

5. G-JO FOR EMERGENCY FIRST AID

By now, most long-time readers of EAST WEST JOURNAL realize that there are simple touch-therapy techniques they can use to relieve such common discomforts, headaches, backaches and other minor problems. But what of the symptoms resulting from an emergency, like bleeding, extreme pain, the results of poisoning, and such? Here, too, there are useful -- and surprisingly simple -- ways to self-treat these symptoms using only the touch of a finger.

The easiest and perhaps most useful touch therapy technique is called G-Jo, a kind of acupuncture without needles (or acupressure). In prior EWJ articles, I have described the way this simple, three-step process may be used to relieve headaches and other minor ailments. However, I have actually used this technique to "reverse" (relieve and accelerate self-healing) even life-threatening emergencies. Let me describe several of them.

Early in 1974, I was working with my children around our organic fruit farm in southern Florida. They were helping me by holding a heavy steel ladder (like a jack) underneath an object I was working upon. They let go of the ladder too soon, and it crashed down onto my face completely chopping through my nose, lip and into my gum, much as an axe might have done. The pain and bleeding were intense -- I nearly passed out.

But I kept my senses long enough to grab G-Jo point #13 on the back of my hand, and began the special G-Jo "triggering" (deep massage) technique. Within 30 seconds, the pain -- and even the bleeding -- were completely stopped. When these symptoms returned a few minutes later I simply restimulated the same point on either hand and, again, received profound relief.

This still left a gaping wound, which I closed with a butterfly Band-Aid, then decided to truly test the effectiveness of G-Jo. Instead of going to an emergency room and getting the otherwise-necessary stitches, I used nothing but G-Jo for the next few days. The wound healed quickly and cleanly leaving only the tiniest of scars as a reminder of the effectiveness of this technique when it is applied as quickly as possible after an injury occurs.

Then, in 1978, on a rain swept road in Holland, I came upon an automobile accident that had just occurred. Two cars had collided and the passenger in one of them -- a middle-aged woman -- sat trapped between the seat and the dashboard with her chest apparently crushed. Her color was bad; she was white with shock and pain, and seemed to me to be fading fast. Seeking permission from her shaken husband, I reached into the car and found G-Jo point #10 on her inner wrist -- a main acupressure "control" point for the chest area -- and triggered it deeply.

As I worked on this special point (probably not more than two or three minutes at the most) I could actually watch the color rising in her face. Within moments, her eyelids began fluttering and soon she looked over at me. Finally, I was relieved to see her begin smiling wanly, so I stopped using G-Jo. By that time, the wrecking crew and ambulance had arrived, so I left. I do not know the fate of the woman; but I feel certain that she was far better for having had G-Jo applied to her at what appeared to be a critical moment in her life.

Then, only a few months ago, I was awakened at around 3:00 A.M. by a call from my printer's wife. He was, she said, in extreme agony, suffering all the symptoms of food poisoning: nausea ... sweating and restlessness ... pain and disorientation, etc. What should she do? (He was too weak to do anything except suffer.) Calmly, I led her step-by-step both to point #10 (the one on the lower, inner, forearm, described above, which is also a main point for nausea) and G-Jo point #7, on the inner, lower leg.

The latter is a main acupressure control point for the entire digestive tract. And within

moments after triggering it, as with the above emergencies, the symptoms quickly diminished and were soon "erased." First she, then later he, had to use G-Jo perhaps a dozen times during the next hour. But he was at work early in the morning with no after-effects from what was surely one of his most traumatic health experiences.

There are many different G-Jo points that provide remarkable benefits in times of emergency. In fact, it is almost axiomatic that the greater the suffering, the greater the relief. However there are certain acupressure points which one ought to first think of in times of emergency. A free chart of these six basic G-Jo Acupressure Points is available on our website www.g-jo.com. (And all of the nearly 200 G-Jo Acupressure points are illustrated and described in our *Master of G-Jo Acupressure Home-Study Certification Program* which may be ordered on our website.) Of these, two points not illustrated on the free chart are so important that they should be memorized by everyone.

