

## 45. G-JO: FAST RELIEF WITHOUT DOCTORS OR DRUGS

Most health-conscious people realize that taking medicines -- even supposedly "safe" remedies, such as aspirin -- pose as many potential health problems as they solve. Yet Western science has still to produce the absolutely safe, effective, inexpensive medicine that relieves the discomforts and ailments that most people -- even health-conscious people -- occasionally suffer during their lives. Nor is science likely to produce such a remedy in the near future.

For that kind of "medicine," we must look Eastward.

For in the Orient -- China, Japan, Tibet and India -- where doctors are few and poverty is widespread, people long ago learned to heal themselves or suffer the consequences. The result is a unique healing system called "energy medicine."

While many people have never heard of energy medicine, most of us have heard of one of its most important modalities: acupuncture. There, hair-fine needles (or other "tools") are used to stimulate any of the body's more than 1200 known acupuncture points -- tiny therapy spots, about the size of a pin-head. The goal of acupuncture is both relief and healing. Acupuncture is said to produce its benefits by restoring the body's vital energy balance: hence, "energy medicine."

While acupuncture takes many years to master, there is one acupuncture-related energy medicine technique that takes only minutes to learn and moments to apply. Yet when properly performed, this simple maneuver brings instant relief from backaches, headaches, indigestion, menstrual cramps and literally hundreds of other suffering bodily parts or functions.

This technique is called G-Jo.

Instead of needles, only the finger- or thumb-tip is used to stimulate and "trigger" one or several pairs of easily accessible acupuncture points -- usually located on the arms or legs -- in a kind of acupressure. G-Jo means "first aid" in its native Chinese. While it's new to the West, Oriental families have been using acupressure for several thousands years. Its goal is complete, immediate relief of suffering.

G-Jo promptly "erases" all kinds of "everyday" aches and pains -- the kind you might otherwise take an aspirin or other non-prescription remedy to relieve. It even works well for emergency symptoms -- the bleeding or other results of burns and traumatic injuries. G-Jo is safe and natural; yet because it works on a physiological -- not "psychological" or emotional -- system of the body, it works for skeptics as well as "believers." Once G-Jo is learned, you have -- literally at your fingertips -- a method for freeing yourself from pain and suffering for the rest of your life.

However, G-Jo may not be as effective for chronic problems -- those of a longstanding nature. That's because sufferers of such disorders are usually already under some kind of medication; and one of G-Jo's several contraindications (or times when its use should be restricted -- see below) is when the sufferer is already taking regular medication for a health problem. Generally speaking, acupressure and medication don't mix.

There are nearly 200 G-Jo points -- pressure-responsive acupuncture points 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 follows in seconds. While there are sometimes as many as 20 or more G-Jo points for a specific symptom (e.g., headache), there are usually one or two "best" points that not only bring instant relief but actually stimulate the body's own self-healing mechanisms, as well.

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](http://www.g-jo.com) for illustrations of these six G-Jo points. Several of these primary points are described in this article.

G-Jo is a simple, three-step process. Once you learn the technique, you only need to know the right G-Jo point that controls the target area or function. Then, as soon as the problem occurs, simply reach for the best G-Jo point ... trigger it in the special G-Jo way ... and sigh in relief.

The first of these steps is to find the specific acupressure point on your body. Finding the point requires deep fingertip pressure (as does the triggering). You must probe the approximate area until you find 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 bad things about this all-natural self-health technique. You must probe until you do feel that twinge of sensitivity, for unless you find that precise spot, you won't gain the benefits of this technique.

The second important rule is stimulate the pressure point properly. Here, again, the secret is deep pressure. Massage the tiny spot with a digging, goading motion ... still using the tip of the thumb or forefinger. If you have trouble applying enough force with the tip of your thumb or finger, you can use the eraser tip of a pencil or similar instrument.

In severe or emergency cases, you might have to continue massaging the point for as long as several minutes; but 10 to 15 seconds of treatment is usually enough to relieve a minor problem.

