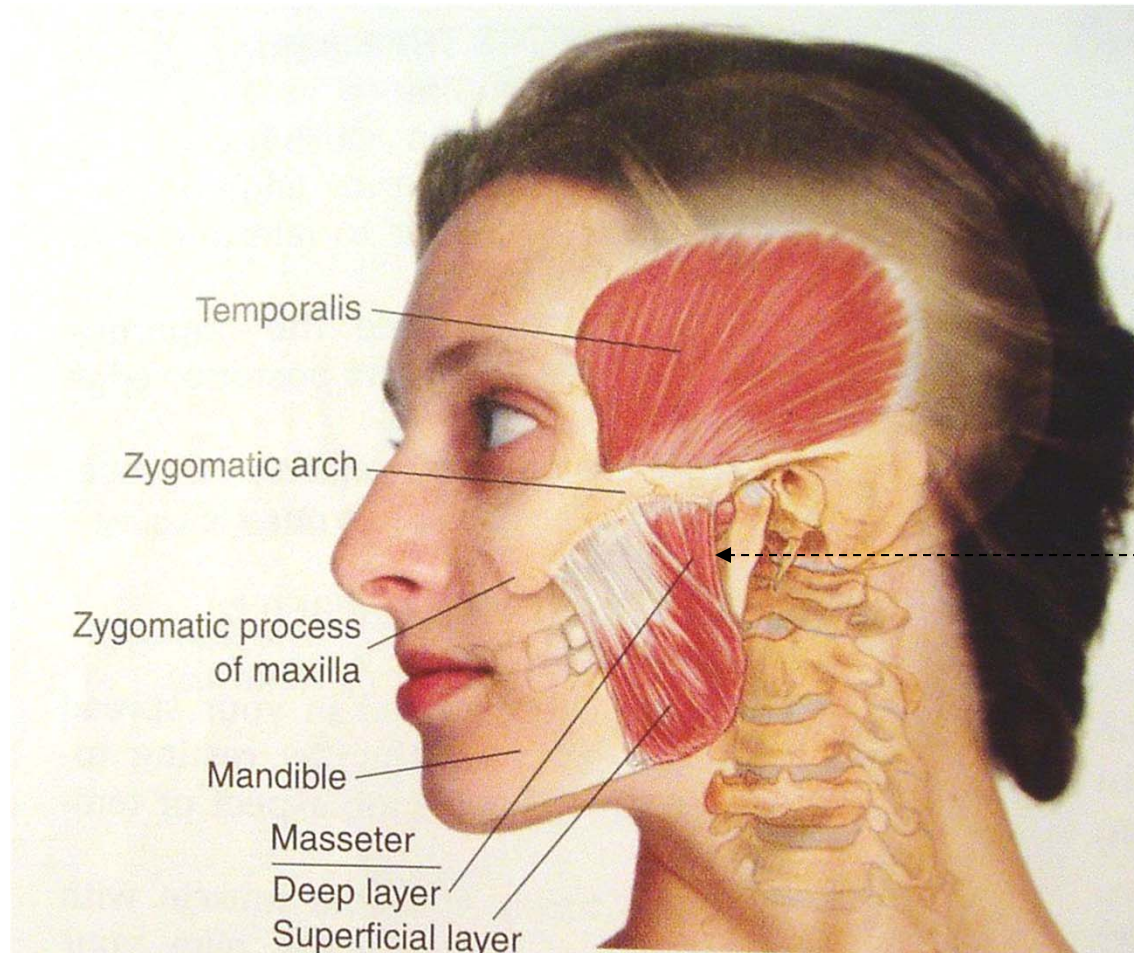
TMJ Dysfunction, Ears

Small Intestine 19

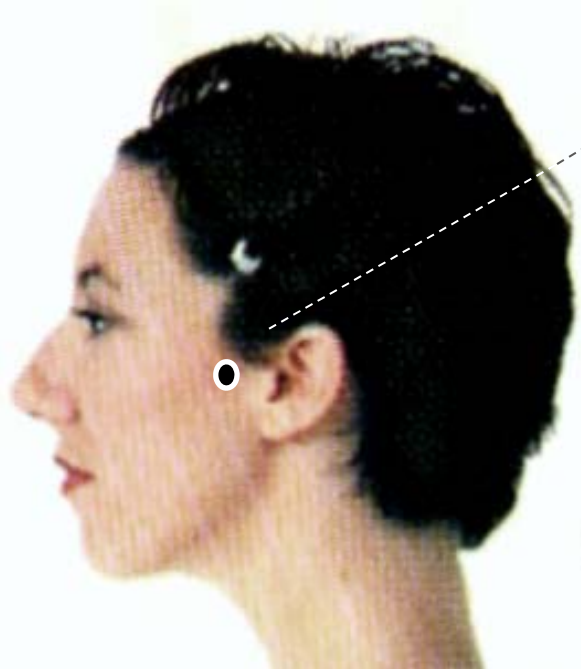
Between the middle of the tragus and the mandibular joint where a small depression is formed when the mouth is opened,

