

15. HAVING TROUBLE SLEEPING?

If you've found yourself tossing and turning instead of sleeping, it's probably nothing to worry about. Insomnia happens to us all occasionally.

But instead of reaching for a sleeping pill, first try reaching for your wrist ... and doing G-Jo acupressure. This is a safe, natural "self-health" technique that brings relief from many ailments -- including insomnia -- using nothing but the touch of a finger.

G-Jo is a form of acupuncture, but without needles. You use fingertip massage to bring fast relief from suffering. There are nearly 200 basic G-Jo acupressure points found on your body, and each one controls at least one bodily area or function. When you're suffering, simply reach for the right acupressure point ... massage ... and sigh in relief. G-Jo works that fast!

The acupressure control points for insomnia are found along the crease of the inner wrist. When you'd like to relax or go to sleep, simply massage along the wrist's entire, inner crease for up to half a minute. Work the several tender spots you'll find there deeply, using up to 20 lbs. of finger pressure. Then do the same process on the opposite, inner wrist. Within a few minutes, you'll usually be dropping dozing off to sleep.

Safe and natural as it is, however, G-Jo should be avoided by pregnant women, chronic heart patients and people taking regular medication for serious health problems (diabetes, cancer, etc.). And if symptoms persist, be sure to check with your family physician. Insomnia (like many other minor ailments) may be a symptom of more serious physical or emotional problems. Download the free Basic G-Jo Training Chart from our website www.g-jo.com. Or see *Better Sleep With Acugenics* on our catalog page.