

21. G-JO: ONE ANSWER TO THE STRESS SYNDROME

While cancer, diabetes and heart disorders may have been on the gradual upswing over the past several decades, there is one psychophysical disease (rather, dis-ease) which has been estimated to be 100 times more prevalent now than it was in 1900. It has been estimated that this disorder is directly or indirectly related to nearly 80% of all ailments that Americans currently suffer (including cancer, diabetes and such). Yet this illness of plague-like proportions is only now beginning to receive its long-overdue attention.

This dis-ease is stress.

"Stress" is a highly complex syndrome which is essentially a low-level or subliminal fear reaction from real, or more often, "might-be" threats. It is the body's "fight-or-flight" mechanism stuck at half-cock. And it takes a terrible toll on its sufferers.

Yet once it is understood that we are suffering from stress -- and once we can pinpoint its primary bodily targets (usually in the form of muscular tension or "stash" areas which eventually cause the electro-chemical balances of the system to go haywire) -- there are many effective techniques we can use to reduce this disorder and stimulate self-healing.

Some of these stress-relief techniques are therapist-applied. Others require hours of specialized training to learn the necessary "self-health" skills needed to deal with this syndrome. But one technique -- called G-Jo -- requires only a few minutes to learn and a few seconds to apply. Then, after it has been learned, this self-applied technique may be used either directly to relieve an afflicted bodily area or "target" syndrome (e.g., specific pain or other apparently-unrelated symptom). Or, with a bit more training, G-Jo may be used to ease the "body-mind" as a whole.

G-Jo is a kind of acupuncture, but without the needles. You use finger stimulation -- nothing else -- to perform "acupressure." If you find and "trigger" the right "control" point(s) properly, G-Jo works almost instantly to relieve pain, muscular tension and even emotional or other symptoms often associated with stress.

How G-Jo works is not completely understood. Western science has proven that endorphins -- the brain's morphine-like compounds -- and other pain-killing biochemicals are immediately released when good control points are stimulated (especially with acupuncture needles). But more than that actually happens, because there is even a change in life energy (ch'i, in acupuncture language) when a good point is triggered.

The most practical explanation seems to be that, when the right one or pair of these pinhead-sized points is properly stimulated, there is an "unblocking" effect that occurs in this flow of vital energy -- the same force that makes the heart beat. Now the more freely-flowing life force is able to reach either the symptom area, or the energy-starved organ that controls the afflicted area or symptom. (In traditional Oriental theory, the basis of G-Jo, it is assumed that the kidneys are the primary organs affected by stress. These, in turn, may affect the balance of the system, but they are considered to be the "root organ" of stress and fear.)

When that unblocking or releasing happens, the organ or area promptly self-corrects, at least temporarily, and the symptom drops away. To a Westerner accustomed to relying on drugs and medications for symptomatic relief, the speed at which this happens is nothing less than astounding. But when it is understood that the body's energy flow moves at the speed of electricity, the phenomenon becomes more understandable.

Each health problem or symptom usually has at least several G-Jo points that will help it.

For example, to relieve a headache -- one of the most common stress-related symptoms -- there are more than 20 different G-Jo points. And for low back pain (another typical "product" of stress), one or another of 19 G-Jo acupressure points will generally bring immediate relief.

There are actually nearly 200 Basic G-Jo acupressure points. Each of them may control or otherwise relieve as many as 50 different target symptoms. (Each of these pressure points and their uses are described in *The Master of G-Jo Acupressure Home-Study Certification Program* - www.g-jo.com).

Might the sufferer accidentally be doing himself harm by "masking" these symptoms of distress? No, according to traditional Oriental healing theory: all disorders, discomforts and illnesses (including stress) are but symptoms of a single dysfunction. This dis-ease is simply an "imbalance" in the primal life force, ch'i. And whether this "bioenergy" is actually self-generated nervous energy, as some Western physicians theorize, or is, in effect, one aspect of a much greater force from which all matter and power is created, is immaterial: G-Jo works; its results are predictable and undeniable; and it appears to even stimulate self-healing when applied symptomatically. Thus, G-Jo may help to prevent an acute symptom from becoming a chronic disorder.

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G-Jo is a simple, three-step process:

Step one: find the right G-Jo acupressure point. To do this, simply read the accompanying descriptions and, with the tip of your thumb or bent knuckle of your index finger (even the eraser tip of a pencil will do), deeply probe the appropriate area on your own hand or foot. You're looking for a tender "ouch point" -- one that will feel like a toothache or pinched nerve when deeply probed. Finding the tender spot is crucial -- if you don't feel the twinge, you haven't found the point -- keep probing.

