

36. G-JO: FAST RELIEF FROM BACKACHE

Probably the most common ailment that strikes adult Americans is back pain. This may be in the form of lumbago, sciatica or other types of discomforts that strike the lower back area. But they each have two things in common: they hurt; and they can usually be relieved by a simple, "self-health" technique called G-Jo.

G-Jo is a kind of acupuncture, but without needles. Instead, you use your fingertips -- nothing else -- to perform acupressure. G-Jo is a remarkably easy technique, and what's even more remarkable is that -- when properly performed -- G-Jo brings relief within seconds!

There are more than a dozen different acupressure points for relief of the different kinds of back pains that people can suffer. All the nearly 200 G-Jo Acupressure points are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com. However, you can download a free Basic G-Jo Training Chart from the same website with illustrations for six of the most important acupressure points. On that chart, there is one acupressure point -- which is known as G-Jo point #5 -- that has a broad-acting effect on the lower back area, regardless of the type of disorder which is affecting it.

G-Jo point #5, which is only about the size of a pinhead, is located directly behind the bony bulge of the outer ankle (lateral malleolus). To find this special acupressure point, while in a seated position, simply reach down behind the bony bulge of the outer right ankle and begin pressing in the soft hollow or depression you'll find between that bulge and the Achilles tendon (the hamstring tendon that runs up the back of the foot).

Use the tip -- not the pad or the fleshy part -- of the thumb (or if you have a long thumb nail, use the bent knuckle of your pointer finger or even the eraser tip of a pencil). Probe deeply in that hollow, pressing until you feel a tender "ouch point." Then massage that special spot in a digging or goading kind of fingertip stimulation making sure the point becomes tender in the process.

As you are doing this, you should feel what is called an "acupressure reaction" -- a feeling warmth, clamminess, perspiration, etc. This is your indication you have found -- and are triggering properly -- G-Jo point #5. Continue this massage for 10 or 15 seconds, then duplicate the same find-and-trigger technique on the opposite foot. In thirty seconds or less, your backache should be gone.

However, G-Jo is not a cure-all. Nor is it for all people under all circumstances. There are several important rules for best using these G-Jo techniques:

- Wait for about four hours after taking any drugs, medication, alcohol (or other intoxicants) before using G-Jo...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercises before using G-Jo...
- If the suggested point lies beneath a scar, mole, wart, varicose vein or other blemish, avoid that point and try only the opposite point, instead.

And 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 other "mild preventive" medicines). Pregnant women should also avoid the use of G-Jo especially after the third month of pregnancy.

Remember, you must feel the twinge to find the point, and you must stimulate deeply enough for the massaging to be slightly uncomfortable -- if you don't feel that discomfort, G-Jo won't be effective for you. The tenderness when you goad the points seems to "unblock" or "unclog" them. That's why only a few, brief seconds of stimulation are necessary.