

### 32. G-JO: A NATURAL METHOD FOR PAIN RELIEF

Being over forty has its good points as well as bad. On the plus side, by the time we reach forty our bodies and minds are much more coordinated so that we require less energy to do moderate work -- such as walking -- than when we were younger. Thus, we need less sleep, less food and usually feel emotionally better and more alive than a decade or two ago.

On the minus side, it requires less straining or foolish motion to cause an ache or pain. And if we hurt, it generally now takes a bit longer to heal.

Back to the good news. There are simple "self-health" techniques which take only a few minutes to learn and a few seconds to apply, which can bring immediate relief for most minor aches and pains. The technique -- which is called G-Jo -- is a kind of acupuncture, but without the needles. G-Jo was developed in the Orient many thousands of year ago and has been in wide-spread use ever since. It requires no doctors, no drugs or medications -- only a few minutes of reading and even less of practice.

Yet, when properly applied, G-Jo brings prompt relief from headaches, backaches, digestive distress and literally dozens of other common ailments ... using nothing but the touch of a finger.

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 sources within the body (such as illness) or as the result of accidental injury.

Generally, there are several of the pinhead-sized areas that -- when stimulated in a deep fingertip massage -- will relieve a symptom: and it's not unusual to have as many as 15 or 20 to choose from ... one or two of which will generally be profoundly effective.

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 most common acupressure points -- is a key point, not only for low back pain, but also for hemorrhoids, hip disorders, knee injuries, burns, muscular sprains and strains, etc.

Let's 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, use 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" sensation ... and, of course, relief of your headache.

Now, 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 the normal 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.

Generally, if you have to use a G-Jo point more than four or five times a day for the same symptom -- or for more than several days in a row -- you've either found the wrong acupressure point for your symptom; or that symptom is beyond the scope of G-Jo and it's time to seek professional help.

There are nearly 200 G-Jo Acupressure points and most of them are duplicated on either side of the body. (These G-Jo acupoints are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- [www.g-jo.com](http://www.g-jo.com) ). Each point will announce itself with a distinct twinge of sensitivity -- some say like a toothache, others say like a pinched nerve -- when probed properly. This is especially true if the point you're looking for is an important one for "controlling" your symptom. But each point is tiny -- only about the size of a pinhead -- so you've got to pay attention and make sure you find the precise location. If you don't feel the twinge, you haven't found the point. Keep probing -- otherwise you won't receive G-Jo's benefits.

Safe and easy as it is, not everyone should make a 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 after 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.-- acupressure and medicines usually don't "mix" well).
- And you should also:
- 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 ...
- 7\* 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 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 or other health care professional.

While not a panacea or cure-all, the knowledge and use of G-Jo helps you become more independent and self-reliant. It helps you break your dependency on doctors and drugs. And G-Jo helps you avoid suffering while accelerating your bodymind's self-healing processes.