

## 51. G-JO: ACUPRESSURE FOR EMERGENCY SERVICES

There is a safe, easy, yet remarkably effective emergency first aid technique that police officers, fire fighters, EMS personnel -- or others likely to encounter a traumatic injury -- should be familiar with. It is called G-Jo. This is a simplified form of acupuncture without needles ("acupressure"). While this is a new technique to the West, it has been in widespread use for literally thousands of years in the Orient -- Japan, China, India, etc. -- and has a well proven record of success.

While its typical use is as a "self-health" method for the prompt relief of minor or "acute" symptoms -- headaches, low back pains, indigestion, etc. -- it also provides remarkable relief from the results of traumatic injury (bleeding, pain, burns and such) ... when properly performed.

G-Jo actually means "first-aid" in its native China. Unlike its "first cousin," acupuncture, little scientific research has been done yet in the West on this technique; however, its effectiveness is unquestioned by those who have once used G-Jo successfully. There are nearly 200 tiny acupressure points on the body; and when the right control point is "triggered" correctly, virtually any ailing bodily area or dysfunction can be quickly relieved -- at least temporarily. G-Jo is effective enough to staunch bleeding from a serious facial wound in moments; to prevent the onset of shock following an injury; to relieve the pain or similar after-effects of an automobile accident until the emergency squad arrives, etc.

G-Jo is a simple, three-step process. Step one is to find the right acupressure point that controls the injured bodily area.

Unlike the blood control pressure points that a well-trained police officer or other emergency personnel may be acquainted with, these tiny acupressure points are often located far from the site of the injury. For example, G-Jo point #13 is located on the back of the hand, yet it can profoundly affect and benefit the head, neck and even the feet.

Once the approximate point location for the target symptom is known, it is simply a matter of probing that area deeply (using up to 20 lbs of fingertip pressure) until the point "announces" itself with an uncomfortable twinge of sensitivity. Many people claim it feels like a toothache or pinched nerve when a point is located properly.

Step two is to trigger the point. This is done in a deep, goading fingertip stimulation. It must be slightly uncomfortable; but you only need to do this triggering massage for a matter of seconds -- usually ten or 15 seconds of triggering upon a point is enough to relieve a minor symptom, such as a headache (but more serious problems may require longer stimulation of the points -- perhaps as long as three or four minutes per triggering).

Finally, after you've found and stimulated the point on one side of the body, simply do the same technique -- probe deeply, then massage deeply -- on the other.

Remember: stimulation, to be effective, need only last for a few seconds in most cases. Indeed, the discomfort that usually accompanies proper G-Jo stimulation limits its use to a maximum of a few minutes, and normally half a minute of deep, specific goading is enough to temporarily relieve even harsh or severe symptoms.

And if there is a shortcoming in this natural, drugless technique, it is here. Often the sufferer (or a helpful officer) is hesitant to apply enough pressure to either locate or stimulate the G-Jo point. Yet the discomfort -- which may be said to "unblock" the pressure point -- is crucial for G-Jo's success. Fortunately, it takes most people just a few successful attempts to overcome this hesitancy.

And if used on someone else, the sufferer/victim should be told in advance to expect this discomfort -- and even be requested to assist this process, if possible, by giving verbal feedback to help the practitioner discover the precise point location.

While the entire approximate area may be pressure-sensitive, with a little practice it becomes easy to separate the point from the near-point. The fingertip -- not the pad or fleshy part -- is used for both finding and stimulating the points. The selected point should be stimulated bilaterally : that is, the points on both sides of the body should be triggered in a digging, goading type of fingertip massage. (Only one or, at the most, several "best" pairs of points should normally be used for any given symptom, even though there may be as many as 15 to 20 points that will more-or-less "control" an affected bodily area or function) The fingertip and underlying skin should move as a unit -- the finger should not rub abrasively over the skin. Relief -- either complete or nearly complete -- should be felt immediately, if the proper point was stimulated.

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

1. You didn't find the right control point for the "target symptom(s) -- try another point.
2. You didn't stimulate on a point, only near one -- did the twinge of sensitivity occur when you probed and stimulated the point?
3. 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 enough time?
4. In the case of an apparently minor ailment, the problem may actually be chronic and beyond the scope of G-Jo -- it's time to see the doctor or other health care professional.  
And in case of emergency, it goes without saying that this is always a good practice.  
G-Jo is a supplement -- not a complete alternative -- to professional health and medical care.

As mentioned, most G-Jo points are duplicated on either side of the 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. The following three primary G-Jo points -- while not always the best points for all problems in that region, each broadly controls a major portion of the body. So if a problem occurs within that area, simply reach for that G-Jo point and probe deeply until you find it.

