

20. G-JO: AN IMPORTANT HOLISTIC HEALTH TOOL

With the rise in whole-person (holistic) therapy has come an increased interest in drugless "self-health" techniques that may be used by a sufferer between office visits to his doctor or therapist. But to be useful, such a technique must be: as effective as medication in bringing relief; safe enough that it cannot be easily abused; and simple enough to learn so that it requires very little "investment" from the client or patient. Additionally, such a take-home self-health technique should be a "broad spectrum" remedy -- one that can bring relief from aches, pains and other discomforts, such as nausea or even certain types of emotional distress.

One technique that certainly meets these demanding criteria is a technique called G-Jo. G-Jo is a method of using finger pressure to stimulate the body's therapy points in a kind of acupuncture without needles. In other words, "acupressure." Used properly, G-Jo can immediately relieve most minor and acute -- even many emergency -- health problems and symptoms. This safe and effective technique can be used by anyone in reasonably good health to replace aspirin or other common remedies as well as to complement standard Western first aid methods and procedures.

There are more than 1200 known "acupoints" on the human body. Of these, nearly 200 pairs (most acupoints are duplicated bilaterally) are known to be highly pressure- responsive. These are the Basic G-Jo points. And of those, six are so broadly effective and easily found they are considered primary G-Jo pressure points -- ones to memorize, then first try for most common ailments. Three pairs of these primary points are located on the arms, specifically on the hands and lower forearms; the other three pairs are found on the legs, between the ankles and the knees. All the G-Jo acupressure points are detailed in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com)

G-Jo's main beauty lies in its simplicity, as well as its ease of use and training. A complete, basic program covering the six, primary pressure points may be taught or explained in a matter of minutes. And when combined with a brief demonstration of point location -- that is, how the point should feel to the sufferer, himself -- by the therapist, a nurse or even by just following a few, simple printed instructions (such as found on our organization's free chart), the client or patient is then "trained" for the rest of his life. All he need do is remember to use the technique at least symptomatically.

G-Jo works as well for children as for adults, and carries little or no risk. It may even be applied by the child sufferer himself, after a little adult training and initial supervision. (Note: we understand most Chinese schoolchildren are now trained in various acu-techniques from kindergarten on). It is an ideal technique for the understaffed clinic and puts much responsibility for healing back onto the sufferer's own shoulders. Many holistic healers feel that this is the place where the bulk of that responsibility truly belongs.

However, the average untrained patient or client might only remember as few as two or three of the primary acupressure points. If so, those should be points #5, 7 and 13 (see descriptions below). These three points will generally bring at least partial relief from the majority of minor problems that most people suffer -- namely, headache, low back pain, digestive distress and various other ailments they might otherwise take an aspirin or other over-the-counter remedy to relieve. Each of these points has as many as 30 (or even more than 50) uses, so one or another might be tried for virtually any symptom before attempting any other

therapy -- drug or otherwise, especially if immediate relief is the goal.

G-Jo is a simple, three-step-process. Step one is to find the right G-Jo acupressure point that "controls" the affected bodily area. This is done by probing deeply -- as deeply as you can (using up to 20 lbs. of fingertip pressure) -- in the general area where the point is located. Use the tip of the thumb (or, if you have a long thumbnail, the bent knuckle of the index finger or the eraser end of a pencil will work equally well). Probe until you contact a tender "ouch point." It should feel like a toothache or pinched nerve when you find it. But since the points are tiny (only about the size of a pinhead), you must use specific pressure: if you miss the spot by even a quarter of an inch, this technique won't be effective. And the sensitivity you'll feel when you contact the spot is the only way you'll know you've found it.

Step two is to trigger the spot deeply. Do it in a digging, goading kind of fingertip massage. The more sensitive and tender the point, the more likely it is to be a good control point. If it makes you feel warm, break out in a sheen of perspiration or feel a bit lightheaded, so much the better. These phenomena are called "acupressure reactions" and usually occur during the right triggering of a good point. Do this deep stimulation for about 15 to 30 seconds, then stop.

Now step three: trigger the identical spot on the opposite side of the body (nearly always, as mentioned earlier, these points are duplicated bilaterally). Then gently "test" the "target" symptom(s). They should be gone, or nearly so. If there's still a bit of discomfort remaining, go back and trigger the same points again for another 30 seconds, or so, then retest. A G-Jo point may be triggered a maximum of four minutes -- if you get no relief by then, you've most likely triggered the wrong point or no point at all. Try another point: nearly always, there will be at least one point to bring relief and even stimulate self-healing. (A key tenet in acupressure philosophy is that it is the bodymind, and only the bodymind, which heals itself -- acupressure simply sets into motion, and accelerates, the normal self-healing function.)

