

17. ERASE ELBOW PAINS

With the booming interest in tennis and racquetball has come a painful ailment: tennis elbow. If you suffer from this, or nearly any other elbow discomfort, there's good news for you. Now you can relieve -- and often "reverse" (heal) -- your suffering using only the touch of a finger.

The "self-health" technique by which this is accomplished is called G-Jo acupressure. G-Jo is a kind a acupuncture, but without needles. Instead, special therapy points are deeply massaged for less than a minute on either side of the body. Relief should follow immediately.

For a painful elbow, here's what you do: find G-Jo point #4 (one of nearly 200 basic G-Jo points on the body). Press deeply about two inches back from the crease of the wrist on outside ("hairy side") of your lower arm, pressing between the two arm bones until you feel a very tender "ouch point." Keep probing until you find it. If you don't feel the ouch, you won't get relief.

Now massage that tender point deeply, using up to 20 lbs. of finger pressure, for 15 to 30 seconds. Then stop, and duplicate the same find-and-massage process on the other arm. Now "test" your elbow gently -- it should feel much better.

Safe and easy as it is, G-Jo acupressure should be avoided by pregnant women, chronic heart patients and people taking 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.