

41. G-JO: FAST RELIEF USING SIMPLE ACUPRESSURE

To most Western health-care professionals, there is no longer a question about whether acupuncture (and its related techniques) do or don't work. Their efficacy has now been well-documented in numerous professional journals (not to mention tabloids, magazines and other popular publications). Instead, the question is how to best utilize them for oneself and/or to integrate them into one's professional practice.

The study of the traditional Oriental way of healing may take a lifetime. But putting the basics of these principles into practice can take as little as a few minutes of reading, then a few seconds of application. The method by which this is accomplished is a technique called G-Jo.

G-Jo is an abbreviated form of finger pressure acupuncture -- that is, "acupressure" -- and is an easy, three step process. Its goal is prompt symptomatic relief, immediate relief of most common ailments or bodily discomforts. While basic G-Jo -- such as described in this article -- is not good acupuncture (which seeks to heal the inner organs and glands, letting any ailments or symptoms drop away as a natural consequence of inner "energy balance" being restored), it is an excellent alternative to aspirin and other potentially dangerous non-prescription remedies. It's fast, effective and -- when properly used -- nearly impossible to abuse.

Aside from its obvious uses as a good office method to bring prompt relief, it makes an excellent "take-home" remedy for patients/clients to use between office visits. And it works well for the harried practitioner's own headache, backache or indigestion, too.

For example, G-Jo point #13 (one of nearly 200 basic G-Jo acupressure points) usually brings fast relief from tension headaches, as well as from many other ailments or injuries of the head, neck or shoulders. To find this point, close your right thumb and forefinger together, laying them tightly side by side (fingers open, not clenched). You should see a fleshy or muscular mound rise up on the top or back of your hand between the thumb and forefinger.

Now place the tip -- not the padded or fleshy part -- of your left thumb on top of that mound and relax your hand. You might want to reach into your right palm with your left index finger, so you'll have something to probe against; but the pressure must be applied to the back of the hand, in that muscular webbing. Not in the palm. Begin probing deeply, searching for a tender "ouch point." It will feel like a toothache or a pinched nerve when you press it deeply. If you have difficulty finding the tender point, move back just a bit toward your wrist. It's there, so keep probing until you find it.

G-Jo #7 is another point well worth memorizing. Found a width of one hand (roughly three inches) above the bulge of the inner ankle bone (medial malleolus), this is a main point for controlling any problems of the lower abdomen, whether they be bowel disorders (even as serious as dysentery) or of the reproductive area, such as menstrual distress or prostate problems. To find this point, simply run your thumb up the inner, rear edge of the shin bone (tibia), directly in line with your inner ankle bone. About three inches up toward the knee from the ankle, you'll feel the unmistakable tingling that announces this point. You may not even have to probe deeply, especially if you're prone to distress of the lower tract.

G-Jo is a two-step process. Step one, of course, is finding the right pressure point (they are tiny -- only about the size of a pin-head, so this may be a bit more difficult than it might seem at first). And step two is massaging (or "triggering") the point properly. Again, this is done with a deep,

digging or goading kind of fingertip massage. Most of the pressure points are duplicated bilaterally (on either side of the body, that is), so as soon as you find and massage the point on one side, you immediately duplicate the technique on the opposite side. That's all. In most cases, you only need to massage the points about 15 seconds apiece to get prompt relief of a minor, acute target symptom.

Both for finding and triggering the G-Jo points, use up to 20 lbs. of pressure -- enough to make you wince with sensitivity -- because this special kind of discomfort is absolutely essential for G-Jo to be effective. It seems to act like unblocking a gate, even though the pain or discomfort should immediately cease after you stop massaging.

There are certain phenomena -- called "acupressure reactions" -- that generally accompany proper stimulation, and when these occur it's often a good indication that this is the right point to restimulate if the target symptom returns. For example, a deep and profound sense of muscular release often happens upon stimulating a control point -- you feel like someone let the air out of your balloon in a big rush ... you'll feel like sighing "aaaahhhhhh ... " in relief. And you'll usually notice a slight flush of perspiration form across your brow or shoulders.

You may even feel a little lightheaded, because this sense of relaxation can be so profound, so do G-Jo in a seated position, if possible. And, of course you should receive complete or near- total relief or the symptom. This relief should last for at least as long as an aspirin or pain reliever would bring -- and probably longer.

As you learn more about the interrelationship between the points and areas they correspond to, you'll develop a sense of "rightness" about the proper point ... like you'll sense "it needed that" stimulation, or -- while the stimulation may have been a little uncomfortable -- "it hurt good."

G-Jo is also an excellent first-aid technique, as well (G-Jo means "first aid" in its native Chinese). Not only should G-Jo bring immediate relief, but swelling and other symptoms of an injury or disorder should also "reverse" (heal) themselves quickly. In fact, if you trigger the right G-Jo point as soon as the disorder arises, there may even be no evidence of the injury or disfunction within a few moments afterwards. If the symptoms return, simply trigger the best point(s) 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 to Oriental practitioners of the art that healing is occurring, as well as relief. These same practitioners also suggest that pain (or other apparent discomfort) -- while by no means the first nor even the best indicator of internal problems -- be the "doorbell" for use of acupressure by untrained people. That is, G-Jo should be used symptomatically -- only when the symptoms arise. The "body-mind" is a complex mechanism and one that takes many years of training to comprehend, at least in the Oriental manner. But, as mentioned above, deep knowledge isn't required for the use of these self-health techniques, only some kind of general guidelines. And return of the symptoms is the best indication that acupressure is called for.

G-Jo #5 -- a third vital point -- is found behind the bulge of the outer ankle (lateral malleolus), in the hollow area or depression behind that bulge and just ahead of the Achilles tendon. But you'll have to probe around -- perhaps a little closer to the foot, or a bit higher, toward the calf; or possibly even close to the ankle bone, rather than dead center in the depression. It's slightly different for each person. This is one main control point for the back and legs; it should bring prompt relief from sciatic problems, pain in the hips and even in other parts of the body. It is also a good point to know during natural childbirth (to be used during labor and delivery as well as to help control post-delivery problems).

While G-Jo may be used by anyone in an emergency or 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 regular or daily medication for serious problems (e.g., cancer, diabetes, etc.) -- should generally avoid using pressure points. It's thought that during the above conditions, the body's electro-chemical "mixture" -- the mixture we seek to alter using G-Jo -- is too "out of balance" for the untrained person to deal with properly.

It is said that a G-Jo point exists to relieve most problems in any part of the body. (All the many G-Jo Acupressure points and their hundreds of uses are found in the G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program*. 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.)