

39. G-Jo -- Mysterious Healing Technique of the Ancients

One of the oldest -- yet surprisingly most effective -- natural healing techniques known to man is as much of a mystery today as it was when first discovered many thousands of years ago in ancient China. But mysterious though it may be, you can apply its simple principles to your own life for prompt relief of everyday aches and pains instead of taking aspirin or other potentially dangerous over-the-counter remedies.

The technique is called "G-Jo" -- or simplified acupressure -- and is a form of acupuncture ... but without the needles. Traditional Oriental doctors (who use this technique as a regular supplement to herbs, food therapy and other types of natural healing methods) explain that acupressure works its miracles via the "energy system" of the body. I can't tell you if this is true or not -- only that the technique works. And works wonderfully well!

Amazing as this may sound -- that you can relieve and often heal nearly all but the most grievous ailments using only the tip of your finger -- it is nonetheless quite true.

To prove the validity and effectiveness of this mysterious-yet-dependable "self-health" technique, I regularly appear on some of America's most popular radio and TV talk shows (some 2,000 to date). There, I invite audience members to call in -- but only if they are suffering at that moment from any kind of ache, pain or similar discomfort.

I give each caller specific instructions for finding and "triggering" the acupressure point that best "controls" the ailing bodily area. Following these instructions, the caller finds and stimulates his (or her) own acupressure points; then -- live ... over the air -- he nearly always brings himself the amazing, instantaneous relief that this technique produces. To date, the relief "success rate" on these shows is better than 97%.

There are no tricks or hypnosis involved. Nor am I doing "psychic healing" from afar. G-Jo is a physiological -- not "psychological" or emotional -- process: you don't have to be a "believer" to obtain its wondrous benefits. Not surprisingly, most callers are astounded at the results.

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

It's said that there exists a G-Jo acupressure point to relieve nearly any symptom or discomfort you can describe. My experience with this technique confirms this to be true. And while G-Jo isn't as effective for chronic or degenerative disorders, it works surprisingly -- you could even say astonishingly -- well for a broad variety of acute or emergency symptoms. Headaches, low back pains, menstrual distress and literally hundreds of other health problems or suffering bodily areas promptly respond to a few seconds of G-Jo acupressure triggering.

There are nearly 200 G-Jo points -- pinhead-sized spots that control specific bodily areas or functions -- scattered around the human body. When you know the right G-Jo point that controls the area which is suffering you simply trigger the spot in the special G-Jo way and relief repeatedly follows immediately. While there are sometimes as many as 20 or more G-Jo points for a specific symptom (e.g., headaches) there are usually one or two "best" points that not only bring instant relief but actually stimulate the body's own self-healing mechanisms, as well.

There are at least six primary acupressure points (four of which are described in this article) that everyone should know. (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.)

These each control large portions of the body. While not always the best G-Jo points for a specific symptom, one or another of them can usually bring remarkable relief from most minor (acute) or emergency symptoms we are likely to encounter in our lives. Three of these points are found on the hands and arms, three on the feet and legs.

All the nearly 200 G-Jo points -- and the more than 250 symptoms, illnesses and discomforts they can relieve -- are detailed in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com. But with just the knowledge of the primary six points, the basically healthy person has, literally at his fingertips, a means of relieving most common ailments.

This ancient Oriental "self-health" technique is a simple, three-step process. Step one is to find the right G-Jo acupressure point that controls the affected bodily area. This is done by probing deeply -- as deeply as you can (using up to 20 lbs. of fingertip pressure) -- in the general area where the point is located. Use the tip of the thumb (or, if you have a long thumbnail, the bent knuckle of the index finger or the eraser end of a pencil will work equally well), and probe until you contact a tender "ouch point." It should feel like a toothache or pinched nerve when you find it. But since the points are tiny, you must use specific pressure: if you miss the spot by even a quarter of an inch, this technique won't be effective. And the sensitivity you'll feel when you contact the spot is the only way you'll know you've found it.

Step two is to trigger the spot deeply. Do it in a digging, goading kind of fingertip massage. The more sensitive and tender the point, the more likely it is to be a good control point. If it makes you feel warm, break out in a sheen of perspiration, or feel clammy or a bit lightheaded, so much the better. These are called "acupressure reactions" and usually occur with the right triggering of a good point. Do this deep stimulation for about 15 to 30 seconds, then stop.

Now step three: trigger the identical spot on the opposite side of the body (nearly always, these points are duplicated bilaterally -- that is, on either side of the body). Then "test" your symptom(s). Your headache, back pain or other ailment should be gone, or nearly so. If there's a bit of discomfort remaining, go back and trigger the same points again for another 30 seconds or so, and test again. If the pain is now gone, stop -- do no more unless, and until, your symptom returns. A G-Jo point may be triggered for a maximum of four minutes -- if you get no relief by then, it's usually the wrong point ... or not a G-Jo point at all.

Since these points are found below the skin but embedded in the flesh -- not the bones -- all of them tend to "float" a little, so to be sure you still have the point under your fingertip when you stimulate, you must make sure the goading-type stimulation is deep enough to be uncomfortable.

Let me repeat: Within humane limits, it is difficult to stimulate your own points too deeply; but, it is quite easy not to stimulate them deeply enough. And because each point is less than a millimeter or two in diameter, it is vital to be precise in locating them. The printed instructions only give approximate locations or starting points: the "loud" twinge of sensitivity is your true indicator.

Though G-Jo is safe and easy, there are certain contraindications and times when G-Jo is best avoided -- not everyone should make a broad use of this technique (although the following rules may be ignored in emergency situations). You should generally avoid using G-Jo if:

- You are a pregnant woman, especially beyond 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). Furthermore, it is best to:
- 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 (assuming one exists) ...
- 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.

