

### 43. G-JO: A USEFUL "SELF-HEALTH" TECHNIQUE

In the search for -- and practice of -- an integrated, holistic "healthstyle," seems inevitable to eventually come in contact with traditional Oriental healing and health preservation techniques. For only in the Orient does the true practice of "whole-person health" have a well-developed place in the scheme of things.

The philosophy that guides traditional Oriental healers may be summed up in one sentence: "that which affects the body and/or the mind must first be 'channeled' through, and affect, the inner organs and glands; and these organs and glands are controlled by the flow of 'vital energy' (pranha, ki or ch'i)." Hence, if you would heal yourself (or another), you must first restore the balance of vital energy flowing to and from the malfunctioning organs or glands that "control" the distressed bodily area or function.

This is the entire key to understanding how traditional Oriental healing techniques work. These techniques include acupuncture, herbal therapy, medicinal diets as well as a number of other unique methods.

The Orient is rich with not only doctor-applied "energy medicine" techniques (e.g., acupuncture). There are also numerous "self-health" techniques whose practice is still widespread today -- though their roots are buried in the prehistoric past. One such technique is called "acupressure" -- a kind of acupuncture without the needles.

There are several "styles" of acupressure, ranging from a rather difficult form (called shiatsu) to the most basic type, known as G-Jo -- a simple and easily-applied, three step process.

G-Jo takes only minutes to learn and seconds to apply. Its goal is symptomatic relief (although long term healing often does occur from the regular, symptomatic use of G-Jo).

There are nearly 200 G-Jo points -- pin-head sized acupuncture 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 should follow immediately. While there are sometimes as many as 20 or more

G-Jo points for a specific symptom (e.g., headaches, low back pains, indigestion and such), there are usually one or two "best" points that not only bring immediate relief but actually stimulate the body's own self-healing mechanisms, as well.

There are at least six "basic" points that everyone should know. (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 six G-Jo points.) These 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 for most minor (acute) or emergency -- but not necessarily chronic -- symptoms most of us 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 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](http://www.g-jo.com) )

The rules for using G-Jo are quite easy -- in fact, there are only two important rules to remember: FIND THE RIGHT PRESSURE POINT; and STIMULATE THE POINT PROPERLY.

Finding the right point is as simple as deeply probing 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 the

bent knuckle of the forefinger; probe as deeply as you can, or with a maximum of 20 lbs. of fingertip pressure. If you have difficulty generating this much pressure, use the eraser tip of a pencil or other similar specific, non-intrusive instrument. The feeling when the point has been contacted has been described as being "like a toothache or a pinched nerve." In any event, after you locate these points several times, there is no mistaking the feeling.

The second rule -- stimulate the point properly -- is also done with the tip of your thumb, forefinger, knuckle or specific tool. Use a digging, goading massage upon the pressure-sensitive area.

To relieve a headache: find G-Jo point number 13 by placing the right hand so the palm faces the floor. Now put your fingers out straight, side by side, and squeeze your thumb tightly against your index or pointer finger. You should see a small, fleshy mound pop up on the back of the right hand between the thumb and index finger.

Now place the tip -- not the pad or fleshy part -- of the left thumb (or if you have a long thumb nail, the bent knuckle of the left index finger, etc.) on top of that mound. Keeping the left thumb tip in place, relax the right hand and begin pressing

as deeply as you can in the fleshy, muscular area that is formed between the thumb and pointer finger.

Press deeply until you feel a tender "ouch" point. Remember: this should feel like a toothache or pinched nerve when you contact it -- the more it hurts the better it is likely to be for your kind of headache (or any of the other 40-odd symptoms and bodily areas this powerful point controls).

Once you locate the spot, do step two of this very easy three-step process: "trigger" the point deeply, in a digging or goading kind of fingertip massage. Do this for 15 or 20 seconds on the right hand, then stop and duplicate the find-and-trigger technique on the back of the left hand for another 15 or 20 seconds.

If this is the best point for your type of headache, several things should occur. First, you should get an "acupressure reaction," which is a feeling of warmth, perspiration, light-headedness or similar response as you trigger the point. This should happen as you stimulate the points on both hands, if it is a particularly good point. Then you should feel a sense of relaxation or a mild "glowing" feeling ... and, of course, relief of your headache.

To relieve a backache: use G-Jo point number 5. First, seat yourself in a comfortable chair, then reach down behind the bony

bulge of the outer right ankle with the tip of your right thumb. Press deeply in the soft hollow or depression located between that bony bulge -- lateral malleolus -- and the Achilles tendon (the hamstring tendon that runs up the back of the foot and leg). Press as deeply as you can until you feel the tender point. Once located, trigger the spot in the deep, digging or goading kind of massage and expect relief.

Then reach for the identical point behind the left, outer ankle. Again, find and trigger that point -- it may be more tender on a male (while the right side may be more tender on a female, due to differences in bodily energies between the sexes) -- and gently test your backache. It should completely "eraser" -- but if there is a bit of discomfort remaining, simply trigger the points for another few seconds and test again.

Another powerful G-Jo acupressure point, number 7, has many uses for the lower half of the body, including relief of indigestion, gas and flatulence, as well as for ailments of the prostate or

other sexual organs. Cystitis can also be relieved with number 7. In all, there are over 40 common conditions this point has been effectively used in self-treating.

G-Jo point #7 is located about 3 inches (or the width of one hand) above the inner ankle bone (medial malleolus), along the inner rear edge of the shinbone (tibia). Press deeply in that area, moving the thumb tip up or down the inner, rear edge of the bone until the sharp twinge of sensitivity is felt. Then trigger the point for a few moments and relief of the target symptom should follow.

There are certain contraindications for using G-Jo (though these may be superseded in the case of emergency, limited or one-time use). Regular use of G-Jo should be avoided by chronically-ill patients, especially those who suffer heart problems or who are on regular, daily medication; and by pregnant women, especially after the third month of pregnancy. However, G-Jo becomes an extremely effective midwifery technique to aid a difficult or painful natural (drugless) childbirth (using G-Jo points #5, #7 and 13) after labor has begun. These three points are also useful for post-delivery problems, as well.

G-Jo should be temporarily avoided under certain circumstances, as well: It should not be used within four hours of taking drugs, medications, alcohol or other intoxicants; it should be avoided for about half an hour after taking a hot bath, eating a hot or heavy meal or doing strenuous, physical activity. It should also be avoided during times of emotional distress -- better to wait a bit until a sense of calmness returns.

Poor health affects all aspects of the human being -- spiritual, psychic, mental, social, emotional and physical. Yet one aspect of health is so vital that, without it, no true health or healing is possible -- freedom from physical suffering: Freedom from pain, freedom from uncomfortable distress in the digestive tract, freedom from all aspects of discomfort that manifests itself in the physical. The Buddha impressed this concept upon the healers he encountered: "first, relieve suffering; then speculate on its nature." It is toward this end that G-Jo will be particularly helping -- a long first step toward a more self-sufficient "healthstyle."