



**HEALING BY DESIGN**

**Self-Care Guide:  
Relieving Headaches  
In Minutes**



**Lisa K.Y. Wong, L.Ac.**

1<sup>st</sup> Edition

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Disclaimer: The information provided in this guide is for educational purpose only and is not intended to diagnose or cure any disease or condition. Consult your primary care physician for medical advice when necessary.

All proceeds from the sale of this book will benefit Center for Healing By Design, Inc.

**Center for Healing By Design, Inc.**

*Get In Touch With Your Inner Doctor*



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In this Self-Care Guide, you will learn:

- 1) How to relieve most common kinds of headache in minutes, without drugs, by yourself, anytime, anywhere
- 2) How to detect a developing headache and clear it before it becomes a full-blown migraine
- 3) The two kinds of pain in your body you need to know about
- 4) Three of your body's control panels you can use to handle your headaches
- 5) How to find and activate your body's Healing Buttons™ to relieve your headaches
- 6) The simple 3-step Healing By Design method™ to relieve and prevent headaches
- 7) 9 headache prevention tips ... and more

## Introduction

Whether you have chronic migraines or occasionally suffer from headaches, this book is for you. Headaches affect millions of people's lives every day due to too much stress, dehydration, and many other conditions that lead to uncomfortable, sometimes debilitating, headache pain. Americans spend billions of dollars annually on pain medications and doctor visits to treat headaches and migraines. It is a severe and largely unsolved problem.

While acupuncture can relieve headaches quite effectively, many people hesitate to try it due to a fear of or aversion to needles, or to the cumulative costs of seeing a practitioner. The good news is that you can get rid of headaches yourself, in a matter of minutes, without the use of drugs or needles. Best of all, it is easy to learn so you can do it yourself whenever the need arises. No more pain.

This self-care guide to relieve headaches will teach you about the three simple tools that you can use to get rid of your headache anytime, anywhere you need them. No pain meds and no needles are necessary. And it won't cost you a penny because the tools are already built in to your own body. All you need to do is the learn how to use them.

## The Healing By Design Method™

After years of clinical experience in private practice as a licensed acupuncturist and massage therapist, on staff at Kaiser Permanente San Jose Medical Center, partnering with El Camino Hospital, and as a community volunteer, Lisa K.Y. Wong, L.Ac. developed the Healing By Design method to unlock the powerful healing capability of the human body. Based on principles of ancient Asian medicine combined with advances in western medicine, the Healing By Design method gives you easy tools to speed up your natural, innate healing processes with amazing, often immediate, results. It includes our proprietary three-step process that deepens healing and accelerates repair and recovery.

The Healing By Design method is based on the idea that our bodies are designed to self-heal. As the late Dr. Albert Schweitzer said, *"Each patient carries his own doctor inside him. They come to us not knowing that truth. We are at our best when we give the doctor who resides within each patient a chance to go to work."*

Working with your inner doctor begins with looking at pain in a new, more empowering way. After all, while we all want to be pain-free, if we only look at pain as something to avoid at all cost, then we don't have many options for dealing with it. But there's a reason for the pain and it is something we can learn from. The discomfort or hurt makes us aware that there is a physical problem, mental issue, emotional challenge or a spiritual imbalance. We can think of

pain as the language of the body — the language that our inner doctor uses to communicate with us about the condition of our bodies — and we can work with it to help us heal.

Unfortunately, while your inner doctor regularly gives you feedback and guidance about your health, you probably don't realize it because you weren't taught how to listen for it.

Fortunately, you are reading this Healing By Design Self-Care Guide, which will open you to a new world of wisdom and self-care.

## Two Kinds of Pain

Your inner doctor speaks to you through two kinds of pain. The first kind of pain is what you feel readily – like headaches. You don't have to look very far; in fact, it just shows up unannounced.

With this kind of pain, your inner doctor is saying:

“Stop what you are doing. I need your attention.

Please do something to fix the problem.”

Through the pain, your inner doctor is calling for your attention. If the pain is severe, you may want to make an appointment to see your doctor right away. But keep in mind that you can also try the powerful techniques shown in this guide before you reach for pain medication or call the doctor. It will be worth it to give your body a chance to provide its own solution for you.

