

19. INSTANT SORE THROAT RELIEF

For many people, the throat is a sensitive area. It is one of the first places where symptoms of colds or allergies first occur, and people who use their voices a lot often find their throats feeling scratchy and irritated. But fast relief from sore throats is available without drugs or medications -- only the touch of a finger.

The technique by which this is accomplished is called G-Jo acupressure. This is a kind of acupuncture, but without needles. It takes only seconds to perform and may be done under nearly any circumstances, making it a very useful "self-health" technique to learn.

There are nearly 200 basic G-Jo acupressure points on the body. Each one controls or relieves at least one bodily area or function. One of nearly a dozen G-Jo points for the relief of sore throat is #12. This tiny spot is found just behind the corner of the thumb nail (the side furthest from the fingers).

To find this spot, begin pressing on the side or top of the thumb, just behind the corner of the nail, between the nail itself and the knuckle of the thumb. Press deeply. You're feeling for a tender "ouch point" (it will feel like a toothache or pinched nerve when you press it properly). This is G-Jo #12. In fact, if you frequently suffer from sore throats, you may even see a tiny, reddened spot in that location.

Now do step two of this easy, three-step process: massage the tender spot deeply (using up to 20 lbs of finger pressure) for about 30 seconds. Then stop, and do the third step -- find and massage the same spot on the other thumb.

By the time you've finished you should notice a feeling of relief in your throat. You may use this technique four or five times a day and should get increasing spans of "relief time" each time you use G-Jo.

Safe and easy as it is, however, three people should ordinarily avoid G-Jo: a pregnant woman; a chronic heart patient; or a person taking regular medication for serious health problems (like cancer or diabetes). And if symptoms persist, see your doctor or other health care professional.