

## 11. A NATURAL "ANTACID" FOR INDIGESTION

Here's a useful tip if you sometimes suffer from acid indigestion (or other digestive ailments). It's safe and harmless, but if you follow these few, simple instructions, you can bring yourself fast relief without chewing an antacid tablet.

This simple "self-health" technique is called G-Jo acupressure. It's a kind of acupuncture, but without needles. It works almost instantly to bring relief from suffering and has many different health benefits.

There are nearly 200 G-Jo acupressure points on the body. The first one to try for indigestion is G-Jo #7. This is found about three inches (the width of one hand) above the bony bulge of the inner ankle. Press in that area, between the shinbone and calf muscle (or along the inner rear edge of the shinbone) until you feel a very tender "ouch point." That's the spot you're looking for.

Now massage that tender area deeply for 15 or 20 seconds. Then do exactly the same technique on the other leg. Now check your tummy -- it should feel much better. G-Jo works that fast!

There are nearly 200 G-Jo acupressure points on the body. Each one controls at least one bodily area or function. And while there are many uses for G-Jo, you should avoid this technique if: you are a pregnant woman; a chronic heart patient; or if you take regular medication for serious health problems (such as cancer or diabetes). And if symptoms persist, see your doctor or other health care professional. Download the free Basic G-Jo Training Chart from our website [www.g-jo.com](http://www.g-jo.com).