Indications Deafness, tinnitus, otitis media

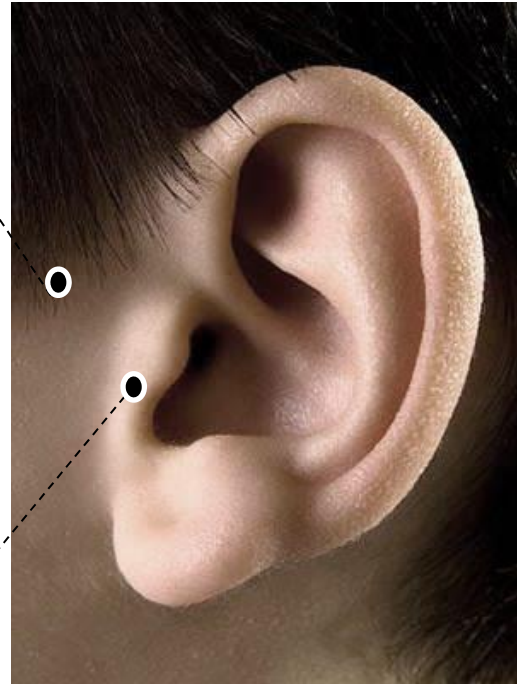
Over Tightness And Stress In This Muscle
May Cause The Entire Body To Be Out Of Balance



It Can Cause Your Lower Back To Hurt, Digestion Problems
& Many More Problems Because Of Imbalance In The Entire Body



TMJ



Weight control?

Appistat

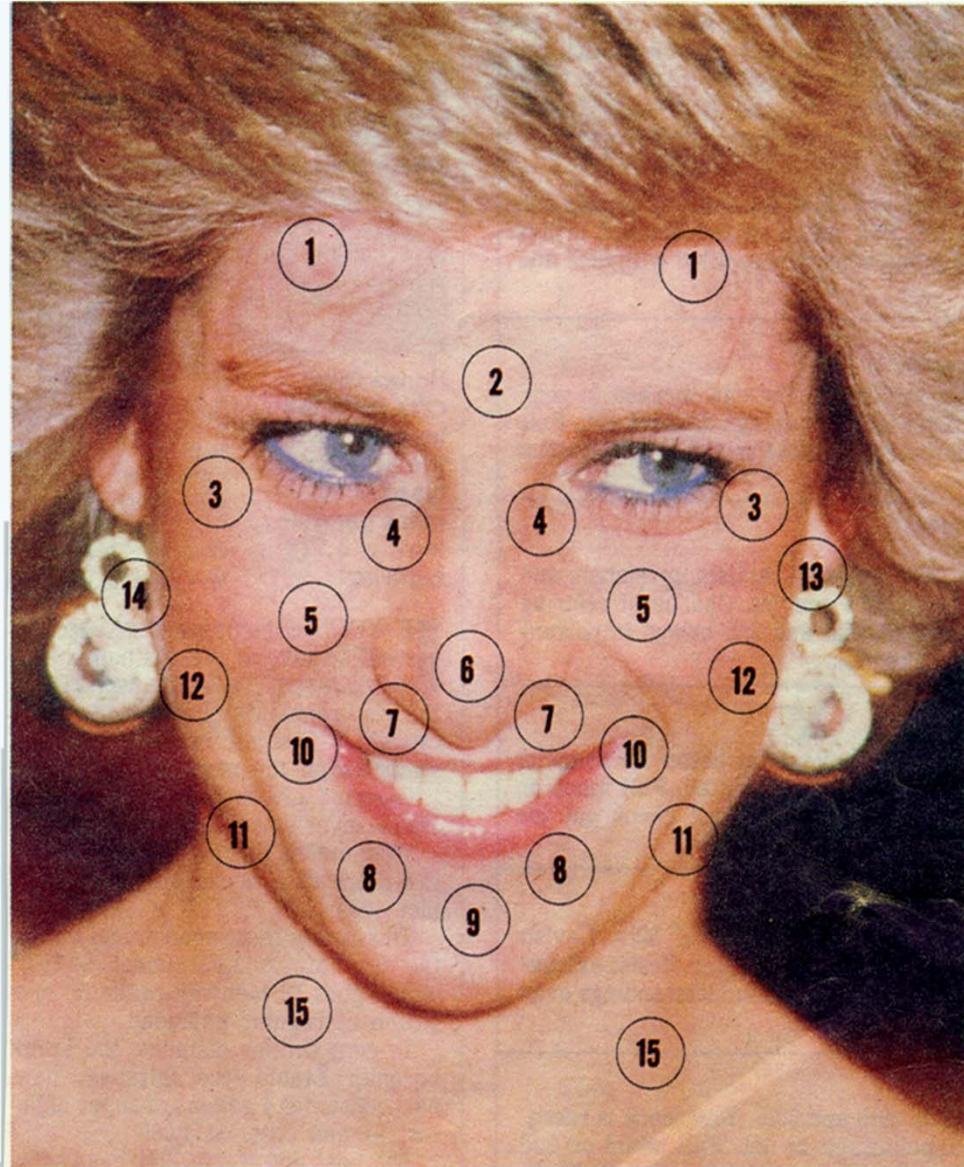
To reduce hunger pangs, helps to feel satisfied with less food.