The second kind of pain is pain that you're not aware of until you discover it by pressing on it. You may have areas on your hands or in your ears that feel tender when you put pressure on them. With this kind of pain, your inner doctor is saying:

“Press here to fix the problem.”

## Your Body's Healing Buttons

We call the area where this indirect kind of pain is located, a Healing Button™. Due to the magnificent design of the human body, there are Healing Buttons located in different parts of your body that are connected to the pain you feel in another part of the body. Like the warning lights on your car's dashboard, your Healing Buttons indicate when there is a problem in your body by becoming tender or painful to the touch. Once you detect them, you can use the Healing By Design method to activate them, and the pain you feel — both the original pain and the tenderness you notice in the Healing Button area — will resolve very quickly. Sometime it takes a few minutes, but usually the relief is instantaneous.

Through the Healing Buttons on your body, your inner doctor shows you how to treat your pain and heal yourself. You become a partner with your inner doctor and get to trust your body to show you the way to healing.

You'll activate a Healing Button by gently pressing on it or massaging it. A word of caution: the degree of the pain you feel in your Healing Buttons usually matches the degree of the pain you want to get rid of. It may be sharp or intense; but remember that it is temporary. There is no need to be afraid of it. Quite the opposite: it's your body's way of telling you that you're in the right spot and on the way to healing the original pain. Once the unwanted pain is relieved, the pain of the Healing Button will also subside.

## Your Body's Control Panels

Our bodies are the most intelligent machines ever designed. Similar to the vast interconnectedness of the internet, in the human body, everything is connected to everything else. The Healing Buttons that we have throughout our bodies are grouped together in ways that help us find what is connected to what. We call these arrangements our Control Panels, as they are arranged to help us find the right trigger point to activate the healing we need.

In other words, for every pain we feel, there is a Healing Button in each Control Panel that is connected to that pain.

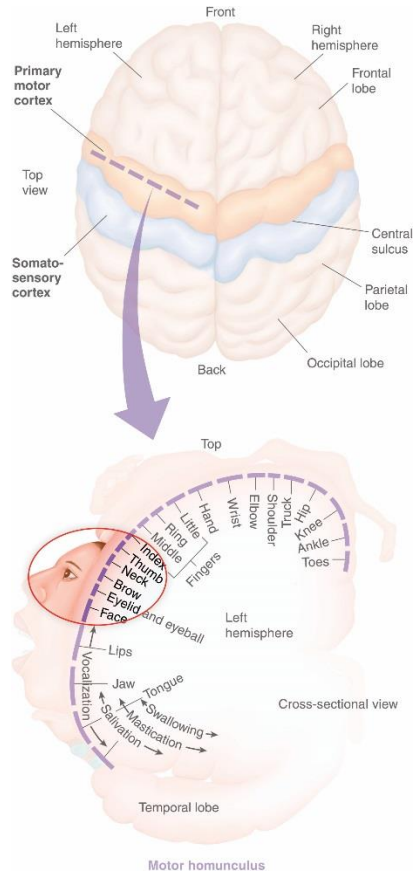
These Control Panels have been recognized and harnessed by Eastern and Western medicine alike, and have been the subject of clinical research since the 1930s. The three Control Panels discussed in this guide are your Scalp Control Panel, Ear Control Panel and Hand Control Panel. By using them, you put the 'control' back in your own hands to heal yourself. You can use each of these Control Panels separately or in combination, depending what is most effective and most comfortable for you. Since everyone's body may respond differently, it is best to experiment and discover what works best for you.

Using these Control Panels, The Healing By Design method consists of only three simple steps to eradicate your headaches. Relief occurs based on the location of the headache, not the cause of the headache. This method works for most headaches, except for headaches due to tumors.



## Using the Scalp Control Panel

Follow the instructions below to help you locate the Healing Button within your Scalp Control Panel that can ease the pain of your headache.



Here's the location of the Healing Button for head area on the right side of the Scalp Control Panel

# Step 1

## Look for and activate the Healing Button that is connected to your headache

The Healing Button that is connected to your headache is not where the headache is. You find it by locating the trigger point or area where you feel tenderness or pain when it is pressed.

