

56. SIMPLE REMEDIES CAN SAVE YOUR VACATION

One of the fastest ways to ruin a long-awaited vacation is to run headlong into a bout of illness or suffering when you're miles away from home. Whether it is diarrhea, low back pain, indigestion or any of a dozen other common ailments, it can mean a precious day or more -- time which you still have to pay for -- out of the fun and excitement of your holiday. And if this occurs in a foreign country, where finding a doctor or drugstore might be a major problem, the consequences can multiply rapidly.

Now, savvy vacationers are learning a few simple "self-health" techniques and easy remedies that require no doctors or drugs for just such situations. Instead, everything that you need can be found in a local food store, free on the ground -- or even on the tips of your fingers!

For example, to relieve a nagging headache (which is a very common travel-related health problem) all you need to do is deeply massage a special "acupressure" point -- known as G-Jo point #13 -- on the back of the hand, between the thumb and index finger, for just a few seconds. Relief usually follows immediately. And instead of wasting minutes or hours finding an aspirin, you'll be free to enjoy your vacation time as it was meant to be enjoyed.

G-Jo -- a kind of acupuncture, but without needles -- has been in widespread use throughout the Orient for many centuries, where it has been used to self-treat such problems as menstrual cramps, indigestion, backaches and most other kinds of pain. 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. 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* -- available on the G-Jo website.

G-Jo point #5, which is located behind the bony bulge of the outer ankle, is useful for relieving many kinds of back pains, as well as the irritation of hemorrhoids and similar problems associated with the posterior of the body. It is found by pressing the tip of the thumb (or even the eraser tip of a pencil) in the soft hollow behind the outer ankle bone until a tender "ouch point" is felt. Once located, that point is again "triggered" in a deep, kneading massage for half a minute, or so. To finish the process, simply find -- then trigger -- the identical spot on the opposite foot (if one side is more tender and responsive than the other, massage that same point again if the backache returns).

G-Jo is just one of many simple self-health techniques that can help a suffering traveler. There are numerous common foods and spices which have unusual -- and quite remarkable -- health benefits. For instance, chopped, raw garlic can quickly relieve common diarrhea (esp. when taken with milk or honey, and repeatedly taken several times a day, as needed). When several cloves of garlic are eaten medicinally, this common herb can also relieve menstrual cramps, coughs, and -- when a cut clove of garlic is rubbed onto the affected area -- even bring fast relief from athlete's foot! In fact, garlic is rivaled only by lemon and ginger (either whole root or powdered) as a near-universal healer.

For example, lemon juice -- when gargled, then swallowed -- brings fast relief from a sore throat. Constipated? Drink the juice of a lemon in a glass of water upon arising and expect relief to follow shortly. Externally, lemon juice may be used to relieve insect bites and stings, hemorrhoids (apply fresh juice directly onto the affected area), cuts and wounds as well as other skin irritations.

Ginger, on the other hand, has the remarkable benefit of immediately calming nausea -- as well as many other digestive disorders -- when the powdered root is sipped as a hot infusion or tea. Mix up to 1 tsp. of the powdered root in a glass of hot water and enjoy the pungent, yet pleasant, taste.

Nature has provided us numerous remedies on the ground around us. One of the most useful is plain, old mud. This has such diverse uses as making a quick -- if temporary -- facelift for relieving sun-dried skin (on that special night out) or providing prompt relief from stings of bees or wasps. After removing the stinger (by dragging the edge of a fingernail across the affected area backwards from the direction of the stinger entrance) simply pack with mud or dirt mixed with saliva.

Mud is also an excellent insulator and helps retain bodily heat if you pack it around yourself in the off-chance you get trapped in cold weather (wrapping yourself in newspapers also works well).

Or how about this? If you're a person who gets cold feet while skiing or ice skating, the next time you're sporting in the snow, first sprinkle your socks liberally with powdered red pepper (cayenne pepper). This strange-but-simple technique will help keep your feet toasty warm, even on bitingly cold days. That same can of red pepper can be useful in stopping bleeding wounds: just sprinkle the peppery powder directly into the open wound (don't worry -- this has been used for centuries and is quite safe ... other easy techniques are described in **FIRST AID USING SIMPLE REMEDIES** from The G-Jo Institute (www.g-jo.com).