

## 46. G-JO: FINGERTIP REMEDY FOR INSTANT RELIEF

Perhaps the most important element in health self-sufficiency is to have an easy, effective method for relief of suffering. Then, to make it useful for most people -- regardless of their educational background, intelligence or circumstances -- it should do no harm, even if used not according to directions. And since most sufferers are, to say the least, impatient, such a method should work its benefits quickly. Also, this method should be convenient and not rely upon props, tools or other expensive or not-always-available supplies. And finally, if possible, it should be free (or nearly so) to make it useful for everyone and beyond the scope of money.

There is one -- and possibly only one -- technique that meets these requirements. It is called G-Jo.

G-Jo is a "simplified" form of acupuncture without needles, -- "acupressure." It is a safe, effective alternative to many drugs and medications (certainly to nearly every OTC remedy, such as aspirin).

And, when properly applied, G-Jo brings relief instantly. It may be used virtually without restriction (but see the suggested contraindications below). And G-Jo may be quickly taught: by a nurse, paramedic or other health care professional ... through brief "lessons" on mass media ... or merely by way of a simple, illustrated one page chart (as our organization does). An acceptable training "program" takes two minutes or less; a reasonably complete program, less than half an hour.

In its most basic form, G-Jo relies only on deep fingertip pressure atop/upon one (or occasionally several) pairs of the six primary G-Jo acupressure points. (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) ). Each of these G-Jo points "controls" or otherwise affects at least one, and usually several areas or functions of the body (and, surprisingly, even the emotions or other "psychological" aspects of the human being -- this, it appears to accomplish, by altering the electro-chemical balance of the system).

G-Jo means "first aid" in Chinese. It works best for acute symptoms like headache, lower back pain, menstrual cramps, tension in the neck or shoulders, tennis elbow, etc. G-Jo is also effective in controlling emergency symptoms - cuts, burns, sprains, bleeding, whiplash and such -- until professional help arrives. And in the hands of a well-trained individual, G-Jo may actually be the exclusive modality of treatment for such health problems or disorders. But it's less effective for "chronic" ailments -- those of a more complex or longstanding nature.

There are two vital steps in using G-Jo: **FINDING THE RIGHT PRESSURE POINT**; and then, **STIMULATING IT PROPERLY**. To find the right pressure point, use the **TIP** of your thumb or forefinger (not the pad or fleshy part) and **DEEPLY PROBE** the area on your arm or leg that corresponds to the described location. **THE POINT MUST ANNOUNCE ITSELF WITH A "LOUD" TWINGE OF SENSITIVITY** (like a toothache or "pinched nerve"). If you don't feel the twinge, you haven't found the point. Keep probing deeply until you do. Move your finger around a bit -- the points are tiny (about the size of a pinhead) so you can easily miss one.

Once you find the pressure point, stimulate it -- again, **DEEPLY** (using up to 20 lbs. of fingertip pressure; you won't injure yourself) -- by wobbling and wiggling your fingertip into the pressure point. In case you have a long finger- or thumb-nail, use a bent knuckle or even the eraser tip of a pencil. Do this "triggering" for a few seconds bilaterally (that is, stimulate the same point on

either arm or leg). If this was the best set of acupressure points to control the "target" symptom, you might feel several things happen.

First, there could be responses called "acupressure reactions," such as a sense of warmth or tingling in one area of -- or even throughout -- your entire body. Or a light sheen of perspiration might form across your brow or shoulders. And since there's tension that accompanies nearly all symptoms, you'll usually feel a deep sense of relaxation -- like saying "aaahhhh" in a big sigh of relief. Or you may even need to remain seated for a few minutes. And, of course, total (or at least near-total) relief of your suffering as soon as you've completed this special self-massage.

That's all it takes: a few seconds of deep triggering. Then, if the symptom returns later, just restimulate the points that worked best the first time.

It cannot be overstated the way you stimulate the G-Jo point is important. It should be triggered deeply -- as deeply as you can manage -- in that goading, digging kind of fingertip massage. You need to use the tip of your thumb or finger, rather than the ball or pad, because you need the most specific stimulation you can manage. The fingertip and underlying skin should move as a unit: the finger should not rub abrasively over the skin.

The right massage will often bring a wince of sensitivity to your face; the massage must be a little painful, as it seems the brief feeling of pain acts to "unblock" the G-Jo point. But that discomfort will pass as soon as you stop massaging the point. And the relief you receive should last for hours, in most cases.

