

44. G-JO: FOR NATURAL RELIEF FROM SEASICKNESS AND NAUSEA

Until recently, if you suffered from seasickness, you either had to: A) "grit and bear it"; B) take medication or remedies that left you sleepy and lethargic; or C) stay home on all but the most ideal of boating days. Now, thanks to a number of "new" (although most are actually centuries old) natural health techniques, many seasick-prone boaters can take to the waves ... regardless of the conditions.

One of the most remarkable of these drugless "self-health" techniques is actually more than 5,000 years old ... yet most Westerners have never been introduced to it. It is called G-Jo, and is a simplified form of acupuncture without needles ("acupressure"). This obviously Oriental technique has become increasingly popular in the West over the past decade because of its ease of application combined with its remarkable effectiveness. It has many applications for the boater and sailor, not the least of which is as a first aid technique for the control and relief of seasickness.

When using acupressure for relief of mal-de-mer, however, there is good news and bad news. The good news is that the technique requires nothing but the touch of a finger to be effective. All you need do in order to bring yourself the remarkable sense of relief this easy-to-use method can produce is to find the right acupressure point that "controls" your seasickness (or other malady or ailment); then to "trigger" and stimulate the acupressure point properly.

The bad news is that, to maintain relief from seasickness you may also need to maintain continuous pressure upon at least one or two of these tiny (pinhead-sized) spots. More about that in a moment.

There are nearly 200 basic G-Jo acupressure points on the body and each one controls certain bodily areas and/or functions (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 . Of these, five can provide that remarkably fast, effective relief from seasickness which has made G-Jo so popular among a small-but-growing group of yachtsmen.

There are even several useful acupressure points in the ear; but these need to be stimulated with a toothpick or other similar "tool." However, the points in the ear are usually the most effective -- not only for seasickness, but for many other maladies, as well -- of all the more than 1200 known acupuncture/acupressure points in the body.

But for general use, the G-Jo points located on the arms or legs are the most convenient; and they usually provide prompt (if sometimes temporary) relief. 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.

Finding the point requires deep fingertip pressure (as does the triggering). You must probe until you feel the spot that announces itself with a "loud" twinge of sensitivity -- it should feel like a toothache or pinched nerve when you contact it. That bit of pain -- plus the discomfort that accompanies the right kind of triggering massage -- are the only other bad things about this all-natural self-health technique.

If that much pressure is hard for you to generate, try using the bent knuckle of your index (pointer) finger, the eraser tip of a pencil or similar, blunt instrument. Remember: if you don't feel the twinge, you haven't found the point -- keep probing until you do, or else this technique won't work for you.

Use up to 20 lbs. of finger tip pressure (both to locate and to stimulate the G-Jo point). When

you locate the tender spot, keep your thumb or fingertip in place and begin a deep, digging or goading massage -- not just pressing and holding the fingertip in place. Really work this spot around. This only needs to be done for up to 30 seconds, but it needs to be deep.

G-Jo is used symptomatically (that is, as soon as the symptoms or ailments occur). As soon as you notice a problem -- be it seasickness or any other ailment the point might control -- stimulate whichever one of the following basic pairs of points that best controls that area. If your symptom is not relieved satisfactorily, try another pair of points. (Because they are so broad-acting, any one pair may relieve symptoms usually controlled by another.) Then, when your symptom returns -- if it does -- simply restimulate the pair of points that best alleviated your discomfort.

If you find and trigger the right G-Jo point properly, several things should immediately occur. First, the point should become increasingly tender as you stimulate it. Second, you'll usually feel an "acupressure reaction" -- typically a sudden feeling of warmth, a light flush of perspiration, an immense feeling of relaxation or release, etc. If this occurs, you've probably found a good acupressure point and triggered it properly. Now "test" your symptoms.

Your discomfort or pain should be gone -- totally or nearly so -- and in its place you should now feel a sense of wellness within, just as if the distress hadn't even existed moments before. It is as if someone had literally erased your suffering even the most painful parts of it -- within a matter of seconds.

If G-Jo doesn't work, it's usually because you haven't found the right G-Jo point for your ailment. Then it's time to try the next points. There are a number of these tiny pressure points for relief of seasickness and nausea (several of which are described below). Simply do the same, three-step process -- probe ... trigger ... test -- and stop when you obtain relief.

As mentioned earlier, many people find that, although the acupressure points are quite helpful when being triggered, the sense of seasickness soon returns when the stimulation of these points ceases. In the past year or so, a small Velcro wrist strap with a nub affixed to its inner side has been marketed which, when properly attached to the lower forearm, does continually stimulate one special seasickness point, G-Jo #10. Though I have never used one, I understand they work quite well -- and certainly they conform to the theory of acupressure.

However, the ingenious sailor can easily make a pair of such "bracelets" with nothing more than a bit of imagination. How about a strip of rag tying, perhaps, a bolt or other nubby object in place atop the exact acupressure point (after first locating it with the deep, probing fingertip pressure)? Or even a narrow canvas strap? Actually, anything that keeps deep pressure atop that point will work ... but the manufactured strap (which costs less than \$10.00 a pair in most shops) is by far the most convenient.

