

23. Using G-Jo Acupressure in the Great Outdoors

There is another kind of medicine that is safer ... yet more powerful and effective than any drug you can buy at a pharmacy. It is called "energy medicine."

I became a self-health "devotee" many years ago when -- while camping with my family back in the boondocks -- I could find no doctor or medicine to treat my young daughter's stomach ache. Until that moment I hadn't realized how totally helpless ... how miserably dependent ... how completely unable I was to help myself or my family in times of illness or health crisis. There and then I decided to do something about it.

I began my "crash course" in health independence by taking a first aid class at a local high school. But that only taught me how to deal with emergencies ... and on a strictly limited basis. Then I began learning all I could about non-prescription drugs and remedies -- but I had always avoided taking pills like a cat avoids swimming, so I still wasn't satisfied. Then I discovered that Oriental families had, for thousands of years, used self-applied techniques to heal themselves -- safely ... naturally ... without any drugs or medications -- using only the touch of a finger.

G-Jo is a method of using finger pressure to stimulate the body's therapy points in a kind of acupuncture without needles, or "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 good health to replace aspirin or other common remedies as well as to complement standard Western first aid methods and procedures.

It's said that there exists a G-Jo pressure point to relieve nearly any symptom or discomfort you can describe. And while G-Jo isn't so effective for chronic or degenerative disorders, it works surprisingly -- you could even say astonishingly -- well for a broad variety of acute symptoms.

There are nearly 200 G-Jo points -- pin-head sized spots that "control" specific bodily areas or functions -- scattered around the human body. When you know the right G-Jo point that "controls" the area which is suffering you simply "trigger" the spot in the special G-Jo way and relief follows immediately. While there are sometimes as many as 20 or more G-Jo points for a specific symptom (e.g., headaches, low back pains, indigestion and such), there are usually one or two "best" points that not only bring instant relief but actually stimulate the body's own self-healing mechanisms, as well.

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 arm, leg or body. 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 20lbs 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 lightheaded -- if you do G-Jo properly. These are perfectly normal "acupressure reactions" which let you know

you've found a good acupressure point for relief ...

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

When -- if -- the symptom returns, simply restimulate the best G-Jo point(s), again. This time, you should get longer relief. But if you find that you need to retrigger a G-Jo point more than four or five times a day for an apparently minor problem -- or for more than several days in a row -- it usually means that you're using the wrong G-Jo point or that your problem is chronic and you should try getting to a doctor (or doing more advanced self-health techniques).

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 (if one exists -- if not, try another basic point or refer to the manual for more specific 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.

At least one G-Jo acupoint exists to relieve most problems in any part of the body. These acupoints, and their many uses, are found in *The G-Jo Institute's Master of G-Jo Acupressure Home-Study Certification Program* on our website: **www.g-jo.com**.