

57. G-JO: A NATURAL AID FOR DIETING

By now, most dieters have heard of the remarkable benefits that acupuncture can produce, both for weight loss as well as for many other health and beauty problems. Not as well known, however, is that there are a number of easy-to-apply "self-health" techniques that can have similar benefits ... without the cost and inconvenience of going to a doctor. Not only are these techniques safe and easy to use, but at least in one instance can work immediately to relieve and "erase" pangs of hunger, giving the dispirited dieter a welcome assist.

The technique is called G-Jo. It, too, is a form of acupuncture ... but without the needles. Instead, the finger- or thumb-tip is used to perform acupressure. Although G-Jo is new to many Americans, it is an ancient technique -- probably older than acupuncture, itself -- and has been in widespread use throughout the Orient for thousands of years. G-Jo may be used for prompt relief of the suffering most dieters chronically endure, as well as for aches, pains and discomforts of other sorts -- not to mention the bleeding and trauma from wounds or injuries.

G-Jo also utilizes the tiny acupuncture points that doctors needle to produce those remarkable benefits. But there the similarity ends.

For instead of years, it takes only minutes to learn and apply G-Jo. It is completely safe even for children to use (however, there are certain contraindications and times when its use should generally be avoided -- see below). Furthermore, G-Jo produces no dangerous side-effects if the wrong point is "triggered." And since G-Jo works on an established physiological -- not psychological or emotional -- system, you don't have to be a "believer" to obtain its benefits. All that is needed is to find and trigger the right acupressure point properly. Results follow in seconds.

There are nearly 200 G-Jo points on 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). Each of these "controls" several (and sometimes dozens) of bodily areas and functions. There are at least eight acupressure points on the body which, when properly stimulated, will produce varying degrees of relief from hunger.

But there are no universal "best" points for any symptom, including relief from hunger: one of these points may work better for your brother, another one better for yourself. In other words, for any individual, several points may produce little or no appreciable benefits, while one or two will invariably bring prompt, longlasting relief. This is especially true when the "best" points are used in conjunction with the other easy-to-follow suggestions described in this article. It is simply a matter of first finding, then triggering, the right G-Jo points properly.

Finding the point requires deep fingertip pressure (as does the triggering). You must probe the approximate area on your body until you find the spot that announces itself with a "loud" twinge of sensitivity -- it should feel like a toothache or pinched nerve when you contact it. That bit of pain -- plus the discomfort that accompanies the right kind of triggering massage -- are the only bad things about this all-natural self-health technique.

The best G-Jo point will often be surprisingly tender even to light fingertip pressure. While the entire area may first seem pressure-sensitive, with a little practice you will soon be able to separate the point from the near-point.

G-Jo points are tiny, only about the size of a pinhead. They are located just beneath the surface of the skin, often near important nerve centers. To find the right point, you must use the tip

of your thumb or finger (not the pad or fleshy part, because you need specific pressure). You may also use the bent knuckle of your index finger in case you have long nails -- even use a blunt "tool," such as the eraser tip of a pencil both to locate and trigger the acupressure point. This may be especially useful for frail people who have difficulty in generating enough strength to follow the next instruction.

Step two: trigger the point properly. Use a deep, fingertip -- again, not the pad or fleshy part -- massage, digging or goading the spot with up to 20 lbs. of pressure (which will be almost as much as you can generate -- measure it by pressing your thumb-tips on a bathroom scale). Do this for as little as ten seconds or up to four minutes -- the amount of relief the triggering brings will be your best guide as to how long you'll need to stimulate/massage. But usually only a few seconds is enough.

Pressure points are usually duplicated bilaterally, so -- after you stimulate a spot on one side of your body -- you can simply repeat the process (if applicable) on the opposite side. You'll often find one side of the body is more tender than the other ... and you may rarely find treating one side may relieve your hunger (or other symptom), while stimulating the opposite point may bring the discomfort back. (If that happens, simply reapply pressure to the original side until the symptom disappears again.)

If you find and trigger the right G-Jo point, several things should immediately occur. First, you may experience an "acupressure reaction" -- typically a sudden feeling of warmth, a light flush of perspiration, an immense feeling of relaxation or release of muscular tension, etc. If this occurs, you've probably located a good G-Jo acupressure point and triggered it properly. Now "test" your symptoms.

Your hunger should be gone -- totally or nearly completely gone -- and in its place you 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 should also be rewarded with a growing sense of energy and vitality. It is as if someone had literally erased your suffering -- even the most acute part of it -- within a matter of seconds. This is true not only for hunger, but for any minor discomfort or ailment, as well.

