

## 10. PUTTING THE PRESSURE ON NECK PAINS

Lots of things can be a real pain in the neck. But the most common of them are stress, wrong posture and accidental injury. Yet you can banish this painful ailment in a matter of seconds by massaging a special "ouch point" ... on your outer arm.

Using an easy "self-health" technique called "G-Jo acupressure," you first find -- then deeply massage -- the tender point you'll discover about two inches beyond the crease of your elbow. Press the muscle on the outside (or "hairy side") until you feel the special "ouch." That tells you you've found G-Jo acupressure point #116.

Now massage that spot deeply for a few seconds on either arm, then gently "test" your neck. If you had been feeling pain or stiffness there, you should now feel relief.

This is only one of half a dozen important control points for the neck, shoulders and upper back. And this point can also be helpful for other ailments of the arms, hands or wrist.

But there are several people who should generally avoid using acupressure: a pregnant woman ... a chronic heart patient ... or anyone taking regular medication for serious health problems. Download the free Basic G-Jo Training Chart from our website [www.g-jo.com](http://www.g-jo.com).