

47 G-JO: THE SAFE ALTERNATIVE TO ASPIRIN AND SUCH

You can relieve most minor aches and pains -- even the results of burns or accidental injuries -- safely, effectively and naturally ... using nothing but the touch of your finger. The method by which this is accomplished is called G-Jo (which, in its native Chinese, means "emergency first aid"). And though it only takes a few moments to learn, G-Jo is so effective that headaches, backaches, indigestion and more are literally "erased" within seconds using this ancient "self-health" technique.

G-Jo is a form of acupuncture -- but instead of needles, just the finger- or thumb-tip is used to perform acupressure. To use G-Jo, all you need to know are the right acupressure points that control the ailing bodily area or function and the precise method for stimulating these pinhead-sized areas of sensitivity.

For example, to relieve most kinds of headaches, use G-Jo point #13 -- a powerful acupressure point found on the back of the hand between the thumb and index finger. This is done by first finding the tiny spot by pressing deeply (using up to 20 lbs. of pressure) with the tip -- not the pad or fleshy part -- of the opposite thumb of bent knuckle of the index finger. Even the eraser tip of a pencil may be used. Feel for the tender "ouch point" and keep probing deeply until you find it.

Now step two of this easy, three-step process: stimulate the point deeply in a digging or goading kind of fingertip massage. Trigger that area for only 10 to 15 seconds, then repeat the find-and- trigger process on the opposite hand.

As you do this, you should feel a sense of warmth, clamminess or perspiration suddenly occur someplace in your body (usually across the forehead or back of the neck). This is an "acupressure reaction" that lets you know you've found and triggered a good point properly.

To relieve simple indigestion, do the same technique -- except use G-Jo point #7. This tender spot is found about three inches above the bony bulge of the inner ankle (medial malleolus), between the shinbone (tibia) and calf muscle. Press along the inner, rear edge of the shinbone until the point announces itself with its "loud" twinge of sensitivity, then massage in the special G-Jo way.

G-Jo is used symptomatically -- that is, when the discomfort is actually bothering you. If the symptoms return, simply trigger the same spots again. There are nearly 200 G-Jo points on the body. Each one has a number of uses, often overlapping; and sometimes one point -- such as #13 -- can have as many as 50 important health uses (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).

However, there are six primary points that everyone should memorize. These each control large segments of the body (points #7 and 13 are two of them). Download a free Basic G-Jo Training Chart from The G-Jo Institute website: www.g-jo.com. for illustrations of these six G-Jo points.

Safe as it is, there are several people who should generally avoid this technique (except in emergency). These include:

- A pregnant woman, especially beyond her first trimester (but G-Jo points #7 and 13 described above can be used in natural childbirth during labor and delivery to help ease and speed the process, and by all new mothers afterwards to speed their healing) ...
- A chronic heart patient (especially one who wears a pacemaker or similar energy regulating device ...
- A person taking regular or daily medication for a serious health problem, such as cancer

or diabetes.

But if you're a person who wants a safe, easy alternative to aspirin and other non-prescription remedies, G-Jo is one of the most effective methods you are likely to find