

33 G-JO: NEW EMERGENCY SELF-HEALTH TECHNIQUE FOR AMERICANS

In times of widespread emergency or civil confusion, a community's -- or nation's -- health care facilities are invariably one of the first social institutions to suffer. Major and often minor emergency cases -- many of them made more acute by fear or panic -- quickly swamp hospitals, emergency rooms and other medical facilities, bringing normal health care processes to a virtual standstill. Such a scenario is a nightmare for health care professionals -- a scenario that few care to consider because there are no apparent, easy solutions.

Ideally, of course, each person should be able to handle his own minor health problems (especially in times of crisis) and leave the available health care facilities and personnel to those true emergency cases that really need them. But the truth is that we are essentially a nation of untrained and helpless potential victims waiting for an accident or injury to strike.

The few of us who have had Red Cross or similar first-aid training have (with rare exception) long-since forgotten all but the most basic fundamentals. For the most part, each of us is totally dependent upon outside sources -- doctors, hospitals, medicines (or even folk healers) -- for all but our most basic health needs. Or, for the heartier among us, we can choose to "suffer it out" until the body finally heals itself. In short, of all the major nations, we are probably the least-trained and the most poorly prepared to "health ourselves." Yet current world conditions call for greater -- not lesser -- preparedness and health self-sufficiency.

In that respect, there is good news and bad news. The good news is that there presently exists at least one technique that meets all the criteria for a massive, inexpensive public education program for safe, effective self-treatment of burns, bleeding, pain and other results of traumatic injury -- not to mention such minor or acute problems as headaches, back pains, indigestion and such. This technique may be taught in classes, workshops, in short segments on mass media -- even reproduced on a small sheet of paper (as our organization does) and distributed to masses of people in unlimited quantities. This technique -- which is called G-Jo (and which means "emergency first aid" in its native Chinese) -- is safe, natural, extremely effective and requires nothing but the touch of a finger to work its "magic."

The bad news is that G-Jo, being Oriental in origin, is quite unfamiliar to most Westerners (though it has been in widespread, continuous use for thousands of years throughout the entire East). Consequently, the "acceptance factor" (from both the medical and lay communities) is still low. It is hard for someone who has never experienced it to accept that a few seconds of fingertip pressure could literally "erase" a painful ailment in just moments. Yet this is exactly the case.

G-Jo is a kind of acupuncture ... but without the needles. Instead, only the fingertips are used to stimulate the body's tiny acupuncture points as a type of "acupressure." The goal of G-Jo is two-fold: safe, effective relief from the results of traumatic injury (as well as from minor aches, pains and "everyday" ailments); and the stimulation and acceleration of the body's innate self-healing processes.

Not only is G-Jo safe and effective: it works instantly. When the right acupuncture point -- that is, the point that best "controls" the ailing or injured bodily area -- is properly "triggered," profound relief generally follows within seconds. The greater the distress, the greater the relief. Even profuse hemorrhage, such as might occur from a facial wound, can be promptly stanching using one of several G-Jo acupressure points that control the upper body (e.g., G-Jo point #13,

located on the back of the hand -- see description below).

In an emergency -- say, to control the pain and bleeding from such a facial laceration -- you might have to stimulate the same control point as often as two or three dozen times the first day or two, but increasingly less as the healing process continues. The goal -- and measure of this technique's success -- is to gain increasing lengths of "relief time", time between the return of symptoms and necessary restimulation of the best acupressure point(s).

The speed and efficacy of acupuncture-type techniques has been so well documented in medical and other health-care professional journals that further discussion of its validity here would seem repetitive and unnecessary. Suffice it to say that, by whatever means such acupuncture methods work, they generally do work as claimed.

But what is not as well-documented is how large a role such techniques can play in a nation's emergency health preparedness program. Today in mainland China, auriculotherapy -- that is, ear acupuncture -- is taught throughout the entire army as a battlefield first aid technique. This same method -- stimulation of the ear's many acupuncture points -- is even taught to most Chinese school children ... often as early as ages five or six!

And each neighborhood in virtually every Chinese city or town has at least one "Barefoot Doctor," or paramedically-trained individual, whose job it is to separate the seriously ill (those requiring in-depth medical or institutional care) from those who are only suffering less-serious symptoms. And this Barefoot Doctor is also trained to treat many of these less-serious ailments, primarily using acupuncture, acupressure, local herbs and other "traditional" healing methods, as well as some of the more "modern" -- but not necessarily more effective -- Western medical methods.

While not always as effective for many disorders as acupuncture performed with needles, G-Jo has real potential for being the basis of an "American Barefoot Doctor" program. Consider: G-Jo is so profoundly effective and quick-acting as to cause most people -- upon seeing/feeling its effectiveness demonstrated for the first time-- to literally gasp in amazement. And G-Jo has the added advantage of being able to be taught -- a complete program of it -- in a matter of minutes, not days or weeks.

G-Jo's beauty lies in its simplicity and ease of use and training. A complete, basic program covering the six, primary pressure points may be taught or explained in half an hour ... or less. And when combined with a brief demonstration of point location -- how the point should feel to the sufferer himself -- by a community nurse, paramedic or other briefly-trained teacher, G-Jo becomes a valuable complement to standard medical and emergency care, both for adults and children. It is also an ideal technique for the understaffed clinic and puts much responsibility for healing back into the sufferer's own hands ... where the bulk of health responsibility ultimately belongs.