LOCATION OF HEADACHE	INSTRUCTIONS
<p><b>LEFT SIDE</b> Regardless of whether the pain is in the front or back of head or the entire left side</p>	<p><b>Check the right side of the Scalp Control Panel:</b> Use back of the knuckles or tips of 2-3 fingers of the right hand. Start at the top of the head and slowly and firmly rub with pressure down the right side of the head towards the top of the right ear. Look for a tender point near the area corresponding to the head in the diagram. Once the tender point is found, stimulate that area by rubbing with a firm pressure in a small circular or sideways fashion, or by lightly tapping.</p>
<p><b>RIGHT SIDE</b> Regardless of whether the pain is in the front or back of head or the entire RIGHT side</p>	<p><b>Check the left side of the Scalp Control Panel:</b> Use the back of the knuckles or tips of 2-3 fingers of the left hand. Start at the top of the head and slowly and firmly rub with pressure down the left side of the head towards the top of the left ear. Look for a tender point near the area corresponding to the head in the diagram. Once the tender point is found, stimulate that area by rubbing with firm pressure in a small circular or sideways fashion, or by lightly tapping.</p>
<p><b>BOTH SIDES</b></p>	<p><b>Check both sides of the Scalp Control Panel at the same time:</b> Use the knuckles or tips of 2-3 fingers of each hand. Start at the top of the head and slowly and firmly rub with pressure down each side of the head towards the top of each ear. Look for a tender point near the area corresponding to the head in the diagram. Once the tender point is found, stimulate that area by rubbing with firm pressure in a small circular or sideways fashion, or by lightly tapping.</p>

## **Step 2 Focus on the pain**

As you stimulate the Healing Button, keep your attention on both the headache pain and the sensation of the Healing Button.

## **Step 3 Breath out the pain**

As you do Steps 1 and 2 simultaneously, consciously and slowly take in a deep breathe through the nose and then slowly breathe out through the mouth. As you breathe, imagine that you are blowing out the pain.

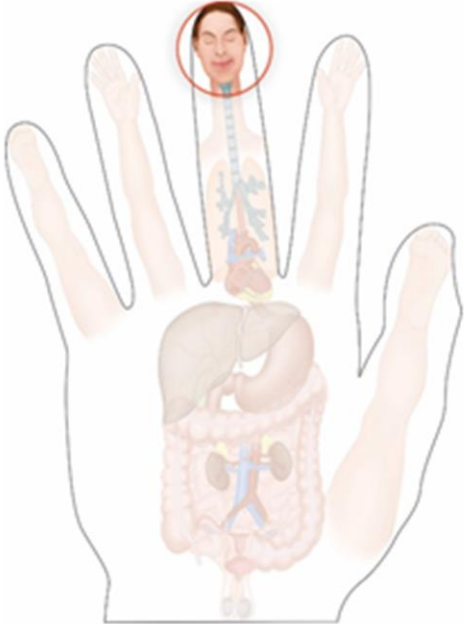
If there is a mental, emotional, or spiritual issue associated with the headache, imagine letting go of the issue or visualize the issue getting resolved as you blow out the pain.

### **Repeat Steps 1 through 3 until the headache is gone**

Following the above procedure, most headaches will be gone or significantly reduced within 10 minutes.

# Using the Hand Control Panel

Follow the instructions below to help you locate the Healing Button within your Hand Control Panel that can ease the pain of your headache.



