

30. G-JO: AN AMAZING "SELF-HEALTH" TECHNIQUE

If the idea of relieving a headache or backache in less than 30 seconds -- using nothing more than the touch of your finger -- appeals to you, then you should know G-Jo. This is a simplified kind of acupuncture without needles -- or "acupressure" -- that has been in widespread use throughout the Orient for thousands of years. G-Jo is now becoming a popular technique in America for avoiding unnecessary drugs, medications and, in some cases, even visits to the doctor or other health care professional.

The reasons are simple: G-Jo works instantly ... it is easy to apply even in difficult conditions ... it is safe and harmless ... and it takes only a few minutes to learn.

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.

There are at least six "basic" points that everyone should know. These control large portions of the body. While not always the best G-Jo points for a specific symptom, one or another of them can usually bring remarkable relief for most minor (acute) or emergency -- but not necessarily chronic -- symptoms we are likely to encounter in our lives. Three of these points are found 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 these six G-Jo points.

Just as there are usually a number of points to relieve any specific symptom, there are also numerous uses for most of the G-Jo points. Point number 13, for example, a primary point for headache relief also has more than 50 other uses ranging from relief of tired neck and shoulders to easing discomfort in the feet -- not to mention such problems as earaches, nasal congestion, conjunctivitis, etc. G-Jo point number 5 -- another of the points on the free chart -- is a key point, not only for low back pain, but also for hemorrhoids, hip disorders, knee injuries, burns, muscular sprains and strains, etc.

In all, more than 250 different symptoms, health problems and bodily areas can be relieved and often "reversed" (healed) using this remarkable Oriental technique.

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 or even the eraser tip of a pencil) 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 webbed or fleshy area that is formed between the thumb and pointer finger.

Press deeply until you feel a tender "ouch" point. This 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.

Once you locate the spot, do step two of this very easy three-step process: "trigger" the point deeply, in a 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.

Relief should last at least for as long as you'd get with an aspirin or other over-the-counter medication; and when (if) the headache returns, simply trigger the same points again. This time you should get a longer span of "relief time."

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 -- that doctors call the lateral malleolus -- and the Achilles tendon (the hamstring tendon that runs up the back of the foot and leg). Press deeply -- 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 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. (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 G-Jo is not for everyone (at least not under all circumstances) -- there are certain rules and contraindications for its use. You should generally avoid G-Jo if:

- You are a pregnant woman -- especially beyond the third month of pregnancy (however, if you are planning on having natural childbirth -- that is without any medications or "twilight" injections -- then G-Jo points number 5, 7 and 13 may be used during labor, delivery and afterwards to help speed the birthing and healing process, as well as relieving any problems that may occur during delivery;
- You are a chronic heart patient, especially one who wears a pacemaker or other artificial energy-regulating device;
- You are a person who takes regular or daily medication for serious health problems (e.g. cancer, diabetes, etc.) -- generally G-Jo and medicines don't "mix".

Aside from that, you should generally wait several hours after taking drugs, medications, alcohol or other intoxicants before applying these techniques. You should also wait for about half an

hour after taking a hot bath, eating a heavy meal or doing strenuous exercise -- except in emergency -- before applying G-Jo. And if any of the G-Jo points fall beneath a scar, mole, wart, varicose vein or any kind of blemish or disfigurement, avoid that point and use the one on the opposite side of the body (nearly always these points are duplicated bilaterally).

Finally, if you need to use G-Jo more than four or five times a day and for more than three or four days in a row, it usually means one of two things:

- You are using the wrong G-Jo point for your symptom ... try another point and see what happens;
- * Or your health problem is more serious than you think ... now its time to see your doctor or other health-care professional.

There are numerous self-health techniques that are easy to learn and use and place health care back where it has always belonged: in the hands of the sufferer, himself. G-Jo is just one -- but a very powerful one -- of these techniques.