

49. G-JO: FOR HEADACHE RELIEF WITH THE TOUCH OF A FINGER

Of the more than 60 kinds of headache that science has identified, many (if not most) can be "erased" ... using nothing but the touch of a finger. The method by which this is accomplished is known as G-Jo, a simplified form of acupuncture ... but without the needles. Instead, a finger or thumb tip is used to perform "acupressure."

This "self-health" technique is remarkable in its ease and effectiveness. G-Jo takes only minutes to learn and seconds to apply. It is safe and natural -- yet when properly performed, G-Jo brings instant relief not only from headaches, but from nearly any minor (and often emergency or more serious) ailment.

This unique alternative to aspirin and other non-prescription remedies has been used by Oriental families for thousands of years. Recently, with the discovery that even "safe" home remedies (such as aspirin) can be easily abused and produce potentially tragic side-effects, many Americans have begun seeking other methods for headache and pain relief than those widely advertised on TV. Consequently, the popularity of G-Jo in America is dramatically on the upswing.

G-Jo is, to say the least, easy to use. There are only two vital rules you need to know. The first is: **FIND THE RIGHT PRESSURE POINT**. The specific spots may be tricky to locate at first, and you must use the tip of your thumb or forefinger -- not the pad or fleshy part -- to probe the general area of the point as deeply as you can, applying about 20 lbs of finger pressure.

Since these acupressure points are only about the size of a pinhead, you'll have to practice locating them until you become familiar with their feel and position. You'll easily know when you've found a pressure point, though: it will announce itself with a "loud" twinge of sensitivity, much like a pinched nerve or a toothache.

The second important rule is: **STIMULATE THE G-JO ACUPRESSURE POINT PROPERLY**. Here, again, the secret is deep pressure. Massage the tiny spot with a digging, goading motion ... again, using the tip of the thumb or forefinger. If you have trouble applying enough force with your finger, you can use the blunt end of a felt-tipped marker or something similar. In severe cases, you might have to continue applying this massage for as long as several minutes, but 10 to 15 seconds of self-treatment is usually enough to relieve the problem.

If you've done G-Jo properly, not only should you have immediate relief of your headache, but often there will be other interesting, usually pleasant side-effects. For instance, nearly always there will be a profound sense of sudden relaxation and easing of muscular tension throughout your body. You'll feel like a balloon with its air let out in a rush ... feel like sighing "aaahhhh ..." in deep relief. Then, too, you might experience a tingling sensation, or a sense of "energy flowing"; or you might feel a burst of warmth, causing a light flush of perspiration to form across your brow or shoulders. You might even feel a bit faint, and have to sit down for a few minutes. These are called "acupressure reactions" and are perfectly normal.

G-Jo pressure points are usually duplicated bilaterally, so -- after you stimulate a spot on one side of your body -- you simply repeat the same find-and-trigger process on the opposite side. You'll find one side generally more tender than the other ... and that side will usually bring the most complete relief from your headache.

There are nearly 200 G-Jo acupressure points on the human body. Often, though not always, these points are hidden in small hollows or depressions beneath the surface of the skin. Since each of

the G-Jo points controls a number of bodily areas and functions, it's important to know which one(s) to use for what symptoms. It is said that a G-Jo point exists to relieve most problems in any part of the body. (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).

While there are 21 G-Jo acupressure points that are useful for headache relief, there are four points in particular that often bring fast, broad acting relief. Two of these points -- #13 and #4 -- are best for tension-type headaches and another two -- #17 and #115 -- are particularly effective for migraine-type problems ("sick" headaches). Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com. for illustrations of six of these G-Jo points.

G-Jo point #13 is found in the fleshy web between the thumb and index finger on the back ("hairy side") of the hand. To locate it, take the tip of the left thumb (if you're going to find the point on your right hand) and begin probing deeply near the "V" where the thumb and finger bones meet, near the wrist. Probe as deeply as you can until you find a tender "ouch" point. It will feel like a pinched nerve or toothache when you contact it. But if you don't feel the ouch, you haven't found the point -- keep probing.

G-Jo point #4 is located about the width of two thumbs -- or about two inches -- above (direction of the elbow) the wrist on the outside ("hairy side") of the forearm. Make an imaginary line from the middle finger back, past the wrist crease and up the arm about two inches, then begin probing deeply. You'll find that special point between the two arm bones (radius and ulna), in a small, protected depression. Then massage deeply in the G-Jo way and duplicate the massage on the opposite arm.

G-Jo point #5 is a general pain point (especially for lower back distress as well as certain types of headache) and is located behind the bony bulge (lateral malleolus) of either outer ankle. Probe that soft depression you'll find between the outer bony bulge and the Achilles tendon. Press around until you feel the twinge of sensitivity, then massage deeply for a few seconds and move to the same point on the opposite foot.

G-Jo point #115 -- a good migraine relief point -- is found in the cleft (philtrum) between the bottom of the nose and top of the upper lip in the center line of the face. Press that area and you'll find the spot without much difficulty (there is no bilateral point for #115).

G-Jo point #17 is found on the top of the foot, about an inch back from the webbing joining the big toe and second toe. The actual point is found in the "trough" between the two bones. Like #115, this good for certain kinds of migraine (and, like #115, it may also be used for relief of night-time leg cramps).

But G-Jo isn't for all people under all circumstances. Those who should generally avoid the use of this technique include pregnant women (especially those beyond the third month of pregnancy) and chronic heart patients, especially those fitted with pacemaker-like regulating devices. Also, if you're on regular medication for serious problems (e.g., cancer, diabetes, etc.), you, too, should avoid using this technique.

Aside from that, try to use G-Jo not sooner than four hours after taking any drugs, medications, alcohol or other intoxicants. Also, wait a while after eating a hot meal, taking a hot bath or shower or doing any strenuous activity before applying G-Jo (except in emergency situations). This is because the electro-chemical balance of the body -- which is what G-Jo is said to affect -- is

thought to be too "out-of-balance" under those conditions. Give it a little time to restore itself.

And although G-Jo is remarkably effective for headache relief, there are several types of headaches that should receive the attention of a doctor or other health care professional:

1. Those that strike without apparent cause ...
2. Those that awaken you from a deep sleep ...
3. Those accompanied by confusion or convulsions ...
4. Those that change character after a long history of similarity ...
5. Those localized in a specific place (e.g., the eye, ear, etc ...)
6. Those that follow a blow on the head ...
7. Those that are constant, daily or frequent ...
8. Those that are recurrent in children.