The first of these two additional emergency G-Jo points is #115. It is located in the small depression, called the "philtrum," just below the base of the nose, about a third of the way down toward the upper lip. This is the first point to reach for when shock or unconsciousness is pending. Acupuncturists also use this point for certain patients who are already comatose (that is, in a coma or unconscious).

The other point that I want to share with you is G-Jo #116. This is a primary therapy point to control and reverse symptoms arising from injuries to the shoulders and especially to the neck. This point -- which is also a judo disabling point, so it should be used cautiously -- is found by pressing about 2 inches beyond (distal to) the crease of the elbow, on the outside (or "hairy side") of the arm. Specifically, this point is found about 2 inches down from the crease of the outer elbow, along an imaginary line drawn between the middle finger and the outer end of the elbow's crease.

This point will be tender on everyone: but when an injury occurs to the upper body, this point will become very tender spontaneously. And a working rule of G-Jo is that the more tender the point, the better it is likely to be in bringing relief and stimulating self-healing.

G-Jo is a simple, three-step (or in the case of point #115, two-step) process. The first of these steps is to find the right point. This is done with the tip on the thumb, the bent knuckle of the index finger or a similar, specific stimulating "tool." Look at the illustration of a point and probe that general area until the point announces itself with a "loud" twinge of sensitivity -- it will feel like a toothache or pinched nerve. You must probe deeply -- I use up to 20 lbs. of finger pressure both to find and trigger a point (use your bathroom scale to get an idea of how much pressure this actually is). If you don't feel that twinge, you haven't found the point. Keep probing.

Then do step two. This is the special, deep triggering action on that point. Again, use the tip of the thumb or bent index finger knuckle (if you have a long thumbnail). Even the eraser tip of a pencil or a blunted twig will do. Trigger the point by "working" it in that deep, digging or goading kind of massage. Unfortunately, it must be a bit painful to be effective. (G-Jo is not sensuously pleasurable -- it hurts when properly done). Do this triggering massage for a few moments -- usually not more than 30 seconds of stimulation is needed, though you may actually do it for up to four minutes at a time, if necessary.

Now, step three: duplicate the triggering massage on the opposite side of your body. Find that same G-Jo point on the opposite hand, arm, foot or leg ... probe deeply until you contact the ouch point ... trigger in the special G-Jo way ... and test the target symptom. You should feel, if

not total, then nearly-complete relief.

Not only will G-Jo bring immediate relief, but swelling and other symptoms or the injury or disorder should also reverse themselves quickly. In fact, if you trigger the right G-Jo point as soon as the disorder arises, there may even be no evidence of the injury or disfunction within a few moments afterwards. If the symptoms return, simply trigger the best points again.

If you've done G-Jo properly, not only should you have immediate relief of the target symptom, but often there will be other interesting, usually pleasant side-effects (called "acupressure reactions"). 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. In any event, it's always better to be relaxed when you use G-Jo -- do it either seated or lying down.

Each of these points may have as many as 40 different healing or relieving benefits. There is a golden rule that's especially true under survival conditions: use any- thing that works. So if one of these basic points doesn't bring good results, try another. And in my experience, there's at least one G-Jo point for nearly any problem you can name. So keep trying.

While G-Jo can be used by anyone in an emergency situation (limited or one-time use), it's good practice to follow certain guidelines and contraindications under ordinary conditions. Generally speaking, you should avoid G-Jo if:

- You are a pregnant woman, especially after the third month of pregnancy (there are good G-Jo points, however, if you are planning on a natural childbirth, points number 5, 7 and 13 may be helpful. These are found on the free chart and may be used during labor, delivery and afterwards to ease the pain, speed the birth and aid the healing process)...
- You take regular, daily medication for a serious ailment such as diabetes, or if you are a heart patient -- especially if you wear a pacemaker-type device.

Review hints for using G-Jo:

- Probe as deeply as you can (about 20 lbs. of pressure) with the tip of your thumb or finger;
- Begin G-Jo as soon as you notice a symptom;
- And remember: if you can describe a health problem or distressed area on your body, chances are excellent that there's at least one G-Jo acupressure point to relieve it. But if symptoms persist, see your doctor or other health care professional.