Please note: While not "primary" points like G-Jo points #5, 7 and 13, the other two points detailed in this article -- G-Jo #115 and 116 -- are particularly helpful in preventing/reducing shock and other traumatic after-effects of violent injury. 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). 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 six broad acting G-Jo points.

If you find and trigger the right G-Jo point correctly, several things should immediately occur. First, you will usually feel an "acupressure reaction" -- typically a sudden feeling of warmth, a light flush of perspiration, an immense feeling of relaxation or release, etc. If this does occur, you've probably gotten a good acupressure point and triggered it properly.

But the most important response is a profound sense of relief. Upon completing this brief massage, "test" the symptom(s) gently: they should be gone (or nearly so). And in their place you (or the sufferer) should now feel a sense of glowing warmth within, just as if the distress hadn't even existed moments before. After resting for a few minutes (always a good idea following acupressure),

you may also be rewarded with a growing sense of energy and vitality. It is as if someone had literally erased your suffering -- even the most painful parts of it -- within a matter of seconds. And G-Jo also works that quickly with victims of accidents, depending on the nature and seriousness of the trauma.

If there is little or no relief, it usually means you've missed the point, or that it was the wrong point for that symptom or bodily area. In that case, try the next point, and if that doesn't work, then the next. But stop when you find the point that brings relief. And if the symptoms return, just trigger the best pair of points again. You should get increasing spans of "relief time."

G-Jo is used symptomatically -- that is, only when the symptom is noticed. It is used the same way for both minor disorders and emergency symptoms such as burns, lacerations, heart failure, etc. The difference lies in the number of times -- and length of time -- the technique is performed. For 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.

The exact way G-Jo works is still a mystery -- or at least a controversial issue between traditional Eastern healers and many of their Western counterparts. But its results are undeniable -- when properly performed, G-Jo repeatedly works within moments.

While G-Jo is safe and harmless, there are several people who should generally avoid the use of this technique (except in emergency or limited-use situations, when the following rules are less important):

1. A chronic heart patient -- especially one who wears a pacemaker or other artificial energy-regulating device;
2. A person who takes regular/daily medication for serious health disorders (e.g. cancer, diabetes, etc.);
3. A pregnant woman (especially beyond her third month of pregnancy) should also avoid the unlimited use of acupressure. (Note: points #5, 7 and 13 may be used during emergency childbirth to ease and assist both delivery and subsequent recovery.)

Also, as a general (non-emergency) practice:

- Wait for about four hours after taking any drug, medication, alcohol (or other intoxicant) before applying G-Jo to yourself ...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercises before applying G-Jo ...
- Avoid any G-Jo pressure points that fall beneath scars, moles, warts, varicose veins or any other blemishes or disfigurements -- use the point(s) on the opposite side of the body, instead ...

These are three of the primary six G-Jo points:

### **G-JO POINT #7**

**Several important uses:** problems and injuries within the abdomen, indigestion and lower tract distress.

**Location:** The width of one hand above the crown or bony bulge of the inner ankle bone (medial malleolus), just behind (or along the inner, rear edge of) the shinbone (tibia) just in front of the calf muscle.

### **G-JO POINT # 5**

**Several important uses:** problems and injuries of the back, hemorrhoids and general pain control.

**Location:** In the hollow or soft depression just behind the bony bulge of the outer ankle (lateral malleolus), just ahead of the Achilles tendon.

### **G-JO POINT # 13**

**Several important uses:** problems and injuries of the head and neck, headache, concussion and tired feet.

**Location:** In the webbing, between the thumb and forefinger; squeeze the thumb and forefinger together and place the other thumb tip on the fleshy mound that is formed between them. Keep the thumb tip on the mound and relax your hand; then probe until you find the tender spot and begin the stimulation.

Two other useful emergency G-Jo points include:

### **G-JO POINT #115**

**Several important uses:** shock and unconsciousness (use lighter stimulation to revive victim).

**Location:** in the "philtrum" (indentation between the nose and upper lip), about 1/3 of the way down from the base of the nose.

### **G-JO POINT #116**

**Several important uses:** shock, injuries of the neck and shoulders (use moderate pressure: with very deep pressure here, this point will disable the entire arm, making it useful for emergency disarming of a suspect).

**Location:** about two inches beyond (distal to) the crease of the elbow, on the outside ("hairy side") of the arm.

**The following rule is important to remember when using G-Jo:** If you don't get satisfactory results with one pair of these points, try another ... even if it's not listed for the target symptom or bodily area. Each of the primary points is so broadly effective that their "overlapping" qualities of each will often relieve and control symptoms that aren't listed.

Finally, begin G-Jo immediately -- use it as soon as the symptom(s) arise or return. If you'll

follow the rules in this article, you'll find yourself equipped with a "first-aid-kit-in-your-fingertips," instantly available in nearly every situation. The technique is safe and harmless, yet may spell the difference between life and death in an emergency. G-Jo is truly that powerful.