With the first several triggerings, there is typically a strong acupressure reaction -- especially if the target symptoms are chronic -- when a good point is triggered. Over a period of several days, a "good" point will become increasingly sensitive, then -- curiously -- go rapidly "back to normal." This phenomenon is an indication to Oriental practitioners of the art that healing is occurring as well as relief.

These same practitioners also suggest that pain (or other apparent symptoms or discomfort) -- while by no means being the first nor even the best indicator of internal problems -- should be the "doorbell" for use of acupressure by untrained people. That is, Basic G-Jo should only be used symptomatically -- used only when the symptoms arise or recur, but not used "preventively." The "body-mind" is a complex mechanism and one that takes many years of training to comprehend, at least in the Oriental manner. But deep knowledge isn't required for the use of these self-health techniques, only some kind of general guidelines. And return of the symptoms is the best indication that acupressure is called for.

Relief generally lasts for a minimum of several hours -- at least as long as you'd expect from an aspirin or commercial remedy (and after several applications, probably much longer). If/when the symptom(s) return, simply trigger the best points again and you should receive increasing spans of "relief time."

Here are the locations of the six, basic G-Jo pressure points (download the free Basic G-Jo Training Chart from our website www.g-jo.com):

G-Jo # 4 (Triple Warmer meridian point #5) -- the width of two thumbs above the most prominent crease of the upper wrist (dorsal aspect), in line with the middle finger -- this is a

good control point for hands, arms, shoulders and neck problems.

G-Jo #5 (Urinary Bladder meridian point #60) -- in the hollow or depression behind the crown of the outer ankle (lateral malleolus) - this point helps control problems of the lower back, hips, legs, knees and feet; it is also a general pain relief point.

G-Jo #7 (Spleen/Pancreas meridian point #6) -- the width of one hand above the crown of the inner ankle (medial malleolus), along the rear edge of the shinbone (tibia) -- this is a good point for controlling problems in the lower two thirds of the body, especially in the lower abdomen.

G-Jo #9 (Stomach meridian point #36) -- the width on one hand below the bottom of the kneecap (patella) and the width of one thumb toward the outside (lateral direction) of the lower leg. This point is found in the trough or valley that runs between the shinbone and frontal calf muscle (tibialis anterior) -- another good control point for problems that occur in the lower two thirds of the body.

G-Jo #10 (Pericardium meridian point #6) -- The width of two thumbs above the most prominent crease of the inner wrist (palmar aspect), in line with the middle finger -- this point is a powerful control point for the chest; works well on menstrual cramps and nausea.

G-Jo #13 (Large Intestine meridian point #4) -- in the muscular webbing (abductor pollicis) between the thumb and forefinger on top of the hand (dorsal aspect). Close the thumb and forefinger of top of the hand until the fleshy mound appears on top of the hand; then place the tip of the opposite thumb on the mound; relax the hand; begin probing -- this is the famous Hoku point, the classical "headache point," and is an excellent control point for many problems of the head, neck, shoulders and feet. Along with G-Jo point 9, this is one of the two most broad-acting pressure points on the human body.

There are certain contraindications for applying G-Jo (though these may be superseded in the case of emergency, for just limited or one-time use). Regular use of G-Jo should be avoided by chronically-ill patients, especially those taking regular, daily medications or by those who suffer from heart problems; and it should also be avoided by pregnant women, especially after the third month of pregnancy. However, several of the G-Jo points described here become an extremely effective midwifery technique to aid a difficult or painful natural (drugless) childbirth after labor has begun. These same points are also useful for post-delivery problems, as well, to stimulate the mother's subsequent healing.

G-Jo should also be temporarily avoided under certain circumstances: it should not be used within four hours of taking drugs, medications, alcohol or other intoxicants; and it should be avoided for about half an hour after taking a hot bath, eating a hot or heavy meal or doing strenuous, physical activity. Finally, it should also be avoided during times of emotional distress -- better to wait a bit until a sense of calmness returns.

As a general rule, G-Jo should not be needed more than four or five times a day for an apparently minor ailment (or for more than several days in a row). If it is needed more often, it usually means the wrong point has been selected or that the apparently-minor problem is more serious than first imagined. Acupuncture (or other "intensive" therapies) may then be required. While not a panacea or cure-all, the knowledge and use of G-Jo helps break one's dependency on doctors and drugs. It helps one safely avoid suffering while accelerating the bodymind's self-healing processes. And most important, G-Jo can help nearly everyone assert more control over his or her own state of health, regardless of his/her medical preferences or economic status, which is what holistic healing is ultimately about.