

### 35. G-JO: FAST RELIEF FROM INDIGESTION

There is a new "self-health" technique -- new to Americans, that is -- that can bring fast relief from many different ailments and discomforts ... using nothing but the touch of a finger. This technique is called G-Jo. Not only is G-Jo fast and easy to use, it is completely safe and works with, not against, the body's natural healing processes.

G-Jo -- which is a kind of acupuncture, but without the needles -- was discovered in China more than 7,000 years ago. Since that time, it has been used by Oriental families for the prompt relief of such problems as headache, backache, menstrual distress and -- the subject of this article -- simple indigestion. G-Jo takes only a few minutes to learn and just a few seconds to apply; but this remarkable technique brings such complete relief that you may never have to reach for an antacid again.

To use G-Jo, all you need to know is the right acupressure point which "controls" the affected bodily function or area (in this case, the digestive tract). (Download a free Basic G-Jo Training Chart from The G-Jo Institute website [www.g-jo.com](http://www.g-jo.com) for illustrations of the six basic G-Jo points.) For indigestion, there are several powerful G-Jo points which are particularly effective. One of the most broad-acting of these points is known as G-Jo point #7.

This point is located about 3 inches above the bony bulge of the inner ankle bone. When indigestion strikes, simply find this acupressure point by pressing between the shin bone and the calf muscle on the inside of the leg until you feel a sharply tender "ouch" point: this G-Jo point #7.

Once you locate that spot, "trigger" this acupressure point in a digging or goading fingertip massage. Stimulate deeply for 10 or 15 seconds -- no more -- then find and stimulate the same point on the opposite leg. That's all there is to it.

If you found and triggered the right point properly, your indigestion should be either totally or almost completely "erased" by the time you have finished this simple massage. (Note: if there is still a bit of indigestion remaining, simply go back and trigger the same points again for another 10 or 15 seconds.)

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 ...
- 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 G-Jo point -- refer to the manual described below) ...
- \* 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.

There are nearly 200 G-Jo acupoints -- and more than 250 different discomforts or ailments that you can relieve using this easy, Oriental self-health technique. (All the G-Jo Acupressure points are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- [www.g-jo.com](http://www.g-jo.com) ).