Treat 10 minutes before mealtime for 10 to 20 seconds.



-- Basic Guide --
Work Upward And Outward.
Except The Eyes,
Work From Outside Towards Nose





WHAT EACH POINT DOES

Numbers match those on Di's face.

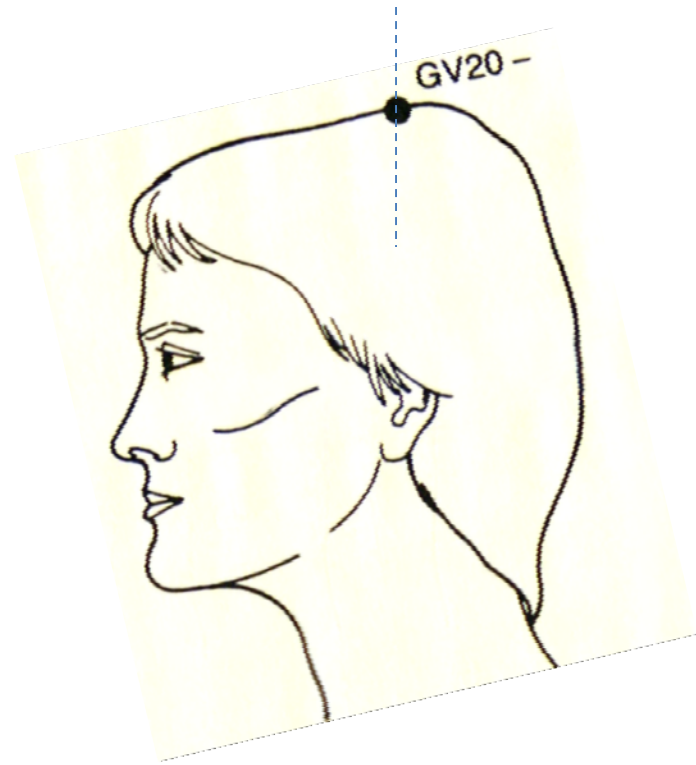
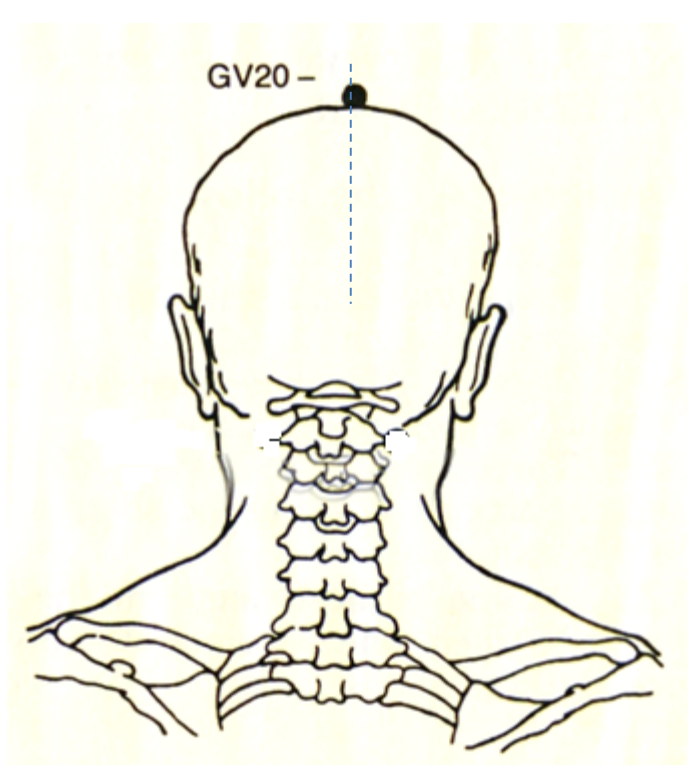
1. Alerts all the **thinking processes**.
2. Stimulates **pituitary gland**, secretes hormones for reproductive system.
3. Clears color, aids complexion.
4. Keeps **kidneys** functioning well.
5. Ensures **regular bowel action**.
6. Helps improve absorption in the **digestive system**.
7. Helps the spleen dispose of worn-out **blood cells** efficiently.
8. Stimulates the **pancreas** to secrete hormones that keep **skin healthy**.
9. **Banishes constipation**.
10. Stimulates the **lungs**, which increase oxygen supply to the **blood** and keeps colds at bay.
11. Stimulates **sex hormones**.
12. Helps the **liver** and **lymphatic system** do their job.
13. Tones up the **nervous system**.
14. Tones body's **muscle system**.
15. Stimulates **thyroid gland**, and affects **weight** and **circulation**.