HOW TO USE G-JO ON YOURSELF

There are only two important rules to know for using this technique: find the right point that controls your ailment; then stimulate that point properly. Finding the G-Jo point is done simply by probing deeply with the tip -- not the pad or fleshy part -- of your thumb or index finger in the appropriate area of your body. Probe as deeply as you can -- you won't injure yourself; and deep probing pressure is necessary to locate the tiny "ouch point" you'll be searching for. In a pinch, or if you can't generate enough pressure with just your finger or thumb tips you can even use a

mechanical probing instrument, such as the eraser tip of a pencil or the blunt end of a felt-tipped marker. But if you use such a tool, be careful: it's easy to apply too much pressure and you could bruise yourself.

Now step two: as soon as you discover the ouch point, massage that spot as deeply as you can in a digging, goading kind of massage. But you only need to do this for a few seconds in most cases. Use up to 20 lbs. of fingertip pressure (you can check this on a bathroom scale to see just how much 20 lbs of pressure actually is). If you're doing the massage properly, you should almost be wincing with sensitivity during the brief massage.

You might also feel a rush of heat or energy to some part of your body, or perhaps a light flush of perspiration break out across your brow or shoulders -- such phenomena (called "acupressure reactions") frequently happen when you use G-Jo. You might even feel a little light-headed, or sense sudden relaxation, as if someone "let the air out of your balloon" with a rush. These, plus the profound sense of relief you should feel after briefly massaging the point -- let you know that you've just stimulated the right G-Jo point. Now "test" the bodily part where the symptom you were trying to relieve was located. If the pain or discomfort is gone, then you know that it was the right point.

There are more than 1200 acupoints known to man; of these, nearly 200 pairs are highly pressure-responsive and are the G-Jo Acupressure points. And of those, six pairs of points -- three pairs each on the arms and on the lower part of the legs -- are so broadly effective and easily found that they are considered to be primary G-Jo pressure points (the first ones to consider in times of health crises or distress). (All the G-Jo acupoints are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com).

However, with the knowledge of how to locate and trigger just the primary six points, a person has -- literally at his fingertips -- a means of relieving most acute, and even emergency, symptoms. 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.

Many headaches or injuries, for instance, are promptly relieved by properly stimulating the primary acupressure point which is located between the thumb and forefinger (G-Jo #13) on the back of either hand (see instructions below). If that one fails, you would simply try another of the basic points until you find the one that works. While there are more than twenty pressure points known to relieve various kinds of headaches, the basic six points often "overlap" in their span of effectiveness, and one will succeed where another might fail. The same recommendation applies for most other symptoms, too -- if you try one and don't get results, try another.

It is difficult to stimulate your own points too deeply; but, it is quite easy not to stimulate them deeply enough. And since each point is small -- less than a millimeter or two in diameter -- it is vital to be precise. The printed instructions give approximate locations only. The "loud" twinge of sensitivity is your true indicator.

G-Jo is useful not only for relieving pain. Swelling, inflammation and other injury-related symptoms should "reverse" (heal) themselves quickly, too. In fact, if you trigger the right G-Jo point as soon as the disorder occurs, there may be no evidence of the injury or disfunction within a few moments afterwards. If the symptoms return simply trigger the best points again.

With the first several triggerings, you should get a strong acupressure reaction -- especially if you've suffered these symptoms for a while -- when you contact a good point. Later,

it will become less sensitive, an indication that healing is occurring. In general, G-Jo should be used symptomatically -- only when the symptoms arise.

If you apply G-Jo as soon as you do notice a symptom, you should get at least several hours of relief. This is especially true if the symptom is minor, like a mild headache or simple indigestion. In the case of an emergency -- such as a serious cut or burn -- you may have to restimulate as often as every few minutes, at first. But bleeding, pain and other trauma associated with most accidents, injuries or other emergencies can nearly always be controlled and relieved until you can find professional help -- if you find the right G-Jo control point(s).

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.

While G-Jo may be used by anyone in an emergency or on a limited-use basis, there are several instances where G-Jo should be otherwise avoided. If you are a chronic heart patient -- especially one who wears a pacemaker or other artificial energy-regulation device -- you should restrict your use of G-Jo just to emergency conditions. Likewise, pregnant women -- as well as those people taking medication for serious problems (e.g., cancer, diabetes, etc.) -- should generally avoid using these pressure points. It's thought that during the above conditions, the body's electro-chemical balance -- the mixture that we are thought to alter using G-Jo -- is too "out of balance" for the untrained person to deal with properly.

There are several "rules of thumb" to keep in mind. Except in emergencies, when the following rules are less pertinent, wait for about four hours after taking drugs, medications, alcohol or other intoxicants before applying G-Jo. Wait for about half an hour after eating a hot or heavy meal, taking a hot bath, or doing heavy, strenuous labors before applying G-Jo. And if a pressure point falls beneath a scar, mole, wart, varicose vein or other structural anomaly, avoid that point and try its bilateral "partner" or another point instead.

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. This point is often used to relieve discomforts in the upper body, neck and head.

TO RELIEVE A BACKACHE:

Use G-Jo point number 5. First seat yourself in a comfortable chair, 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 long 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 -- (it may be more tender on a man, while the right side is often more tender on a woman) -- then test your backache. If it is nearly gone, simply trigger the points for another few seconds and test again. This point is also helpful in relieving pain in the knees, hips and elsewhere in the body.