

31. G-JO: FIRST-AID IN A FINGER TIP

For the unprepared hunter, an accidental sprain, cut or other injury can spell the sudden end of a long-awaited hunting trip -- or worse. Yet preparing ourselves for all the possible dangers to our bodies and health could mean carrying (and knowing how to use) a first-aid kit the size of a backpack.

Or would it?

There is a "new" first-aid and "self-health" technique that promptly relieves the pain and suffering of burns, sprains, cuts and other health emergencies a hunter is likely to encounter. It also brings immediate relief from headaches, back pains, indigestion and nearly every other minor ailment we might suffer in the field ... or in our daily lives. It is safe, easy to learn and apply -- and it requires nothing but the touch of a finger.

It is called G-Jo.

G-Jo is a kind of acupuncture, but without needles. Instead, you use your finger- or thumb-tip to apply acupressure. G-Jo is new only to the West -- Oriental families have been using this remarkable first-aid technique for thousands of years. In fact, G-Jo means "emergency first-aid" in its native China; but it has many more applications than the typical first aid measures that most Westerners think of ... the splints and bandaging of our Red Cross or Boy Scout training.

To better understand the actual method by which this works, let's take a hypothetical situation. You're walking through the woods near dusk, heading back to camp. Your buddy is walking ahead of you, pushing branches out of the way. He accidentally lets one snap back and it catches you across the nose and cheek, cutting a deep, painful gash. As you stagger back, you trip on a rock and land in a way that twists your wrist.

The unprepared hunter would probably just get up, put a handkerchief across the wound and somehow nurse the sprained wrist, gritting his teeth in pain. But if you know G-Jo, here's what you'd do. First, grab a specific area on the back of your hand (G-Jo point #13 -- located between the thumb and forefinger) and begin to deeply massage the most tender area you'll discover there. You work it deeply for less than a minute, then do exactly the same thing on the opposite hand. By the time you've finished that process, both the pain and the bleeding on your face have completely stopped!

Now for your wrist. If the first acupressure point didn't also relieve that problem (it is usually a good "control point" for the hand and wrist, as well as for the face, head or other bodily areas), try another point. Press an area about two inches back from the crease of your wrist, toward your elbow, on the outside (or "hairy side") of your arm. This spot -- known as G-Jo point #4 (see the following instructions) -- will already be quite sensitive to deep fingertip pressure. Once again you massage in a digging, goading manner for a few moments. Then check your wrist. Both the pain and any swelling should be gone!

If this sounds too good to be true, rest assured that I have "field tested" these same points for identical -- and much more serious -- symptoms and brought myself immediate, profound relief ... without fail.

Actually, there are G-Jo acupressure control points that can relieve virtually every bodily area or function. All you need to know is the specific point for that area ... and the proper way to apply this remarkably easy technique. Relief follows in seconds.

Although G-Jo points are pressure points, they are not blood flow control pressure points we may have been taught in first aid classes. Rather, they are located within the "energy" system of the body -- a network of cells that is thought to parallel the nervous system. "Triggering" the acupressure point is said to somehow control the flow of "vital energy" (ki -- the same energy we seek to control in the martial arts) to and from the inner organs and glands. Western science has already proven that, when one of the acupressure/acupuncture points is stimulated, a surge of endorphins (the brain's morphine-like natural pain killers) is instantly released.

Exactly how and why G-Jo works is unclear. It may be that there is an immediate neurological or biochemical response. Or it may be, as the Chinese say, you are temporarily "adjusting" the flow of your "life force," the same energy that makes your heart beat. Or it may be all of those and more. But one thing is certain: G-Jo really works. And with a little practice, you can make G-Jo work for you.

There are several different types of acupressure, but G-Jo is the most basic form. It's designed to be used symptomatically ... that is, only when symptoms manifest themselves, either from internal sources (such as illness) or as a result of accidental injury.