Front of Hand



Back of Hand



Top of Hand Headache



Left Side Headache



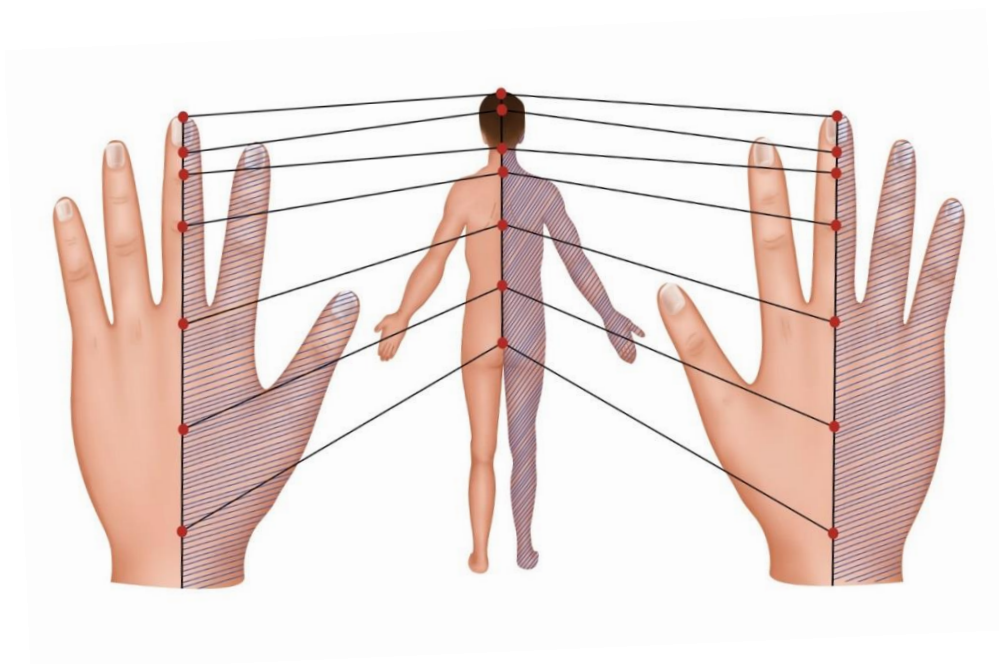
Right Side Headache



Right-Side Back of Head Headache

## Figuring Out Left and Right

To use your Hand Control Panel, you first need to figure out how the left side and right side of your head correspond to your hands. First, put either your left or right hand in front of you, with the back of the hand facing you. For either hand, the right side of your middle finger corresponds to the right side of your head. The left side corresponds to the left side of your head.



# Step 1

**Look for and activate the Healing Button that is connected to your headache**

LOCATION OF HEADACHE	INSTRUCTIONS
<b>FRONT OF HEAD</b>	<b>Check the pad of the middle finger of either hand:</b> Use either the thumb of the other hand or a probe-like tool. Feel for tender points near the area corresponding to the front of the head in the diagram by pressing with firm pressure. Once the Healing Button is found, then activate the button by stimulating it: rub or wiggle the probe sideways while keeping the tip at the Healing Button.
<b>LEFT OR RIGHT SIDE</b>	<b>Check the side corresponding to the side of the headache on the middle finger.</b> Use either the thumb of the other hand or a probe-like tool. Feel for tender points near the area corresponding to the side of the head in the diagram by pressing with firm pressure. Once the Healing Button is found, activate the button by stimulating it: rub or wiggle the probe sideways while keeping the tip at the Healing Button.
<b>BACK OF HEAD</b>	<b>Check the bottom corners of the nail bed of the middle finger:</b> Use either the thumb of the other hand or a probe-like tool. Feel for tender points near the area corresponding to the backside of the head in the diagram by pressing with firm pressure. Once the Healing Button is found, activate the button by stimulating it: rub or wiggle the probe sideways while keeping the tip at the Healing Button.
<b>TOP OF THE HEAD</b>	<b>Check the tip of the middle finger:</b> Use either the thumb of the other hand or a probe-like tool. Feel for tender points near the area corresponding to the top of the head in the diagram by pressing with firm pressure. Once the Healing Button is found, then activate the button by stimulating it: rub or wiggle the probe sideways while keeping the tip at the Healing Button.
<b>ENTIRE HEAD</b>	Use the thumb and index finger of the other hand to rub and squeeze the top segment of the middle finger with firm pressure.

## **Step 2 Focus on the pain**

As you stimulate the Healing Button, keep your attention on both the headache pain and the sensation of the Healing Button.

