

16. UNCLOG YOUR SINUSES FAST

Stuffy, runny noses are often a sign of sinusitis -- an inflammation of the sinus cavities. Often these symptoms are allergic reactions to foods we commonly eat. But if you're one of the millions of sinus sufferers in America, try G-Jo acupressure -- instead of taking a decongestant pill -- the next time your nose feels stuffed up.

G-Jo is a kind a acupuncture, but without needles. Instead, you use only your fingertips to deeply massage one or more of your body's nearly 200 tiny therapy spots. One important acupressure point for relief of sinus suffering (there are more than half a dozen) is G-Jo #112. This easy-to-find spot is located on the face, almost at the crease where the cheek and nose meet. It is just at, or slightly above, the level of the nostril.

Press deeply, using the tip of the thumb or the bent knuckle of the pointer finger. Even the eraser tip of a pencil will do. Probe the area until you feel a tender "ouch point"; then massage that sensitive spot for up to 30 seconds. Finally, find and massage the same spot on the other side of the face.

In a few moments, you should feel your nose begin to "open" and you will be breathing more freely. But G-Jo is not for everyone: this "self-health" technique should be avoided by pregnant women, chronic heart patients and people taking regular medication for serious health problems. And if symptoms persist, always see your doctor or other health care professional.