Step two: trigger the G-Jo acupressure point. This is done in a deep (up to 20 lbs of fingertip pressure), digging or goading kind of massage/stimulation. Do this for up to four minutes (though usually 10 to 15 seconds is enough to bring immediate relief). You should feel yourself become warm -- even break out in a flush of perspiration or feel suddenly light-headed, if you do G-Jo properly. These are perfectly normal "acupressure reactions" which let you know you've found and triggered a "good" acupressure point properly.

Step three: duplicate G-Jo on the opposite side of the body. Most G-Jo points are found in identical spots on opposite sides of the body; however one side will usually be more tender than the other (and that one is generally more effective, as well). Find that point by, again, deeply probing ... then trigger it deeply ... and "test" the symptom. You should feel total or nearly complete relief by the time you've finished triggering the second point.

Relief should last for hours -- at least for as long as the relief you would get from an aspirin or commercial remedy. If, or when the symptom(s) return, simply trigger the best points again and you should receive increasing spans of "relief time." To Oriental doctors, this indicates self-healing is also occurring.

The goal of G-Jo treatment is to provide increasingly long periods of relief. However, if you have to use these points more than four or five times during the day -- or for more than several days in a row -- it's a good indication that you're either using the wrong points, that parts of your "healthstyle" need changing (especially the stressful parts), or that your problem is

beyond the scope of G-Jo. In that case, you should seek professional help.

There are certain rules and contraindications that it's generally best to follow:

1. Don't use G-Jo within four hours of taking any drugs, medications, alcohol or other intoxicants.
2. Don't use G-Jo just before, or within half an hour after, taking a hot bath, eating a full meal or doing strenuous physical activity (such as hard labor or exercise).
3. Don't use G-Jo if you're a pregnant woman, especially after the third month of pregnancy.
4. Avoid G-Jo if you suffer from chronic heart problems, wear a pacemaker, are taking medications for serious problems (e.g., cancer or other serious or degenerative diseases).
5. And if the G-Jo point you want to use lies beneath a mole, wart, varicose vein, scar or other blemish, don't use that point; try another one, instead.

HOW TO RELIEVE MANY TENSION HEADACHES: find G-Jo point number 13 by placing the right hand so the palm faces the floor. Now put your fingers out straight, side by side, and squeeze your thumb tightly against your index or pointer finger -- you should see a small, fleshy mound pop up on the back of the right hand between the thumb and index finger.

Place the tip -- not the pad or fleshy part -- of the left thumb (or other stimulator) on top of that mound. Keeping the stimulator in place, relax the right hand ... begin pressing as deeply as possible in the webbed or fleshy area formed between the thumb and pointer finger.

Press deeply until you feel a tender "ouch" point -- the more it hurts the better it is likely to be for your kind of headache. Now trigger the point deeply, in the digging or goading kind of massage. Do this for the necessary 15 or 20 seconds on the right hand, then duplicate the find-and-trigger technique on the back of the left hand for another quarter of a minute.

You should feel a sense of relaxation or a mild "glowing" feeling ... and, of course, relief of your headache. While not always the best point for headache relief, G-Jo #13 will usually provide at least a partial reduction of pain.

TO RELIEVE A BACKACHE: find G-Jo point number 5 by first seating yourself in a comfortable chair; then reach down behind the bony bulge of the outer right ankle with the tip of your right thumb. Press deeply in the soft hollow or depression located between that bony bulge -- the lateral malleolus -- and the Achilles tendon (the hamstring tendon that runs up the back of the foot and leg). Press deeply -- as deeply as you can -- until you feel the tender point.

Once located, trigger the spot in the deep, digging or goading kind of massage and expect the acupressure reaction. If this does not occur, it usually means you're not quite on the G-Jo point, or that this point is not particularly beneficial for your kind of backache.

Trigger the spot deeply for a few seconds; then stop and reach for the identical point behind the left outer ankle. Again, find and trigger that point -- as noted above, it may be more or less tender than the right side (often the left side is more tender on a man and the right side is more tender on a woman). Now test your backache. If it isn't quite gone, simply trigger the points for another few seconds and test again.

As mentioned earlier, G-Jo may also be used as the basis for a complete stress-relief program, as well as for just target symptoms. In this case, 20 broad-acting G-Jo points are triggered bilaterally for a few seconds apiece (each of which controls and relaxes muscles in a

specific bodily area). By the time the stimulation is complete (which actually takes less than 5 minutes) the body is far more relaxed than after taking even a heavy dose of prescription tranquilizers. (One such program, called *Relieve Stress With Acugenics*, is available from The G-Jo Institute website www.g-jo.com.)

G-Jo pressure point stimulation is not complete acupuncture, nor does it take into consideration other, important aspects of "holistic" health -- proper diet, reasonable exercise, satisfying work and relationships, or the sense of spiritual ease that are so essential for overall well-being. Still, there is no known self-applied technique that works faster or is more easy and safe to use than G-Jo for simple relief of pain and other stress symptoms.