

27. G-Jo Acupressure for Long-Distance Sailors

How do you self-treat an injured hand or arm at sea? Or perhaps an earache or headache? Better yet -- what do you do about the sailor's nemesis, acute appendicitis? The answer to these problems -- and nearly any other a sailor is likely to encounter -- may be no further away than the tips of your fingers.

There is an unusual, yet remarkably effective "self- health" technique that takes only minutes to learn and seconds to apply. Yet when properly performed, this technique can bring almost instant relief from both the minor (and acute) as well as emergency problems that you'd either take an aspirin or a trip to the doctor to treat under other circumstances. This technique is called G-Jo acupressure.

G-Jo is a kind of acupuncture -- but without the needles. I first "discovered" this ancient self-healing method many years ago when I felt my destiny lay in long-distance cruising. It became immediately obvious to me, while doing my research, that the sailor's most vulnerable area was his or her health. Short of carrying a complete medical kit -- and taking at least several years of medical training to learn how to use it properly -- I was literally a hostage to the whims and caprice of my body.

Since, at that time, I was raising my two children alone (and had planned to take them sailing with me) I began researching everywhere, even unusual (and sometimes arcane) sources for techniques to make me more health self-reliant. (I had visions of me lying debilitated in a berth as, horrors, the children starved to death in front of my very eyes.) In this search, I finally stumbled across acupressure.

To make a long story short, it works ... and not only well, but astoundingly well, even for downright emergencies. Rather than boring you with a long list of anecdotes, let me say only that I've successfully used G-Jo to self-treat a major facial wound, burns, aches and pains in nearly every part of (my own or another person's) body and literally scores of other common ailments. And always successfully.

Now I'd like to share with you the fundamentals of this technique. There are nearly 200 basic G-Jo acupressure points scattered throughout the body. Each of them "controls" various bodily areas and/or functions. All you need to know is which acupressure point controls which area; then, when an ailment arises in that bodily area, you simply follow the directions below for finding and "triggering" the appropriate point, and relief should occur instantly. If it doesn't, it usually means you've either not triggered the point properly, or that it's the wrong point for that area of the body. It's as simple as that.

To know all the points, you obviously need a guide. (These nearly 200 G-Jo acupoints are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com). But with the knowledge of as few as six of the most important and easily- found G-Jo points, you can often relieve most of the minor, and many emergency problems you're likely to encounter ... perhaps even the dread appendicitis. Three of these points are located on the hands and arms, three on the feet and legs. 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:

Probably the most important acupressure point -- a kind of acupressure "chicken soup" -- is G-Jo point #13. To find this point, place your right hand so the palm faces the floor; then close

the thumb and forefinger together, laying them tightly side by side (fingers straight, not clenched). You should see a fleshy or muscular mound rise up on the back (or "hairy side") of your hand, between the thumb and forefinger.

Now place the tip of your left thumb on top of that mound and relax your right hand. You might want to reach into your right palm with your left index finger, to make a "pincers," so you'll have something to probe against; but the pressure must be applied to the back of the hand, in that muscular webbing. Not in the palm.

Begin probing deeply. If you have difficulty finding the tender point, move back just a bit toward your wrist. The point is there on you; everybody has G-Jo point #13, so keep probing until you find it. And the more tender the point, the better it is likely to be in bringing relief from a "target" symptom or ailment.

This point is the first one I think of for nearly any kind of problem that occurs from the chest upwards. It is especially useful for most kinds of headache, and I've even used this to both relieve the pain and bleeding -- and accelerate the healing -- of that terrible facial injury I mentioned above, one that nearly "de-nosed" me many years ago. The speed and efficiency by which this point accomplished the immediate relief of the traumatic symptoms (as well as the accelerated, subsequent healing without stitches) nearly defies description.

G-Jo #7 is another point well worth memorizing. Found about the width of one hand (roughly three inches) above the bulge of the inner ankle bone (medial malleolus), toward the knee, this is a main point for controlling many problems of the lower abdomen. These include (but are not limited to) bowel disorders (even as serious as dysentery) or problems of the reproductive area, such as menstrual distress or prostate problems.

To find this point, simply run your thumb up the inner, rear edge of the shin bone (tibia), directly in line with your inner ankle bone. By pressing deeply, about three inches up toward the knee from that ankle bone, you'll feel the unmistakable tingling that announces this point. You may not even have to probe too deeply, especially if you're prone to distress of the lower tract.

G-Jo is a simple, three-step process. Step one: find the right G-Jo acupressure point. To do this, simply follow the above directions and, using the tip of your thumb or bent knuckle of your index finger (even the eraser tip of a pencil will do), probe the appropriate area on your own arm or leg using up to 20 lbs. of fingertip pressure (almost as much as most people can generate). You're always looking for that tender "ouch point" -- it will usually 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 that deep (again, 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 lightheaded -- 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 the find-and-trigger process 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 than the other (and that more tender point is generally more effective in bringing relief, as well). You should feel total or nearly complete relief by the time you've finished triggering the second side. If not, try another pair of points; in my experience, there is always at least one set of points to bring relief from nearly any ailment ... and often to

stimulate self-healing.

Safe and easy as it is, not everyone should make 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 beyond 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.-- acupuncture and medicines usually don't "mix" well).
- And you should generally:
- 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 a 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 (if possible).

Even at the risk of arousing the wrath of Neptune, I can promise you that -- fantastic though they may sound -- these techniques (and the others I now write regularly about) work as well (or even better) than I have described. I have appeared on nearly 2000 radio and TV talk shows to "prove my point" and share this information with lay audiences. Additionally, my articles about G-Jo and self-health techniques have appeared in PLAYBOY, MOTHER EARTH NEWS, EAST WEST JOURNAL and many other magazines. But my heart (or perhaps my "roots") remain with the long- distance cruising sailor. I strongly urge you to send for our organization's free chart -- you (every one of you) can only benefit greatly from it.