

## 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](http://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.

To find the G-Jo point for the first time, press deeply in the approximate area where the point is located. Use the tip of the thumb (not the padded or fleshy part, because the points are tiny -- only about the size of a pinhead -- and you'll need specific pressure to contact the point) then press until you feel a sensation that is like a toothache or a pinched nerve. G-Jo point #7 should be particularly easy to find (see directions below), as it is usually quite sensitive to the touch. Once located, trigger in the goading type of massage until relief occurs.