

18. BANISH HUNGER TO LOSE WEIGHT

If you'd like to eat less to lose weight, there's a simple "self-health" technique that can take the pain out of dieting. It's called G-Jo acupressure, and among its hundreds of uses is the temporary relief of hunger.

This easy technique takes only minutes to learn and seconds to apply. But when you know how to find then "trigger" -- a special hunger-control point on your face, you can "erase" your desire to overeat, using nothing but the touch of a finger. Here's how you do it.

Simply press about one third of the way down from the base of your nose toward your upper lip, in the small indentation doctors call the "philtrum." Press deeply, until you find a tender "ouch point." It will feel like a toothache or a pinched nerve when you press it deeply.

This is G-Jo point #115, one of nearly 200 Basic G-Jo points on your body, and a useful one for relieving pangs of hunger. Once you locate this tiny spot, simply hold moderate pressure there (10 to 15 lbs. of pressure) for up to three minutes, until the point feels slightly numb.

Within a few minutes, you should notice a big decrease in the hunger you were feeling. G-Jo works that fast! And because it is natural, it is much safer than diet pills, too.

But safe as it is, G-Jo should be avoided by pregnant women, chronic heart patients and people taking regular medication for serious health problems (such as cancer or diabetes). Point #115 is only one of more than half a dozen for hunger relief. Also check out the *Lose Weight With Acugenics* program available on our website www.g-jo.com.