

## 12. HOW TO PERK UP TIRED FEET

If you spend hours standing or walking on your feet each day, here's a simple "self- health" technique you'll want to know about. It's called "G-Jo acupressure" -- a real boon for tired feet. The next time you feel that aching, burning sensation in your feet, deeply massage a tender "ouch point" you'll find ... on the back of your hand.

This spot -- which is located between the thumb and pointer finger -- is known as G-Jo Point #13. Press that area deeply with the tip of your thumb, the bent knuckle of your pointer finger or the eraser tip of a pencil. Probe the area until you find the tender spot.

Then massage deeply (using up to 20 lbs. of pressure) for a few seconds. Finally, find and massage the same spot on the back of the other hand. Now feel your feet. Don't be surprised if the discomfort is totally gone -- G-Jo works just that fast.

G-Jo Point #13 (one of nearly 200 on the body) has more than 50 health uses. But it should be generally avoided if you're a pregnant woman, a chronic heart patient or a person who takes regular medication for serious health problems. 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).