The importance of a
balanced
Thyroid

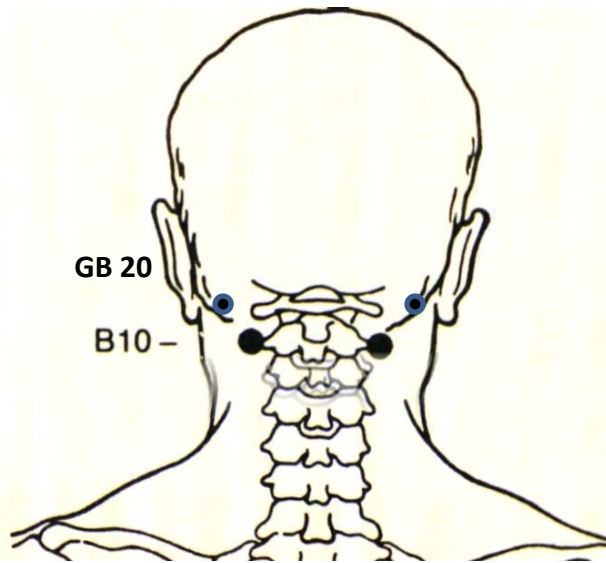


Possible Symptoms

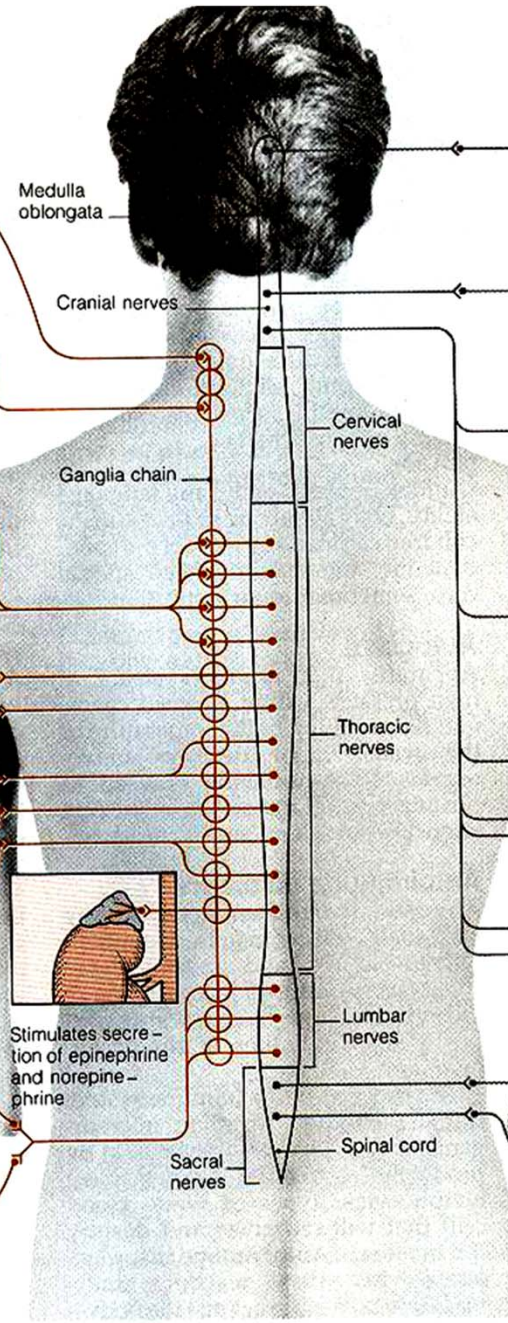
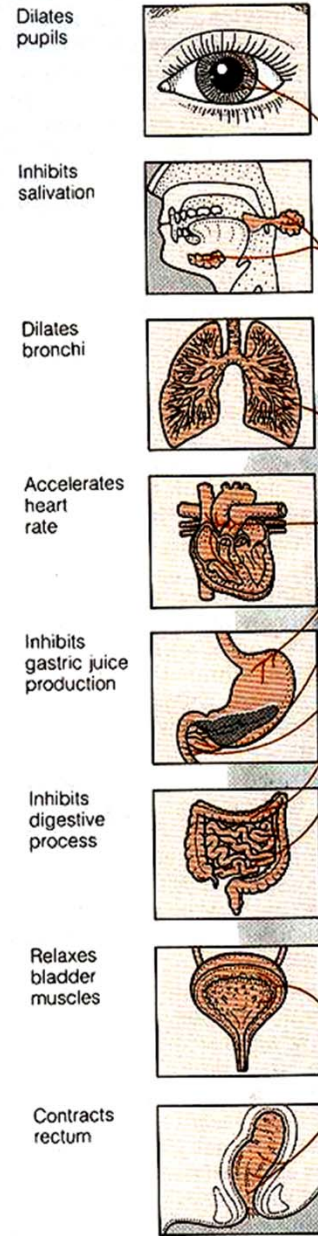
Fatigued in the morning	Memory Lapse
Poor/cracked nails	High cholesterol
Cold all the time	Severe PMS
Dry skin	Irregular periods
Depression	Low sex drive
Constipation	Infertility
Muscle/joint pains	Excessive
Trouble losing extra pounds	menopause
Chronic infections	Ovarian cysts
Acne	Endometriosis
	Gum disease
	Eczema