Over the past 30 years I have successfully used G-Jo to relieve numerous health disorders -- even downright emergencies that most people would either take medications to relieve or rush off to an emergency room to have treated. For instance, many years ago, 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 fainted. Yet, almost instinctively, I grabbed for G-Jo point #13, stimulated it on either hand for less than a minute, and when I stopped, the pain and bleeding had also stopped. When these symptoms returned, I simply used G-Jo again ... and again. 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.

I don't want to imply that G-Jo is a complete alternative to proper health care and medical attention when needed. Not at all. I was already quite knowledgeable in this art when my accident occurred and I simply used a convenient situation to test the reaches of this technique. Yet it's comforting to know that I have at least that much control over what happens to my own body and health. And, of course, with a little effort you, too, can release that same mysterious power that's already in the tips of your own fingers. Review hints for using the following G-Jo acupressure points:

- Probe as deeply as you can (about 20 lbs.of pressure) with the tip of your thumb or finger;
- Stimulate as deeply as possible for as little as ten seconds or as long as four minutes with the tip of your thumb or finger;
- Begin G-Jo as soon as you notice a symptom;
- If you don't get satisfactory results, review this article.

G-Jo point #13 (found on the back of the hand, in the fleshy area just behind the "webbing" between the thumb and index finger) is a main acupressure point for problems of the head and neck. This point is good for sprains and strains in the upper torso, headaches, bloody noses -- even tired feet! In all, nearly 50 different health problems may be relieved and often reversed with G-Jo #13.

G-Jo point #10 (located about two inches back from the crease of the inner wrist, in line with the

middle finger) is useful for relieving nagging menstrual cramps, seasickness, nausea or many problems of the chest and breasts.

G-Jo point #5 (found just behind the bony bulge of the outer ankle, in the hollow or depression between that bulge and Achilles tendon) is a wonderful point for fast relief of back pains, strains and sprains. It's also useful for hip injuries, rectal disorders and pain in most parts of the body. Disorders of the knees, ankles and other joints also respond well to triggering this point.

G-Jo point #7 (found about three inches above the bony bulge of the inner ankle, between the shinbone -- or tibia -- and the calf muscle) will announce itself with a sharp twinge of sensitivity and is one of the easiest of all points to find. This point is quite useful for problems that occur in the front of the body, especially those from the stomach downwards. Try this for sprained ankles, knee problems and such. But its best use is for indigestion, menstrual cramps, prostate and sexual ailments, nausea and similar digestive disorders.

40. G-JO ACUPRESSURE AND CHILDBIRTH

Most of us think that "natural" childbirth in primitive societies and suffering through the agony of labor and other associated symptoms without any help, whatsoever. Nothing could be further from the truth. In the Orient, at least, techniques were developed thousands of years ago that were simple, required no drugs or medications and could usually be self-applied, if necessary. One of the most powerful of these techniques -- not only for assisting childbirth, but for relieving all manner of minor or emergency problems -- is called "G-Jo." This technique is a form of acupuncture ... but without the needles. Instead, the fingertips are used to apply "acupressure."

Not only is G-Jo (or simplified) acupressure easy to apply, it is much safer for both mother and new-born than many of the drugs and medications in popular use at hospital delivery rooms today. While this technique is not used during pregnancy (especially after the first trimester), when it is used symptomatically during labor and delivery (that is, when discomfort or other problems manifesting themselves), it can reduce the time and discomfort of delivery dramatically.

And after the birth is completed, during the mother's healing process, G-Jo can speed recovery by assisting the body's own self-healing mechanisms.

Unfortunately, while I have appeared on nearly 2000 radio and TV talk shows to help audience members find immediate relief from a vast range of ailments and discomforts, I have never had a first hand opportunity to use G-Jo for natural childbirth. So here, I must proceed on research. As mentioned above, G-Jo is used symptomatically -- that is only when the symptoms are manifesting themselves. In this case, symptoms of course would be discomfort and difficulty during labor and delivery. There are at least three acupressure points which are classically used to assist childbirth -- G-Jo points #5, 7 and 13. (Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com. for illustrations of these G-Jo points.)

Generally, G-Jo points are triggered in a deep, digging or goading-type of massage to produce response. During conscious childbirth, however, you use a more "feel-as-you-go" approach -- use a little more or a little less fingertip pressure, as needed, paying particular attention to whichever of the three bi-lateral points "feel right." There will be no mistaking this response -- almost invariably, it will be accompanied by a profound feeling of ease and relief (at least temporarily).

If the birth is husband- or mid-wife assisted, the assistant -- not the mother -- may wish to do the "triggering." However, whenever possible, G-Jo is best self-applied ... and this would include during drugless childbirth. Apply up to 15 pounds (measure this in advance on a bathroom scale by pressing the tip of the thumb on the scale) of fingertip pressure to each of the three suggested G-Jo acupressure points when labor's discomfort has started. See which point brings the best relief, then focus on that point primarily throughout delivery. If that point seems to "lose its effectiveness," try the other points again.

I suggest using this technique only to relieve extreme discomfort or other associated symptoms of a difficult delivery (believing in "nature's way" being the best, whenever possible). Repeat as needed, use common sense. If G-Jo fails to bring desired relief -- or if for any reason you believe a serious problem exists -- don't hesitate to use more modern means. But generally, you should be able to obtain immediate relief by first "triggering" (massaging in a moderately deep goading manner) first the selected acupressure point on one side of the body for 15 to 30 seconds, then duplicating the find-and-trigger process on the opposite side.