## **Step 3 Breath out the pain**

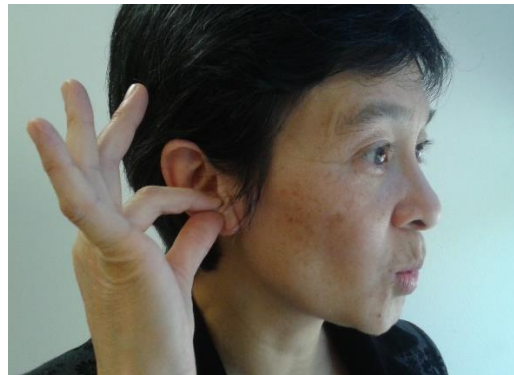
As you do Steps 1 and 2 simultaneously, consciously and slowly take in a deep breathe through the nose and then slowly breathe out through the mouth. As you breathe, imagine that you are blowing out the pain.

If there is a mental, emotional, or spiritual issue associated with the headache, imagine letting go of the issue or visualize the issue getting resolved as you blow out the pain.

### **Repeat Steps 1 through 3 until the headache is gone**

Following the above procedure, most headaches will be gone or significantly reduced within 10 minutes.

## Using the Ear Control Panel



Squeeze the Healing Button in your ear while blowing out the pain

## Step 1

**Look for and activate the Healing Button that is connected to your headache.**

LOCATION OF HEADACHE	INSTRUCTIONS
<b>FRONT</b>	<b>Check both ears:</b> Use the thumb and index finger to press with firm pressure around the top of the ear lobe, looking for a tender point close to the front of this area. Once the Healing Button is found, then stimulate it by rubbing with firm pressure.
<b>LEFT SIDE</b>	<b>Check the left ear:</b> Use the thumb and index finger to press with firm pressure around the top of the ear lobe, looking for a tender point close to the middle of this area. Once the Healing Button is found, then stimulate it by rubbing with firm pressure.



<b>RIGHT SIDE</b>	<p><b>Check the right ear:</b> Use the thumb and index finger to press with firm pressure around the top of the ear lobe, looking for a tender point close to the middle of this area. Once the Healing Button is found, then stimulate it by rubbing with firm pressure.</p>
<b>BACK</b>	<p><b>Check both ears:</b> Use the thumb and index finger to press with firm pressure around the top of the ear lobe, looking for a tender point close to the back of this area. Once the Healing Button is found, then stimulate it by rubbing with firm pressure.</p>
<b>TOP OF HEAD OR ENTIRE HEAD</b>	<p><b>Check both ears:</b> Use the thumb and index finger to press with firm pressure around the top of the ear lobe, looking for a tender point in this area. Once the Healing Button is found, then stimulate it by rubbing with firm pressure.</p>

## Step 2 Focus on the pain

As you stimulate the Healing Button, keep your attention on both the headache pain and the sensation of the Healing Button.

## Step 3 Breath out the pain

As you do Steps 1 and 2 simultaneously, consciously and slowly take in a deep breathe through the nose and then slowly breathe out through the mouth. As you breathe, imagine that you are blowing out the pain.

If there is a mental, emotional, or spiritual issue associated with the headache, imagine letting go of the issue or visualize the issue getting resolved as you blow out the pain.

### Repeat Steps 1 through 3 until the headache is gone

Following the above procedure, most headaches will be gone or significantly reduced within 10 minutes.

## Headache Prevention Tips

You can prevent most headaches from recurring if you incorporate the following healthy habits into your everyday routine. Health begins with healthy habits.

- 1) Make a habit of massaging all three of the Control Panels in your morning routine and your before-bed routine. This little change will help you tune into your body, be aware of its condition, prevent or detect problems before they emerge and help you feel more in control of your own health.
- 2) Stay hydrated throughout the day. Drink plenty of water. Most common headaches are caused by dehydration.
- 3) Do mindful deep breathing whenever possible. Mindful breathing sends more oxygen to the brain, nourishes your brain cells and relaxes your head muscles. Learn to meditate.
- 4) Get enough sleep. When you are well rested, you are less likely to have headaches.
- 5) Take frequent breaks during the day and check your Control Panels. During your breaks, check your Control Panels for tenderness — a sign of a Healing Button asking for attention — to detect if you have early stages of a headache developing. You can perform the Healing By Design method to clear any potential headaches before they bloom.
- 6) Exercise regularly.
- 7) Eat a plant-based diet. Stay away from sugar, processed foods, MSG, dairy, and other common allergy-causing foods.
- 8) Take 20-min warm foot baths before bedtime daily. Warm foot baths calm the mind and improve whole-body circulation.
- 9) Think happy thoughts. Count your blessings. Happy people have fewer headaches.

