

26 G-JO: AN IDEAL "INVESTMENT" IN SELF-HEALTH

As the real value of money declines and inflation consumes the profits from conservative investing, we must either look for more adventurous (and usually risky) places to put our money ... or develop radical, new ways of looking at the whole process of investment. As a former stockbroker and principal of my own brokerage firm, I know the folly of risky investing. And, quite honestly, investing for its own sake became to me a bit ... boring.

Of much greater interest to me has been finding new, or at least unusual, ways of investing -- and even eliminating -- my own need for money. Probably the best "investment" that I have discovered is self-reliance.

The easiest way to earn money -- in terms of the "bottom line" -- is to spend as little of it as possible. One of the most profitable areas of self-reliance (in terms of money saved) is to become as health self-sufficient as possible. Saving several thousand dollars a year on medicines and doctor expenses is the same as having twenty or thirty thousand dollars in the bank. Yet without extensive training (such as going to medical school), how are we to become mostly self-reliant in our own health care?

What few people realize is that there are many simple "self-health" techniques (used mostly in the Near and Far East) which are easy to learn, safe to apply and remarkably effective when used properly. These techniques are invariably based on the so-called "energy theory" ... or, in more familiar terms, the acupuncture theory. When most people think of acupuncture, they immediately think of the use of needles. However, many of the same benefits achieved with acupuncture needles may be obtained by stimulating special therapy points with the fingertips. The result: immediate elimination of pain ... relief of suffering ... and, in many cases, stimulation of the body's own self-healing mechanisms.

One such "acupressure" technique is called G-Jo.

G-Jo is a simple, three-step process. It takes only a few minutes to learn -- then a few seconds to apply -- this ancient, Oriental method. Yet when properly performed, G-Jo instantly relieves headaches, backaches, menstrual distress and nearly any other ailment we might ordinarily take an aspirin (or other over-the-counter remedy) to relieve. It even works remarkably well for emergency symptoms -- problems such as cuts, burns, wounds and other trauma that would ordinarily require standard first-aid methods to treat.

Step one of this process is to find the right point. There are nearly 200 G-Jo acupressure points on the body. (These are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com). However, with the knowledge of just six of the primary G-Jo points -- a free chart of which our organization offers at our website -- at least partial relief may be obtained from nearly any common ailment. Finding the point is done by deeply pressing the appropriate area on the arms or legs (where the majority of the most broad-acting acupressure points are located) until you feel a special "ouch" point. Of course, you need to know the approximate area in which to begin probing -- that's why our chart or a similar guide is needed.

Step two is triggering the acupressure point. Once the tender ouch point is located, the triggering is performed in a deep (up to 20 lbs. of pressure), goading fingertip massage. With some acupressure points -- or if you have a long thumbnail -- it may be better to use the bent knuckle of the pointer finger, or even the eraser tip of a pencil, both to find and massage the

points.

Properly done, stimulating the acupressure point should produce what is called an "acupressure reaction." This is a sudden feeling of warmth, clamminess, perspiration or even queasiness (depending on the effectiveness of the point), as the point is being massaged. The more tender and sensitive the point, the more effective G-Jo is likely to be. Triggering should occur for twenty seconds, more or less. The stronger the reaction during this time, the better the point is likely to be both for bringing relief and stimulating self-healing.

Step three is to duplicate the find-and-trigger process on the opposite side of the body. In all, the entire process should take less than a minute to perform and relief should occur by the time the brief, deep massage is finished. Relief should last at least as long as you'd get from a drugstore remedy -- and usually much longer. G-Jo may be used under nearly any circumstances and for all but the most grievous ailments. And aside from the money saved on doctors and medications, G-Jo has helped me -- and, now, several million other people in America -- feel remarkably better both physically and emotionally.