

50. G-JO: A FAST DRUGLESS WAY FOR RELIEF AT THE OFFICE

Business can be a real headache -- not to mention a real upset stomach, backache or even a pain in the behind. But instead of reaching for aspirins or antacids, today's thinking business person is literally reaching for himself: specifically, reaching for special G-Jo acupressure spots on his own body that can promptly relieve almost any minor ailment a body can suffer.

For example, to instantly "erase" a nagging headache at the office (or almost anywhere else, for that matter), find G-Jo point #13 (located, surprisingly, on the back of the hand). To locate that spot on yourself, place your right hand so the palm is facing the floor. Now, put your fingers out straight, side by side, and lay your thumb tightly against the forefinger until you see a fleshy, muscular mound rise on the back of your hand between the thumb and forefinger.

Place the tip of your left thumb (for the most specific pressure) on the top of that mound. Then, keeping your thumbtip in place, relax the right hand and begin to probe that webbed area deeply. You are feeling for a sensitive "ouch point" (many people claim it feels like a toothache or pinched nerve when pressed properly). If you have difficulty finding the spot, move slightly back toward the "vee" near your wrist where the thumb and index fingerbones meet.

Now massage deeply for a few seconds. Dig in there -- the goading fingertip pressure is thought to "unblock" an energy center; and while you don't need much of it, the discomfort of the massage is a critically important factor. In short, the more it hurts, the better it is for you (acupressure points become very tender when you're suffering from an ailment that these points "control").

To complete your G-Jo massage, simply move to the other side of your body and duplicate that massage for a few seconds. Same probing ... same massage after you locate the point. Finally, check your headache: it should be gone, or nearly so. If it returns, simply duplicate the massage.

And the next time you're suffering from a backache, try this: reach down behind the bony bulge of the outer left or right ankle bone (lateral malleolus) and deeply probe the depression you'll feel between that bulge and Achilles tendon. You're looking for G-Jo point #5 (one of nearly 200 tiny G-Jo points on the body). When you feel it, simply massage for a few seconds in that digging, goading kind of stimulation. Then repeat the process on the opposite foot.

If this is the right "control" point for your backache (there are nearly a dozen others for back pains, too), your pain should be relieved by the time you've finished this few moments of bilateral G-Jo stimulation. This point, incidentally, is also useful for many kinds of pains in the behind -- assuming there're caused by hemorrhoids, sprained muscles, etc.

To use G-Jo, you only need to know how to find -- then how to "trigger" -- these pinhead-sized therapy points. You can do them yourself, of course ... and under nearly any circumstances. When you find the point that brings relief, trigger the identical point of the opposite side of the body, as well (most G-Jo points are duplicated bilaterally).

How G-Jo works is not completely understood. Western science has proven that endorphins -- the brain's morphine-like compounds -- and other pain-killing biochemicals are immediately released when good control points are stimulated. But more than that seems to happen, because there is often even a change emotionally when a good point is triggered.

G-Jo is used symptomatically -- that is, as soon as the symptom is noticed. It is used the same way for both acute problems (e.g., headache, indigestion, backache, etc.) and emergency

symptoms, such as burns or lacerations. The difference lies in the number of times the technique is used. For acute or apparently minor problems, if you need to use G-Jo more than four or five times during a day, or for more than several days in a row, you're probably either doing G-Jo improperly, using the wrong acupressure point, or the symptom is more serious than you suspect and professional advice is called for.

Not only may pain be relieved with acupressure: emotional states such as depression and boredom (both liver-related conditions, in the Oriental viewpoint) can be improved ... excessive appetite can be promptly eased ... erection can even be stimulated within minutes after ejaculation ... and other uses too numerous to mention. The Oriental theory -- that energy flow to and from the organs is improved and balanced with acupressure -- has yet to be proven by Western science. But the results are usually as dramatic as they are undeniable.

When you apply G-Jo properly, not only should you have immediate relief of the target symptom, but often there will be other interesting, generally 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 may 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. These acupressure reactions most always accompany good G-Jo stimulation.

Safe and easy as it is, not everyone should make a broad use of this technique (though in emergencies the following rules don't apply). You should generally avoid using G-Jo if:

- You are a pregnant woman, especially after your third month of pregnancy;
- You are a chronic heart patient, especially one who wears a pacemaker or similar energy-regulating device;
- You take regular/daily medications for serious health problems (e.g. cancer, diabetes, etc.-- acupressure and medicines usually don't "mix" well).
- And you should also:
- Wait about four hours after taking drugs, medications, alcohol or other intoxicants before applying G-Jo ...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercise before applying G-Jo ...
- Avoid any G-Jo points which fall beneath scars, moles, warts, varicose veins, blemishes, etc. -- use only the opposite point.

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). Download a free Basic G-Jo Training Chart from the website for illustrations of these six G-Jo points.