To complete your G-Jo self-treatment, simply move to the opposite area of your body and repeat that massage for a few seconds. (Most G-Jo points are duplicated bilaterally -- that is, on either side of the body.) Do the same probing and same massage after you locate the point. Now "test" your symptoms gently. They should be gone or nearly so. And if the target symptom or ailment returns, simply repeat the massage. G-Jo should produce increasing spans of "relief time" -- time between any necessary restimulation of the best control points for your discomfort.

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 relief often happens upon stimulating a good 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 faint, because this sense of relief will be so profound, so do G-Jo in a relaxed position if possible. And as you learn more about the interrelationship between the points and bodily areas or functions they correspond with, you'll develop a sense of "rightness" about the proper point ... you'll somehow sense "it needed that" stimulation, or -- while the stimulation may have been a little uncomfortable -- "it hurt good."

One or two massages will often completely eliminate the ailment or pain of a minor injury ... but occasionally, it will take a few more applications than that. You should get at least an hour's relief from minor symptoms after the first stimulation, if you've used the right point(s) properly.

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 point suggested for the target symptom. There are usually

several of these tiny pressure points for any particular bodily area or discomfort (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) ). Simply do the same, three-step process -- probe ... trigger ... duplicate -- and stop when you obtain relief. The three G-Jo points described below are among the most powerful and broadacting of all. Often, at least one of them will bring, if not total, then partial relief to virtually any area of the body.

G-Jo may be used on children as well as adults (simply use less pressure and adjust any measurements for finding these points accordingly). However, G-Jo is not a cure-all. Nor is it for all people under all circumstances. There are several important rules for best using these G-Jo techniques:

- Wait for about four hours after taking any drugs, medication, alcohol (or other intoxicants) before using G-Jo ...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercises before using G-Jo ...
- If the suggested point lies beneath a scar, mole, wart, varicose vein or other blemish, avoid that point and try only the opposite point, instead.

Furthermore, there are several people who should normally avoid the use of G-Jo (except for emergency or limited-time use). These include chronic heart sufferers, especially those who wear pacemakers or other mechanical energy regulators and people who take regular, daily medications (except vitamins or other "mild preventive" medicines). Pregnant women should also avoid the use of G-Jo, especially after the third month of pregnancy. However, the following G-Jo points may be used during and following a natural (drugless) childbirth (among many other health functions or disorders) to speed and ease the birthing process as well as the subsequent healing.

### **G-JO POINT # 13**

**Approximate location:** In the webbing, between the thumb and forefinger on the back ("hairy side") of the hand; squeeze the thumb and forefinger together until a fleshy mound appears; then take the tip of the opposite thumb or forefinger, and place it on the mound. Relax the hand and begin probing that area, perhaps moving back toward the wrist, until the sensation announcing the point is felt. Don't forget: use deep pressure.

**Some important uses:** problems of the head; neck; foot; toothache; whiplash; ear disorders; concussion ...

### **G-JO POINT # 7**

**Approximate location:** The width of one hand above the bony bulge of the inner ankle (medial malleolus), just behind the rear of the shinbone (tibia), in approximate line with the bulge of the inner ankle.

**Some Important Uses:** lower intestinal tract problems; menstrual distress; indigestion; nausea; flatulence ...

## **G-JO POINT #5**

**Approximate location:** In the hollow behind the bulge of the outer ankle (lateral malleolus), just ahead of the Achilles tendon; this point may be found slightly higher or lower than the precise center of the depression formed between those two bodily "landmarks."

**Some important uses:** problems of the back; foot; hip; general pain control ...

### **HOW TO RELIEVE ...**

- ... a headache: use G-Jo point #13 or 5;
- ... a lower back pain: use G-Jo point #5 or 7;
- ... menstrual cramps: use G-Jo point #7;
- ... a burn: use G-Jo point #13 or 5;
- ... tennis elbow: use G-Jo point #13;
- ... indigestion: use G-Jo point #7 or 13;
- ... pain: use G-Jo point #5 or any other point.

No drug -- even aspirin or a life-saving antibiotic -- is completely harmless. Take no chances ... try G-Jo first -- at the first sign of distress -- for safe, natural relief!