

54. THE TAO OF FIRST-AID: A Method of Self-Help Without a First-Aid Kit or Even Fancy Knowledge

People get hurt on boats all the time. I know. I have one and I get hurt almost every weekend.

One Saturday I'll mash my hand between the tiller and the coaming trying to do -- or not do -- a flying gibe. The next Sunday I'll clunk my head a good one on the bottom of the boom. Or maybe yank my back wrong grabbing for a jib sheet.

And then there are the guests or crew: sprained ankles and wrists ... headaches from clamping their jaws tightly shut for too long (to prevent loss of lunch) ... and, of course, sunburn anytime of the year ...

The list is practically endless. One weekend I counted eight different injuries -- minor ones, ok, but still they hurt -- that my crew and I suffered.

But do I worry or fret? Do I let these minor annoyances come between me and my boating pleasures? Absolutely not! The reason is simple -- I use G-Jo.

G-Jo is a simplified kind of acupuncture without needles or "acupressure". The Chinese and Japanese have been using acupressure for thousands of years, not only for trifling problems such as those described above, but for much more serious injuries or ailments, as well. Using G-Jo for something as insignificant as a mashed finger is like using an elephant gun to eliminate a mouse. G-Jo is that effective and dependable.

While I'm writing this a bit tongue in cheek, I'm perfectly serious about the remarkable effects of this Oriental self-help (or "self-health," if you prefer) technique. Consider: G-Jo takes less than 30 seconds to do ... is instantly effective, even for stopping bleeding, blistering of burns and severe pain ... takes a few minutes to learn ... and is so easy a child can do it.

The only thing you need is a fingertip and a little basic knowledge of your anatomy. Since these acupressure points are tiny -- only about the size of a pinhead -- the most important thing to be is: precise. Press deeply around the approximate location until you find a particularly tender "ouch" point. It will feel like a toothache or a pinched nerve when you contact it.

This is important: you must use deep fingertip pressure (I use about 20 lbs. of pressure when both finding and "triggering" or stimulating my own acupressure points). That's step one of this very easy three step process.

Step two is triggering the G-Jo acupressure point. Again, use deep fingertip pressure. Stimulate the point in a digging or goading kind of fingertip massage for 15 or 20 seconds.

If you trigger the right point properly, two important processes should occur: first, you should get an "acupressure reaction." This is a sudden feeling of warmth, perspiration, light-headedness or, rarely, a brief feeling of nausea. The stronger the acupressure reaction, the better -- and more effective -- the technique promises to be. And the second thing you should expect to feel is relief.

Depending on the nature of the symptom, and its severity, this feeling of relief should range from near total to absolute. It is truly one of the most remarkable experiences imaginable -- to be suffering pain, discomfort or other symptoms of injury or illness, then to have them literally erased within seconds ... with nothing more than the touch of a finger.

You don't have to be a "believer" for this technique to work for you. G-Jo is based on a physiological process that we in the West are just now beginning to understand. Yet it has been

understood and practiced for thousands of years in the East.

Of course, your "target" symptoms will most likely return --sometimes within minutes (if it's a serious problem). But then, all you do is restimulate the same G-Jo point(s) that worked the first time. Immediate relief should follow again.

You should get increasing spans of "relief time" -- time between necessary restimulations. Used regularly during the course of the ailment, G-Jo accelerates self-healing as well as bringing prompt relief.

If you get little or no relief from your target symptoms, it usually means one of several things: you've found -- and have triggered -- the wrong acupressure point ... you haven't found any acupressure point at all, you're only near one ... or you haven't triggered the point properly -- which usually means not deeply enough. Make sure you've found the point you're looking for, trigger it again and if you still get no relief, try another G-Jo acupressure point. Usually there are at least several which "control" any bodily area you can describe.

There are nearly 200 of these tiny (yet powerful) G-Jo acupressure points scattered around the human body. Each point may relieve as many as 30 or 40 -- sometimes more -- symptoms, ailments or discomfort. (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). But there are six primary pressure points -- three on the hand and arm, three on the foot and leg -- which should be memorized for emergency use.

I have used G-Jo, alone for wounds and injury ranging from minor to extreme (which would have otherwise required as many as 20 or more stitches. While I don't recommend that much self-reliance if you're not well-trained in this technique, nonetheless, it's comforting for me to know just how effective it can be, if the chips are down.

There are several contraindications for normal use (e.g., G-Jo should be avoided by pregnant women; or by people suffering from heart disorders; or those who take regular or daily medication for serious problems, such as cancer or diabetes, etc.).

But in the case of emergencies -- when G-Jo would be used only for a limited time -- these contraindications for use are generally less important. In short, the greater the emergency the less the contraindications apply.

Basic navigation and piloting ... proper sail handling and anchoring ... G-Jo and other easy self-reliance techniques -- for me, these all are absolutely essential sailor's lore for keeping my boating safe and fun.

HOW TO RELIEVE A CLUNKED HEAD (OR MOST KINDS OF HEADACHES):

Find G-Jo point number 13 by placing the right hand so the palm faces the floor. Now put your fingers out straight, side by side, and squeeze your thumb tightly against your index or pointer finger -- you should see a small, fleshy mound pop up on the back of the right hand between the thumb and index finger.

Place the tip -- not the pad or fleshy part -- of the left thumb (or if you have a long thumb nail, the bent knuckle of the index finger or even the eraser tip of a pencil) on top of that mound. Keeping the left thumb tip in place, relax the right hand ... begin pressing as deeply as possible in the webbed or fleshy area formed between the thumb and pointer finger. Press deeply until you feel a tender "ouch" point -- the more it hurts the better it is likely to be for your kind of headache. Now

"trigger" the point deeply, in a digging or goading kind of fingertip massage. Do this for 15 or 20 seconds on the right hand, then stop and duplicate the find-and-trigger technique on the back of the left hand for another 15 or 20 seconds.

You should feel a sense of relaxation or a mild "glowing" feeling ... and, of course, relief of your headache. If you get little or no relief, immediately try either of the points described below.

TO RELIEVE A BACKACHE:

Use G-Jo point number 5, First seat yourself in a comfortable chair, then reach down behind the bony bulge of the outer right ankle with the tip of your right thumb. Press deeply in the soft hollow or depression located between that bony bulge -- that doctors call the lateral malleolus -- and the Achilles tendon -- the hamstring tendon that runs up the back of the foot and leg. Press as deeply as you can until you feel the tender point. Once located, trigger the spot in the deep, digging or goading kind or massage and expect relief.

Then reach for the identical point behind the left, outer ankle. Again, find and trigger that point -- it may be more tender on a man and the right side is more tender on a woman) -- then test your backache. If it is nearly gone, simply trigger the points for another few seconds and test again.

HOW TO RELIEVE A MASHED HAND (OR OTHER INJURIES TO THE ARM, ELBOW, SHOULDER, ETC.):

Begin with G-Jo point number 4. Place your right hand so the palm is facing the floor, then bending it back slightly so that a crease appears at your wrist.

Remember where the crease is and relax your hand; now measure the width of two left thumbs (about two inches) from that crease back towards your elbow and, begin pressing very deeply between the two arm bones (the radius and ulna) in line with the middle finger. You're looking for a small hollow or depression between these two bones. Once you find the tender spot, do step two.

Trigger the points then test your symptoms. Your hands, and/or fingers should be virtually free of pain or discomfort. If your symptoms return, simply duplicate the same technique again.

Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com. for illustrations of six important G-Jo points.