

42. G-JO: ACUPRESSURE FOR REMARKABLE RELIEF

Headaches, backaches, indigestion and most other minor or "everyday" ailments can be promptly relieved using nothing but the touch of a finger. The method by which this is accomplished -- called G-Jo -- is a kind of acupuncture ... but without the needles (acupressure). With G-Jo acupressure, the fingertip is used to stimulate and "trigger" one or several of the body's more than 1200 known acupuncture points.

The goal is symptomatic relief. And to this extent, G-Jo works faster and often more effectively than nearly any drug or medication. In fact, when the right G-Jo point (that is, the point that best "controls" the ailing bodily area or function) is triggered properly, relief occurs within seconds!

Not only does G-Jo promote immediate (and usually complete) relief, it also stimulates the body's own self-healing mechanisms. In this respect, G-Jo helps prevent a minor problem from becoming more serious or chronic. For in the Orient -- where G-Jo was first discovered many thousands of years ago -- it is said that when one successfully treats a small problem, a bigger problem cannot arise.

G-Jo means "emergency first aid" in Chinese. But this remarkable "self-health" technique is much more than a program to temporarily treat wounds or injuries until help arrives (though it does work well, even for such traumas). And with a little reading and practice, you can learn enough G-Jo to avoid much needless suffering and become nearly independent of doctors and drugs ... especially if your lifestyle is already a healthful one.

There are nearly 200 basic G-Jo pressure points. With a complete knowledge of their locations, you can relieve more than 250 health disorders and distressed bodily areas. Such diverse problems as burns, lacerations, stings, poisonings, dysentery and appendicitis -- not to mention headaches, lower back pain, indigestion and menstrual distress -- all respond quickly to properly applied G-Jo stimulation.

To use G-Jo, you only need to know how to find -- then how to "trigger" -- these pinhead-sized therapy points. You can trigger them upon yourself, of course or even for another person (including children) ... and under nearly any circumstances. If one point doesn't prompt relief, simply move on to the next one and try that. When you find a point that brings relief, trigger the identical point of the opposite side of the body, as well (most G-Jo points are duplicated bilaterally).

How G-Jo works isn't completely understood. Western science has proven that endorphins -- the brain's morphine-like compounds -- and other pain-killing biochemicals are immediately released when good control points are stimulated (especially with acupuncture needles). But more than that seems to happen, because there is even a change in energy -- a change in the level of vitality -- when a good point is triggered.

Six of these pressure points are so broad-acting they are considered primary points. Each one controls a large area of the body, so that even if you don't know the best point to relieve your symptom, you may still get relief by stimulating the appropriate primary point. Three of these basic pressure points are found on each arm, three on each leg. 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.

While there are other, more complicated acupressure programs to use for maintaining good health or healing chronic disorders, basic G-Jo is used only symptomatically (when the target

symptom is actually bothering you). Finding the right primary G-Jo point is as simple as deeply probing around the appropriate area of your arm or leg until the tiny point announces itself with its characteristic, "loud" twinge of sensitivity. Use the tip -- not the pad or fleshy part -- of your thumb (pref.) or your forefinger; probe as deeply as you can, or with a maximum of 20 lbs. of fingertip pressure. If you have difficulty generating this much fingertip pressure, use the eraser tip of a pencil, etc.

The second rule -- stimulate the point properly -- is also done with the tip of your thumb, forefinger, knuckle or a specific tool. Use a digging, goading massage of the pressure sensitive area. All the G-Jo points are tiny -- only about the size of a pinhead -- so it may be a bit difficult to find a point, at first. But after you find several of them on your own body, you'll quickly recognize the characteristic twinge -- which some people describe as feeling "like a toothache or pinched nerve" -- that only happens when a good point is deeply probed and triggered.

While you should begin by triggering both sides of the body identically, nearly always the G-Jo points are duplicated bilaterally; and one side will generally be more tender than the other (characteristically, the right side will be more tender for females, the left more tender on males). The more sensitive side is usually the more effective in bringing relief, so you can spend a bit longer triggering it. Oriental doctors believe this bilateral stimulation of the points helps to "balance the body's vital energy."