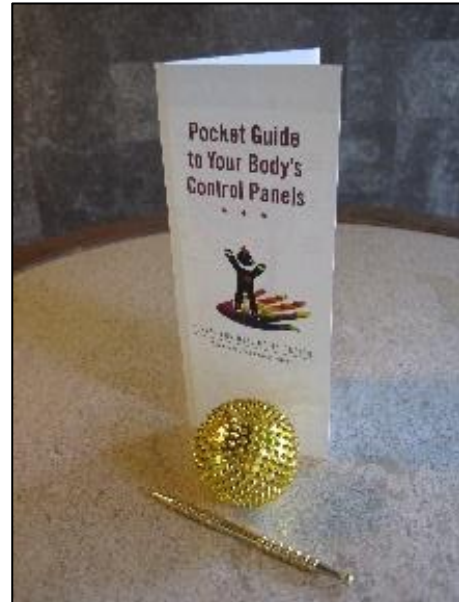
## Self-Care AcuPak™

Our Self-Care AcuPak™ contains everything you need to start learning and using the body's amazing Control Panels to reduce or eliminate pain, energize the body, improve sleep, and help you feel healthier and stronger in a matter of minutes. It includes three treasures:

- The Pocket Guide to Your Body's Control Panels
- Acu-Massage Ball
- Acu-Stylus

The Pocket Guide helps you discover the locations of the Healing Buttons that will help you the most. The Acu-Massage Ball and Acu-Stylus are fun tools to help you easily detect and activate the Healing Buttons on your body's Control Panels.

The Self-Care AcuPak is available for sale at [www.CenterForHealingByDesign.org/self-care-acupak](http://www.CenterForHealingByDesign.org/self-care-acupak)



Introduction and demonstration videos of the Self-Care AcuPak are located at

[www.CenterForHealingByDesign.org/self-care-acupak/demo-videos](http://www.CenterForHealingByDesign.org/self-care-acupak/demo-videos)

## Join Our Online Healing Circle

We hope you find this guide educational and useful in helping you handle your headaches in an easy, fast and effective way. If you have questions about the healing techniques taught in this guide or if you want to share your healing experiences with others who also use these techniques, we encourage you to join our **Healing Circle By Design Facebook group** at <https://www.facebook.com/groups/healingcirclebydesign>

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## About the Author



Lisa K.Y. Wong, L. Ac, executive director and founder of the Center For Healing by Design, Inc., is passionate about empowering her fellow human beings with the ultimate technology on the planet: the human body’s ability to heal itself. She teaches and demonstrates how to learn to recognize and use this highly sophisticated yet simple mind-body healing technology. A licensed acupuncturist and massage therapist, Lisa has served as a staff acupuncturist at Kaiser Permanente San Jose Medical Center and currently partners with El Camino Hospital in Mountain View, California, providing acupressure services to its patients, visitors and employees. Lisa holds a Master’s Degree in Traditional Chinese Medicine and a Bachelor’s Degree in Computer Science. She currently serves as a subject matter expert for the California Acupuncture Board.

In 2015, Lisa summited Mt. Kilimanjaro, the tallest mountain in Africa (19,341 ft) to launched the global Climb Every Mountain Self-Care Movement, where she has “stress-tested” the self-care skills she teaches in this guide to enable herself to resolve her high-altitude headaches and demonstrated that when one practices the Healing By Design™ self-care method as a way of life, one can “climb every mountain” in their life.

## About Center for Healing By Design, Inc.

Center for Healing By Design, Inc., a 501c3 non-profit organization based in Saratoga, California, is dedicated to improve the health of the world population by inspiring, educating, and empowering individuals of all ages with simple, inexpensive self-care and self-healing practices through educational products and programs focusing on awakening people to the wisdom and power of their “inner doctor” to promote health, prevent disease, and maintain optimal wellness.

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*Get In Touch With Your Inner Doctor*



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