There are nearly 200 G-Jo Acupressure points. (These G-Jo acupoints are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com). There are usually several useful points for any symptom -- sometimes up to 20 or more, depending on the health problem or injury you're trying to relieve (20 points for headache and head injury, 15 for backache, at least four for sprains and strains, etc.).

But there are six important "primary" G-Jo points, each of which have many uses and which are easily found on your body. By knowing how to find and use just these six points, you have -- literally at your fingertips -- a way of instantly relieving many of the common health problems we all suffer from time to time. 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. The G-Jo points described below are three of these vital, primary points.

G-Jo is a two-step process. Step one is finding the right acupressure point (they are tiny -- only about the size of a pin-head, so this is a bit more difficult than it may seem at first). And step two is "triggering" the point properly. This is done with the deep, digging, goading kind of fingertip massage described above. Most of the acupressure points are duplicated bilaterally (on either side of the body, that is), so as soon as you find and massage the point on one side, you immediately duplicate the find-and-trigger process on the opposite side. That's all. In most cases, you only need to massage the points about 15 seconds apiece to get prompt relief.

In order to locate a specific pressure point, you'll need to use the tip, not the pad or fleshy part, of your thumb or finger. Begin by probing as deeply as you can in the appropriate area.

Massage the tiny spot with that digging, goading motion ... again, using the tip of the thumb or forefinger. If you have trouble applying enough force with your fingertip, you can use the eraser tip of a pencil or even a blunt twig. In severe or emergency cases, you might have to continue applying G-Jo stimulation for as long as several minutes, but 10 to 15 seconds of treatment is usually enough to "unblock" the right control point and relieve the problem completely (or at least, ease the symptoms substantially).

A G-Jo point will, when pressed, produce a unique feeling somewhat akin to the throb of a pinched nerve or toothache. Probing and/or triggering an area even as little as 1/4 to 1/2 inch away will miss the point completely and provide little if any relief. In addition, triggering a good point properly will often make you break out in an immediate flush of perspiration -- or create a

sudden sense of relaxation or feeling of warmth -- which is called an "acupressure reaction." This almost always occurs when G-Jo is properly performed.

As mentioned, these acupressure points are usually duplicated bilaterally, so -- after you stimulate a spot on one side of your body -- you can simply repeat the process on the opposite side. You'll often find one side to be more tender than the other (and this will be the best side to trigger, in most cases). Or, peculiarly, treating one side may relieve a symptom, while stimulating the opposite point may actually bring the discomfort back (if that happens, simply restimulate the original side until the symptom disappears again.)

If you've applied G-Jo properly, you should get at least near-total relief from your discomfort or symptom. It often vanishes completely and immediately, as if it never existed. And, depending upon the circumstances, it should stay relieved for at least as long as an aspirin or other non-prescription remedy would relieve the symptom, and probably much longer -- if you find the right point. If your symptom returns in a few minutes, it's usually a signal that you've used the wrong point -- try another one.

Your goal is to give yourself increasing spans of "relief time" between necessary restimulations. One or two triggerings will often completely eliminate the pain of an injury ... but occasionally, it will take a few more applications than that. The greater the injury the more frequently you'll need to repeat this G-Jo technique. But as an added benefit, when used symptomatically (as soon as you notice the discomfort returning), G-Jo will accelerate the body's own natural self-healing processes.

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;
2. You didn't stimulate a point, only near a point -- make sure you feel the twinge of sensitivity;
3. You didn't stimulate the point properly -- did you use enough fingertip pressure? Did you stimulate long enough?
4. Your problem may be chronic and beyond the scope of G-Jo -- seek professional attention.

I have successfully used G-Jo to relieve numerous health disorders -- even serious emergencies that most people would rush off to an emergency room to have treated. I've used them on myself ... on my children ... on victims of accidents and even to demonstrate on the hundreds of live radio or television talk shows I do each year. Following a few, simple instructions, most people can immediately begin finding and using their own pressure points whenever a symptom occurs.

