

25. G-JO: A NATURAL WAY FOR RELIEF OF SUFFERING: PART II

The bodymind is a self-healing mechanism. As it becomes "poisoned" from wrong eating and living habits, our organs and glands begin malfunctioning. Then it isn't long until they rebel. When that happens, we receive a reminder of these abuses by "getting sick." We may "catch a cold" or develop cold-like symptoms -- much as we did in childhood -- or perhaps suffer a bout of digestive distress. Each person has his or her own, special pathway of cleansing -- that is, healing, through the act of becoming ill.

In an earlier issue of this magazine, I described an easy, effective method for bringing immediate relief from pain and suffering. It is called "G-Jo."

G-Jo means "first aid" in Chinese, where it "began" in thousands of years ago. It's a primary form of finger pressure acupuncture (or acupressure). With a little reading and practice, you can learn enough G-Jo to avoid much needless suffering and become more nearly independent of doctors and drugs ... especially if your "healthstyle" is already a careful one.

G-Jo is now becoming a popular technique among health-conscious Americans. The reasons are simple: G-Jo is safe and harmless ... is easy to apply, even under difficult conditions (say, in an emergency) ... it takes only a few minutes to learn ... and it works instantly.

There are nearly 200 G-Jo points -- pin-head sized spots that "control" specific bodily areas or functions -- scattered around the human body. (These are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com). When you know the right G-Jo point that "controls" the area that 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., a headache, low back pain, indigestion or such), there are usually one or two "best" points that not only bring instant relief but may actually stimulate the body's own self-healing

mechanisms, as well.

G-Jo points are located just beneath the surface of the skin, often near important nerve centers. To find the right point, you must first know the general area of your own body where the point is located. Then begin pressing around this site deeply, until you feel a very tender "ouch point" -- it will feel like a pinched nerve or toothache.

Use the tip of your thumb or finger -- not the fleshy part, because you need specific pressure. (You may also use the bent knuckle of your index finger in case you have long nails -- even use a blunt "tool," such as the eraser tip of a pencil. This may be especially useful for frail people who have difficulty in generating enough strength to follow the next instruction.)

Use up to 20 lbs. of finger tip pressure (both to locate and to stimulate the G-Jo point). When you do locate the tender spot, keep your thumb or fingertip in place and begin a deep, digging or goading massage -- not just pressing or holding the fingertip in place. Really work this spot around. This only needs to be done for 15 to 30 seconds, in most cases, but it does need to be deep. You need to feel a bit of pain while doing it. The discomfort that occurs seems to act as a "trigger" in "unblocking" a vital energy flow.

Since G-Jo is a natural, drugless technique, it's as safe for treating children as it is for adults ... one should simply apply less pressure when goading the points on a child's more sensitive body.

One important benefit that comes from using G-Jo at the first sign of distress is the immediate feeling of relief you get. When you find and trigger a G-Jo point properly, relief should follow instantly.

Another important benefit you can expect to give yourself is that you'll be physically ill less often; and your periods of sickness (cleansing) shouldn't be as intense and uncomfortable as you may now suffer.

Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com for illustrations of the following points:

HOW TO RELIEVE MINOR INDIGESTION: use G-Jo point # 7 (one of more than a dozen points for this dysfunction). This point is located about three inches above the bony bulge of the inner ankle (medial malleolus). Press deeply between the inner, rear edge of the "shin bone" (tibia) and the calf muscle until you contact that very tender area. This is point #7. Then trigger in the digging, goading fingertip massage as deeply as you can tolerate for a few seconds. You should feel relief by the time you finish triggering this point on either lower leg.

HOW TO RELIEVE AN INJURY OR DISCOMFORT IN THE NECK AND SHOULDERS: Trigger G-Jo point #116. Press about two inches beyond (distal to) the crease of the elbow on the outside (or "hairy side") in the muscle of the upper forearm, in approximate line with middle (third) finger. Since this a judo disabling point, it will be tender on everyone ... but particularly sensitive if you are prone to neck and shoulder discomfort. Massage this spot deeply for a few seconds, repeat on the opposite arm, and sigh in relief.

Upon finding and triggering a good point, several things usually occur. First, you'll generally feel a sudden sense of warmth, clamminess or perspiration (especially across the forehead or shoulders). Even a sense of lightheadedness or, rarely, a brief touch of nausea might

occur. These are perfectly normal "acupressure reactions" and indicate you've properly triggered one of the better points for your problem. Then, after a few seconds of massage, simply check your target symptom. It should be nearly or totally relieved.

If you apply G-Jo as soon as you notice a symptom, you should get at least several hours of relief. This is especially true if the symptom is minor, like a mild head-ache or simple indigestion. In the case of an emergency -- such as from a serious cut or burn -- you may have to restimulate every few minutes, at first. But bleeding, pain and other trauma associated with most accidents, injuries or other emergencies can nearly always be controlled and relieved until you can find professional help -- if you use the right G-Jo control point(s).

But G-Jo isn't for all people under all circumstances. Those who should generally avoid the use of this technique include pregnant women (especially those beyond the third month of pregnancy) and chronic heart patients, especially those fitted with pacemaker-like regulating devices. Also, avoid G-Jo if you take regular, daily medication for serious health problems, such as cancer or diabetes.

Aside from that, wait to use G-Jo for your symptom or ailment at least four hours after taking any drugs, medications, alcohol or other intoxicants. Furthermore, try not to use G-Jo within half an hour before or after doing hard physical work or strenuous exercises. Also, wait a while after eating a hot, heavy meal, taking a hot bath or shower, or doing any vigorous activity before applying G-Jo (except in emergency situations).

This is because the electro-chemical balance of the body -- which is what G-Jo is thought to affect -- is said to be too "out-of-balance" under those conditions. Give it a little time to restore itself.