

## 28. G-JO: FIRST AID FOR FARM OR FIELD

Confronted by an emergency head wound or similar injury, what is the average, untrained person to do? Typically, he or she would apply a compress to the injured area ... put the victim in a comfortable position ... call an emergency squad ... and wait. This is standard first aid treatment.

Fine -- if you're in a position to get emergency help fast. But for people who live long distances from town or are away from the mainstream of traffic, this can be little more than wishful thinking. Meanwhile, the victim can be in serious, maybe even disastrous, trouble.

Now there's a "new" first aid technique -- new, at least to Americans (although it's actually been in widespread use throughout the Orient for 5,000 years or longer). It is easy to learn, safe to use and brings immediate relief from a vast number of minor health disorders and even emergencies ... using only the touch of a finger! It is called G-Jo.

G-Jo is a kind of acupuncture -- but without the needles. Instead, only the finger- or thumb-tip is used to perform acupressure. The technique takes less than a minute to perform (and may be learned in only a few minutes of reading and brief practice). Yet when properly applied, G-Jo is more effective than most drugs and medications ... and it works instantly.

For example, you can promptly relieve the pain -- and even the bleeding -- of a head wound with this technique (using G-Jo point #13 -- see below). You can also relieve a minor burn so effectively that if you use the right G-Jo point immediately after the burn happens, within a few moments you may be totally free of pain with no blister to show for the injury. In fact, there is a G-Jo point that "controls" or otherwise affects each area of function of the body.

G-Jo is a simple, two-step process. Step one is to find the right point. There are nearly 200 tiny (pinhead-sized) pressure points scattered around the body, each of them controlling as many as 50 symptoms, health problems, discomforts or pains (these points -- and the many ailments they control -- are found in *The Master of G-Jo Acupressure Home-Study Certification Program* on our website: [www.g-jo.com](http://www.g-jo.com) ).

To find a G-Jo point, you use the tip of your thumb (preferably) or the bent knuckle of your index finger -- even the eraser tip of a pencil. Probe in the appropriate area until you locate a tender "ouch point." This sensitive spot will feel much like a toothache or pinched nerve when you locate it properly. Very precise probing is needed -- if you miss the spot by as little as half an inch, you will miss the pressure point entirely and this technique won't be effective for you. Keep probing around until you feel the "ouch."

Step two is to stimulate the point properly. This is done in a deep, digging, goading kind of fingertip massage. It must hurt, or at least be very sensitive as you massage the point. However, you only need to massage in this special way for 10 to 15 seconds (in most cases) to bring yourself instant relief from most common, minor (acute) health problems.

Then duplicate the identical process on the opposite side of the body -- probe deeply ... massage deeply ... and sigh in relief! It couldn't be simpler.

Though G-Jo is a very useful emergency first aid method, its best -- and most common -- application is for relief of "simple," everyday kinds of ailments that you might otherwise take an aspirin or other non-prescription remedy to relieve. Headaches, backaches, muscular strains, menstrual cramps and literally hundreds of other common ailments or suffering may be promptly "erased" using nothing but the touch of a finger.

For instance, to relieve a headache: find G-Jo point number 13 by placing 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, the bent knuckle of the left index finger) 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 muscular, fleshy area that is formed between the thumb and pointer finger.

Press deeply until you feel the tender "ouch point." Remember: it 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 (or head injury).

Once you locate the spot, do step two of this very easy three-step process: "trigger" the point deeply, in the digging or goading kind of fingertip massage. Do this for 15 or 20 seconds on the right hand, then stop and duplicate the find-and-trigger technique on the back of the left hand for another 15 or 20 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" feeling ... and, of course, relief of your headache.

To relieve a backache: find G-Jo point number 5 by first seating yourself in a comfortable chair, then reaching 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 -- the bone 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 of massage and expect an acupressure reaction. If this does not occur, it usually means you're not quite on the G-Jo point, or that this point is not particularly beneficial for your kind of backache. But nearly always, G-Jo point number 5 will both produce the reaction and bring some kind of relief.

Trigger the spot deeply for the necessary 15 or 20 seconds; then stop and reach for the identical point behind the left outer ankle. Again, find and trigger that point -- it may be more or less tender than the right side (often the left side is more tender on a man and the right side is more tender on a woman) -- then test your backache. If it isn't quite gone, simply trigger the points for another few seconds and test again.

Not only will G-Jo bring immediate relief, but swelling and other symptoms of the injury or disorder should also "reverse" (heal) themselves quickly. As mentioned earlier, if you trigger the right G-Jo point as soon as the disorder arises, there may even be no evidence of the injury or disfunction within a few moments afterwards. If the symptoms return, simply trigger the best points again. If you don't get prompt, satisfactory relief, it usually means one of several things:

1. You didn't find the right control point for that symptom -- try another point (see information about a free chart below);
2. You didn't stimulate a point, only near a point -- did you feel the twinge of sensitivity when you probed and stimulated?
3. You didn't stimulate the point properly -- did you use enough fingertip pressure? Did you stimulate long enough?
4. Your problem may be too serious and beyond the scope of G-Jo. Seek professional attention.

Powerful as it is, 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 or 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, try not to use G-Jo sooner than four hours after taking any drugs, medications, alcohol or other intoxicants. Furthermore, try not to use G-Jo within half an hour before doing hard, physical work or strenuous exercises. In fact, wait a while after eating a hot meal, taking a hot bath or shower or doing any strenuous 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 said to affect -- is thought to be too "out-of-balance" under those conditions. Give it a little time to restore itself.