

## 22. G-JO ACUPRESSURE: A DRUGLESS WAY TO HEALTH SELF-RELIANCE

Centuries ago, our ancestors had something most of us have now lost -- a knowledge of how to relieve suffering and heal themselves without doctors and drugs. Instead, they used nature's medicines, such as herbs, food and other simple remedies. Simple, yes -- but effective.

In all parts of the world, ordinary people have continually had natural methods to help themselves and their families feel better. But in one part of the world -- the Orient -- a system of pain relief and healing was discovered that is unlike anything most of us have ever known. It is called "acupressure" -- a kind of acupuncture, but without the needles.

Instead of taking anything by mouth, such as an herbal tea or medicinal food, tiny spots on the body are "triggered" in a deep, slightly-painful massage. This special massage lasts only for a few seconds, but when a person is suffering from a headache, back pain or most other minor ailments, relief follows instantly! And it's done only with the fingertip -- nothing else. It is so powerful and effective that people continued using this technique long after drugs and medicines were discovered ... and it's still widely used today.

There are a number of kinds of acupressure, but the most basic form is known as G-Jo. There are nearly 200 basic G-Jo acupressure points located on either side of the human body. As soon as you notice an ache or pain -- say, a headache -- you simply reach for the appropriate G-Jo point ... trigger it in the special, deep goading massage for 10 or 15 seconds ... then find and trigger the same point on the opposite side of the body. That's all ... and the headache should be gone. If it isn't gone, you simply reach for another of the headache "control" points -- there are more than 20 of them on the body -- and do the same process again. One of them will bring this immediate relief.

The most important headache relief point is located, surprisingly, on the back of the hand. It is called G-Jo point #13. Here's how you find it: place 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.

Now place the tip -- not the pad or fleshy part -- of the left thumb (or if you have a long thumb nail, use the bent knuckle of the left index finger or even the eraser tip of a pencil) on top of that mound. Keeping the left thumb tip in place, relax the right hand and begin pressing as deeply as you can in the webbed or fleshy area that is formed between the thumb and pointer finger.

Press deeply until you feel a tender "ouch" point. This will feel like a toothache or pinched nerve when you contact it -- the more it hurts the better it is likely to be for your kind of headache. Once you locate the spot, do step two of this very easy three-step process: "trigger" the point deeply, in that digging or goading kind of fingertip massage. Do this for the required few seconds on the right hand, then stop and duplicate the find-and-trigger technique on the back of the left hand for another 10 or 15 seconds.

If this is the best point for your type of headache, several things should occur. First, you should get an "acupressure reaction," which is a feeling of warmth, perspiration, light-headedness or similar response as you trigger the point. This should happen as you stimulate the points on both hands, if it is a particularly good point. Then you should feel a sense of relaxation or a mild "glowing" sensation ... and, of course, relief of your headache.

Although, G-Jo is remarkably effective for headache relief, these are several types of headaches that should receive a doctor's attention:

1. Those that strike without apparent cause ...
2. Those that awaken you from a deep sleep ...
3. Those accompanied by confusion or convulsions ...
4. Those that change character after a long history of similarity ...
5. Those localized in a specific place (e.g., the eye, ear, etc ... )
6. Those that follow a blow on the head ...
7. Those that are constant, daily or frequent ...
8. Those that are recurrent in children

BACKACHES are perhaps the most common ailment Britons suffer. But with G-Jo, you may never have to have a lingering backache again. To relieve most common backaches: use G-Jo point number five (5). First seat 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 -- that doctors call the lateral malleolus -- and the Achilles tendon (the hamstring tendon that runs up the back of the foot and leg). Press as deeply as you can until you feel the tender point. Once located, trigger the spot in the deep, digging or goading kind or massage for half a minute or less.

Then reach for the identical point behind the left, outer ankle. Again, find and trigger that point -- it may be more tender on a man (while the right side is often more tender on a woman) -- then test your backache. If a slight discomfort still remains, simply trigger the points for another few seconds and test again.

Not only is the use of G-Jo widespread throughout the East, it has also been around for a long time. For example, it's a sure bet that Oriental warriors from the earliest times have known the basics of using these pressure points. In the Chinese army today, auricular therapy (ear acupuncture -- a close "relative" to G-Jo) is being taught as standard battlefield therapy.

Safe and easy as it is, not everyone should make a broad use of this technique (though in emergencies the following rules don't apply). You should generally avoid the use of G-Jo if:

- You are a pregnant woman, especially after your third month of pregnancy;
- You are a chronic heart patient, especially one who wears a pacemaker or similar energy-regulating device;
- You take regular/daily medications for serious health problems (e.g. cancer, diabetes, etc.-- acupressure and medicines usually don't "mix" well).
- And you should also:
- Wait about four hours after taking drugs, medications, alcohol or other intoxicants before applying G-Jo...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercise before applying G-Jo...
- Avoid any G-Jo points which fall beneath scars, moles, warts, varicose veins, blemishes, etc. -- use only the opposite point...
- And if you have to use G-Jo more than four or five times daily -- or for more than four days in a row -- for an apparently minor problem, it usually means you're either not using the best G-Jo point or that your symptoms are more serious than you think, and it's time to see your doctor or other health care professional.