There are certain contraindications for its use (though these may be superseded in the case of emergency or limited use). Regular use of G-Jo should be avoided by chronically-ill patients, especially those on regular medication or who suffer heart problems; and by pregnant women, especially after the third month of pregnancy.

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.

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The following are several of the most useful G-Jo acupressure points for relief of seasickness and nausea. As described above, maintaining deep pressure on point #10 (rather than any of the other points) would be a wise idea to try, if the brief, periodic acupressure triggering doesn't bring complete or long-lasting success. And a wooden matchstick or blunted toothpick will be most useful both in finding, as well as in triggering, the special points in the ears. With ear acupressure, be prepared: the "right" point will be very pressure-sensitive and will announce itself easily with the characteristically "loud" twinge of sensitivity.

G-JO POINT #10

Its Approximate Location:

Approximately two inches above the most prominent crease of the inner wrist (direction toward the elbow), on the lower forearm, in line with the middle finger.

Some Other Possible Uses:

Problems of the arm, armpit, hands, elbows, chest, breasts, shoulders; nausea; diarrhea; heartburn; dizziness, 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.

Some Other Possible Uses:

Problems of the abdomen, back, leg, stomach, sexual organs; constipation; Diarrhea; Flatulence; Hangover; Indigestion; Menstrual problems; Nausea;

G-JO POINT #9

Its Approximate Location:

The width of one hand, as measured across the rear knuckle, below the bottom of the kneecap; then move slightly toward the outside of the leg (direction of the small toe), about an inch. The point is found in a "trough" between the bone (tibia) and the muscle.

Some Other Possible Uses:

Refer to G-Jo point #7.

The points illustrated in the ear should be stimulated with moderate pressure, using a blunted toothpick or wooden matchstick, and repeated as necessary.

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Though G-Jo acupressure is one of the most effective natural (drugless) methods for relief from seasickness, it is not the only one. Far from it. There are at least half a dozen other "folksy" -- but at least partially effective -- "self-health" techniques that require nothing more than a supermarket, a liquor store or a pharmacy. (more completely described in this author's FIRST AID USING SIMPLE REMEDIES -- \$10.50 postpaid from The G-Jo Institute). And with seasickness, even partial relief can spell the difference between a good day and possible tragedy.

There are five common substances you'll need for your all-natural seasick first-aid kit: ginger root ... vodka ... cayenne (powdered red pepper) ... lemon ... and oil of peppermint. The most complex of these remedies -- but probably the most effective -- combines vodka, ginger root and peppermint oil into an eye-opening tincture that is taken both before departure and upon the high seas, as needed. But taken only in small doses -- a few drops at a time and held for a minute or two under the tongue before swallowing.

To make this tincture, you'll need a week or so before you actually have to use it. Begin by grating the ginger root (one large, whole root) as finely as possible, then forcing that pulp into half a fifth of good vodka (or two whole roots into a whole fifth or quart bottle of vodka, but the half-bottle is better because you'll need room to shake the mixture briskly). Shake this ginger-vodka mixture for a minute or so, then let stand in a dark corner. Once every day for the next week, shake this mixture for a few moments.

Then, on the eighth day, add a teaspoonful of the peppermint oil (available at most drugstores or health food stores), and shake again. The tincture is now ready for use. The best way is to first "decant" the fluid into a number of one ounce eyedropper bottles (immediately after shaking the "mother" bottle briskly, since the peppermint oil tends to float on the top), then place them strategically around the boat to be drawn from when the queasiness occurs. Just squirt a few drops under the tongue ... hold for up to a minute ... and swallow (relieves all kinds of nausea). This tincture has worked well for some of our crew.

The vodka-ginger mixture can sit as long as you like, but it takes at least a week for the vodka to extract the essential elements from the ginger, so don't rush the process. The taste, incidentally, is rather good -- especially without the peppermint oil, so you might want to reserve a bit as an aperitif or cocktail.

Fresh ginger root, by itself -- chewed and swallowed -- is a pungent but classic way to promptly relieve nausea from motion. Oriental sailors have relied on this all-powerful herb for centuries, as have many Western sailors. Thus the old nostrum of drinking ginger ale, with or without a bit of salt added.

Another pungent seasick remedy is to take cayenne pepper and either eat a spoonful or two by itself (ouch!) or make it into a potent infusion (tea) using the equivalent amount in a cup of very hot water.

Or fresh lemon juice may be added to hot water (or sucked directly from the fruit) and taken as hot lemonade (without sugar) to calm the queasy stomach. Each of these herbal remedies -- cayenne, lemon and ginger -- have long histories of success. But there is one rule of thumb to always remember when using any natural remedies: use whatever works! Combine several or all these methods, if necessary, and use then as needed. They are safe and harmless -- and well worth the effort to bring the pleasure back to boating for you or your family and crew.