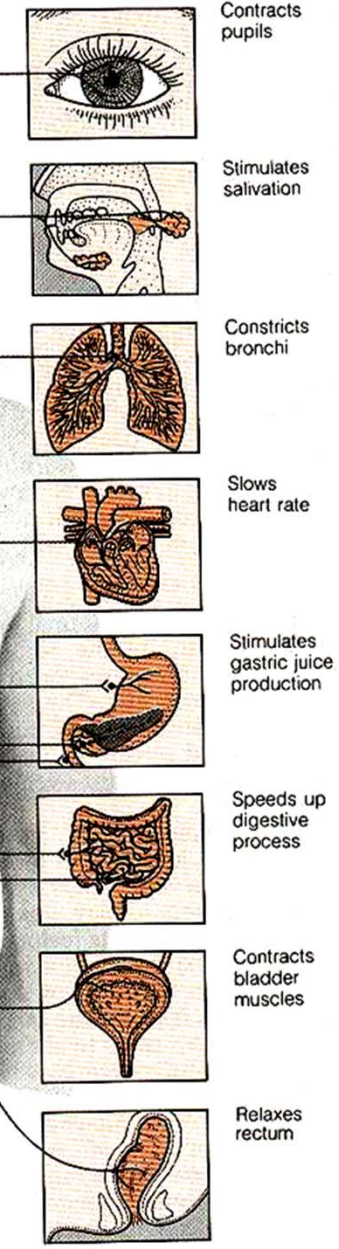
Hemorrhoids

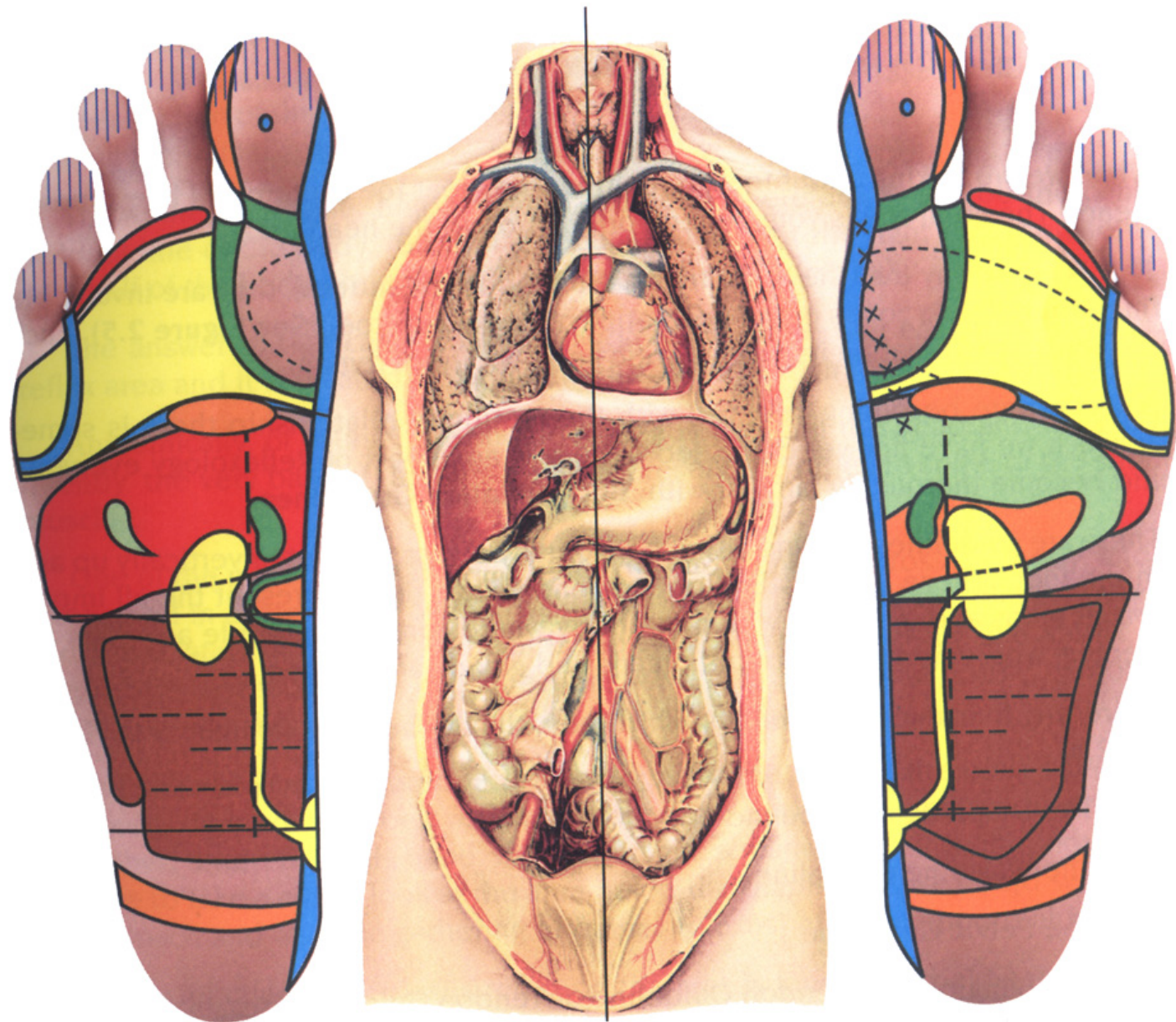


SYMPATHETIC SYSTEM



PARASYMPATHETIC SYSTEM





REFLEX AREAS

(also called **REFLEXES**): these are **mirror areas of the various organs** and body parts located in the hands and feet which, when activated by specific Reflexology techniques, have direct effect on the corresponding organ or area of the body

BEST POINTS:

To 'trigger' a healing response, find the Pain or 'ouch' spot by pressing in the area as shown.

Then, treat for 10 seconds, wait for about 5 minutes & repeat.

Relief may taken place immediately, or it may be noticed later.

Remember, it is the body that does the healing. This will simply 'aim' it's healing effect.

①	Headaches	⑥	Pain in the Arms
②	Eye Fatigue	⑦	Lower Abdominal Pains
③	Tooth Aches	⑧	Lower Back Pains
④	Upper Limbs Fatigue	⑨	Lower Limbs Fatigue
⑤	Stiff Neck & Shoulder	⑩	Sciatic Pains

How Your Body Rebuilds Itself in Less Than 365 Days

FACT: Your entire body totally rebuilds itself in less than 2 years -- and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Everyday is a new opportunity to build a new body.