The most important rule, however, is that you must find the right point. Since there are more than 100 G-Jo points on the body, there is a wide assortment to choose from. Some symptoms -- such as headache -- may have more than 20 "good" points to select from, depending on the "variety" of suffering. However, the primary points (four of which are described below) are usually good points to start with, and usually provide at least partial relief from many common ailments. Later, to find one's own "best" point(s), it becomes a trial-and-error process.

As mentioned, G-Jo points are tiny -- only a millimeter or two in diameter -- and often they're buried deeply beneath the surface of the skin so that you really have to probe around to find them. But once you learn what one feels like, you won't mistake it for something else. It has been described as "feeling like a toothache or pinched nerve. Probing or stimulating only near a G-Jo point will have little or no effect, making this one of the "proofs" that G-Jo (and other acupuncture techniques) are physiological, rather than psychological or placebo-like in their effects (as some skeptics have claimed). G-Jo also works as well for skeptics as for "believers" ... if the right point is found and properly triggered.

Any illustration or other descriptions can only give approximate locations -- starting points. The "loud" twinge of sensitivity is your true indicator. If -- or when -- the target symptom(s) return, simply restimulate, with the goal being increasing spans of relief time.

When you apply G-Jo properly you get relief that is usually complete, but without the possible dangerous side-effects that accompany the use of even common remedies such as aspirin and antacids. Acupressure is often better than drugs or medications for several reasons: it uses a natural system that is already part of the body (i.e., the so-called "energy meridian" system that seems to parallel the nervous system, but is not identical to it) ... G-Jo is perfectly safe ... it brings relief from acute or minor symptoms within a few seconds ... and it can be used for children as well as adults. However, when using G-Jo on a child, use much less pressure and adjust your measurements accordingly -- measure using the child's hand or thumb (see instructions), not your

own.

But unlike aspirin or similar remedies, the symptomatic use of G-Jo can actually stimulate and accelerate the body's innate, self-healing mechanisms. So G-Jo provides two vital benefits: it brings prompt relief; and it promotes healing and wellness.

While it is safe and effective, G-Jo is not a cure-all -- and there are contraindications for its use or times when G-Jo should be generally avoided:

1. Don't use G-Jo within four hours of taking any drugs, medications, alcohol or other intoxicants.
2. Avoid G-Jo if you're pregnant, especially after the third month of pregnancy (but G-Jo is an excellent technique for use during and following natural, drugless childbirth -- try G-Jo points 5, 7 and 13).
3. Avoid G-Jo if you're a heart patient -- e.g., if you have a pacemaker implanted, have had open heart surgery, etc.
4. Don't use G-Jo if you are taking medication to treat cancer, diabetes, or other serious or degenerative diseases.
5. Don't use a G-Jo point that lies beneath a scar, wart, varicose vein, mole or other blemish -- try another point, instead (usually there are several for a symptom or discomfort).
6. Wait for half an hour after eating a full meal, taking a hot bath or doing strenuous exercise before using G-Jo, except in an emergency situation.
7. If you need to use G-Jo more than four or five times a day, or for more than four days in a row for an apparently minor ailment, it may mean your problem is chronic and beyond the scope of G-Jo -- seek professional help.
8. But the greater the emergency, the less these rules apply!

If you don't get prompt, satisfactory relief, it usually means one of several things:

- You didn't find the right control point for your symptom -- try another point.
- You didn't stimulate on a point, only near one -- did you feel the twinge of sensitivity when you probed and stimulated the point?
- You didn't stimulate the point properly -- did you use the tip of your thumb or finger? Did you stimulate both sides of our body for a long enough time?

Here are the locations -- and a few possible uses -- of four important basic G-Jo acupuncture points: 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 G-Jo points.

**G-JO #5** -- in the hollow or depression behind the crown of the outer ankle (lateral malleolus) - this point helps control and relieve problems of the lower back, hips, legs, knees and feet; it is also a general pain relief point.

**G-JO #7** -- the width of one hand above the crown of the inner ankle (medial malleolus), along the rear edge of the shinbone (tibia) -- this is a good point for controlling problems in the lower two thirds of the body, especially in the abdomen (e.g. digestive distress, prostate disorders, etc.).

**G-JO #10** -- the width of two thumbs above the most prominent crease of the inner wrist (palmar

aspect), in line with the middle finger -- this point is a powerful control point for the breasts and chest; it works well on menstrual cramps, too, among other problems.

**G-JO #13** -- in fleshy area on the back of either hand between the thumb and pointer (index) finger -- one of the most powerful of all G-Jo points and the first one to think of for headaches, all head problems and injuries, tired feet, etc.

While not always the best points for a particular problem, each of these is so broad-acting that nearly always one will bring enough relief until either a better G-Jo point is found or professional help can be obtained.