Although many points may beneficially affect a specific symptom, usually one or two G-Jo points in particular will "do the job" best. Stimulate the best point(s) as soon as you notice a symptom occur or return -- this is very important, for the sooner G-Jo is begun, the better and more effective it is. You should get increasing spans of "relief time" -- time between necessary restimulations. This is a good indicator that you've found the right G-Jo point(s) for the target symptom. Another good indicator is that, when properly stimulated, a good G-Jo point will often produce a profound feeling of relaxation, a flush of heat or even perspiration (especially across the brow or shoulders), or a feeling of lightheadedness or possibly brief, mild nausea. These very normal responses are called "acupressure reactions," and will occur nearly every time a good G-Jo point is properly triggered.

If you feel little or no relief, it usually means you've found no point, at all, or that it was the wrong point for your kind of seasickness (each body reacts somewhat differently to all others). This is especially true if triggering the selected point produced no acupressure reaction. In that case, try the next point, and if that doesn't work, then the next. But stop when you find the point that brings relief. And if your symptoms return, just trigger the best points again. You should get the above-mentioned increasing spans of relief time. (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* -- see www.g-jo.com)

But G-Jo is not for everyone -- there are certain rules and contraindications for its use. You should generally avoid G-Jo if:

- * You are a pregnant woman -- especially beyond the third month of pregnancy (however, if you are planning on having natural childbirth -- that is without any medications or "twilight" injections, etc. -- then G-Jo points number 5, 7 and 13 may be used during labor, delivery and afterwards to help speed the birthing and healing process, as well as relieving any problems that may occur during delivery ... these points are on the free chart);

- You are a chronic heart patient, especially one who wears a pacemaker or other artificial

energy-regulating device (but G-Jo points number 10 and 13 -- also on the free chart -- may be used for emergency heart attack relief until you can obtain help);

- You are a person who takes regular or daily medication for serious health problems (e.g. cancer, diabetes, etc.) -- generally G-Jo and medicines don't "mix".

Aside from that, you should generally wait several hours after taking drugs, medications, alcohol or other intoxicants before applying these techniques. You should also wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercise (except in emergency) before applying G-Jo. And if any of the G-Jo points fall beneath a scar, mole, wart, varicose vein or any kind of blemish or disfigurement, avoid that point and use the one on the opposite side of the body (nearly always these points are duplicated bilaterally).

While not a panacea or cure-all, the knowledge and use of G-Jo helps you become more independent and health self-reliant. It helps free you break your dependency on doctors and drugs. It helps you avoid suffering while accelerating your innate self-healing processes. And most important, G-Jo helps you assume more responsibility for your own state of health, which is what most of us truly want to do.

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Several Important G-Jo Acupressure Points and Some of Their Many Uses: 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.

G-Jo Point #13:

Its Approximate Location: In the webbing between the thumb and forefinger. Squeeze the thumb and forefinger together until a mound appears; place your finger or thumb upon the mound, then relax your hand. Begin probing in that area, moving slightly back and forth, especially toward the wrist, until the twinge announces the point.

Helps The Following Symptoms Or Bodily Areas: Chest; Colds and influenza; Ear; Elbow; Eye; Face; Foot; Hand; Head; HEADACHE; Laryngitis; Mouth; Nosebleed; Nasal congestion; Respiratory system; Shoulder; SORE THROAT; Throat; Toothache; Tongue.

G-Jo Point #5:

Its Approximate Location: In the valley behind the bulge (crown) of the outer ankle; between the Achilles tendon and the bulge of the ankle.

Its Possible Uses: Lower back; Face; Foot; Headache; Hemorrhoids; Leg; Pain control center; Sprains; Strains; Testicles; Vertigo; etc.

G-Jo Point #7

Its Approximate Location: The width of one hand, measured across the rear knuckles, above the

bulge (crown) of the inner ankle, very close to the bone (tibia); by running your finger up the inner edge of this bone, you should quickly find the most sensitive spot. This point is often used in combination with point #9.

Its Possible Uses: Abdomen, lower; Constipation; Diarrhea; Flatulence; Foot; Hangover; Hip; Indigestion; Leg; Menstrual problems; Nausea; Seasickness; Stomach; -- as well as: Cystitis; Gastrointestinal system; Lumbago; Pain control center; Prostate; Sexual organs, etc.