For instance, while hoisting a roost on our organic egg ranch in southern Florida, a heavy steel ladder I was using as a jack dropped accidentally on my face, slicing completely through my nose and lip. The pain and bleeding were so intense I nearly passed out. Yet, almost instinctively, I grabbed for G-Jo #13, stimulated it on either hand for less than a minute, and when I stopped, the pain and bleeding had also stopped! And though these symptoms returned shortly, all I did was stimulate again and again getting increasingly longer spans of "relief time." Within three days -- and without drugs, doctors' care or suturing -- the wound had healed enough so that I didn't need to use G-Jo any longer. Today, only a small scar remains.

While this may seem foolhardy, under primitive conditions problems like this can easily arise. Even less serious problems may quickly become tragic without immediate care -- but G-Jo can most often provide easy and effective help on the spot, without any outside assistance at all.

By knowing how to find and use only a few basic G-Jo points, you can relieve -- often heal -- many of the health problems you are likely to encounter in life.

Powerful as it may be, however, G-Jo is not a cure-all. Nor is it for all people under all circumstances. For non-emergency use there are several important rules it is wise to follow:

1. Wait for about four hours after taking any drug, medication, alcoholic beverage or other intoxicant before applying G-Jo...
2. Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercises before using G-Jo...
3. If the suggested point lies beneath a scar, mole, wart, varicose vein or other blemish, avoid that point and try another, instead.

Plus, there are several people who should normally avoid the use of G-Jo (except in an emergency or limited-time use). These include chronic heart sufferers, especially those who wear pacemakers or other mechanical energy regulators and people who take regular, daily medications (except vitamins or the similar preventive therapeutics). Pregnant women should also avoid the use of G-Jo; especially after the third month of pregnancy.

Of course, in the case of emergency, there are no rules except one: use G-Jo fast! The sooner you begin this process after you notice a symptom (especially in the case of acute symptoms or accidental injuries), the better and more effective this technique will be.

I'm not proposing you become your own doctor -- only that you become acquainted with this self-health and first-aid technique from the Orient. With G-Jo, you can relieve and often reverse most ailments that could otherwise short-circuit your trip into the wilderness.

HOW TO RELIEVE A HEAD OR FACIAL INJURY (OR MOST KINDS OF HEADACHES):

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.

Place the tip of the left thumb on top of that mound. Keeping the left thumb tip in place, relax the right hand ... begin pressing as deeply as possible in the webbed or fleshy area formed between the thumb and pointer finger. Press deeply until you feel a tender "ouch" point -- the more it hurts the better it is likely to be for your kind of headache. Now "trigger" the point deeply, in the G-Jo digging or goading kind of fingertip massage.

TO RELIEVE A BACKACHE:

Use G-Jo point number 5, First seat yourself in a comfortable position, then reach 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 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 relief.

Then reach for the identical point behind the left, outer ankle. Again, find and trigger that point then test your backache. If it is nearly gone, simply trigger the points for another few seconds and test again.

This point also brings fast relieve from many problems of the knee, foot, hip and leg additionally, it is a powerful relief point or all kinds of pain.

HOW TO RELIEVE AN INJURED WRIST (OR OTHER INJURIES TO THE ARM, HAND, ELBOW, SHOULDER, ETC.):

Begin with G-Jo point number 4. Place your right hand so the palm is facing the floor, then bend it back slightly so that a crease appears at your wrist.

Remember where the crease is and relax your hand; now measure the width of two left thumbs (about two inches) from that crease back towards your elbow and, begin pressing very deeply between the two arm bones (the radius and ulna) in line with the middle finger. You're looking for a small hollow or depression between these two bones. Once you find the tender spot, do step two.

Trigger the point; and duplicate the find-and-trigger process on the left arm. Then test your symptoms. Your wrist, should be virtually free of pain or discomfort. If your symptoms return, simply duplicate the same technique again.