If it doesn't feel that way -- if you feel no relief whatsoever -- it generally means you've found no point, at all, or that it was the wrong point for your kind of hunger. 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 your symptoms return, just trigger the best point again. You should get acceptable spans of "relief time." Incidentally, the points may be used either between meals or after a light meal (say, instead of a cigarette) to "kill" nagging hunger.

While G-Jo is an excellent alternative to diet pills and other potentially harmful medications, there are certain precautions you should take. Generally speaking, you should avoid G-Jo if:

- you are a pregnant woman, especially after the third month of pregnancy ...
- you take regular, daily medication for a serious ailment, such as, cancer or diabetes; or if you are a heart patient -- especially if you wear a pacemaker-type device.

Also, as a general practice:

- Wait for about four hours after taking any drug, medication, alcohol (or other intoxicant) before applying G-Jo ...
- 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 on the opposite side of the body, instead.

G-Jo is used symptomatically -- that is, when (and only when) symptoms arise. If you have to apply G-Jo more than four or five times daily to relieve hunger (or any other ailment this technique might be used for, such as headaches, backaches, menstrual cramps, etc.), it usually means that:

- you are using the wrong (not the best) G-Jo point -- try another one ...
- you are not triggering the point properly -- use a bit more (or less) pressure ...
- your problem may be more than just simple hunger -- perhaps it is time to see your doctor or other health care professional.

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Here are several G-Jo acupressure points that are most often used to relieve or reduce hunger pangs and discomfort:

G-JO #7 -- the width of one hand above the crown of the inner ankle (medial malleolus), along the rear edge of the shinbone (tibia) -- this is also a good point for controlling many other problems in the lower two thirds of the body, especially in the digestive tract and lower abdomen. Try it for indigestion, prostate distress, menstrual cramps, etc.

G-JO #9 -- the width on one hand below the bottom of the kneecap (patella) and the width of one thumb toward the outside (lateral direction) of the lower leg. This point is found in the trough or valley that runs between the shinbone and frontal calf muscle (tibialis anterior) -- another good control point for problems that occur in the lower two thirds of the body.

G-JO #115 -- in the small indentation (the "philtrum") located in the center of the face, between the bottom of the nose and the top of the upper lip; the actual point is found about 1/3 of the way down from the nose -- probe around the indentation until you contact the tender touch point, then trigger accordingly. This point also may help relieve migraine, leg cramps and even shock or unconsciousness following an injury. (Note: there is another helpful hunger control point more-or-less beneath #115, in the inside of the upper lip; this point is triggered by pinching and pulling the center of the top lip, with particular attention paid to the inside of "wet side.")

Another acupressure technique to relieve hunger requires only a wooden matchstick and several tiny acupuncture points in the ear. While this technique takes somewhat more precision -- and generally requires the aid of a partner (at least in the beginning of self-therapy) -- the results may be well worth the effort. Have your friend carefully press the non-lighting end of the matchstick -- even a blunted toothpick will do -- in the approximate area of the acupuncture points until a twinge is felt.

Then you press-and-jiggle the matchstick or toothpick yourself (to control pressure) for about ten seconds (and move on to the next point, if necessary). As always, duplicate the acupressure

on the opposite ear immediately, having your friend read the description and find the point, then you taking charge of the matchstick.

Used regularly (but in moderation, please), these acupressure points may not only relieve hunger, but can actually stimulate the body's metabolic processes to "speed up" the burning off of excess weight.

However, as mentioned earlier, any acupressure points are best used in conjunction with a number of other easy-to-apply techniques to support and "reinforce" G-Jo's action.

Several of the more important of these include:

- Begin a regular, gentle exercise program. One good idea is to spend several minutes a day doing "slow dance" -- a free-form movement program that ideally combines stretching and movement done to slow music (preferably outside in the sunlight) until a light sheen of sweat occurs across the brow and shoulders. (Note: The Chinese -- even elderly Chinese -- keep fit and healthy doing a similar program, called t'ai ch'i chu'an or simply tai ch'i.) This should be done twice each day, and is nicely combined with other gentle exercises such as walking, etc.

Oriental doctors believe it is wise not to do strenuous exercise routines either for health or as a method for losing weight; and moderate exercise has a number of benefits, but weight loss is not one of them (you would have to walk up to 70 miles to lose one "real" pound of body weight, not just the water that is quickly replaced). Gentle exercise is enough to keep all systems fully functioning. Its primary purpose, according to Oriental healers, is to stimulate the digestive organs to function more completely.

- Remember: exercise is any activity that makes you move. Add small, new movements to everyday activities -- walk an extra block to a different bus stop ... climb a flight of stairs instead of taking an elevator or escalator ... get up and move (but not to the refrigerator) during a TV commercial ... the possibilities are endless. Take a moment right now and think about what you do during the day -- then make a list of changes or additions you might make that will add mild exercise without changing your lifestyle.
- Chew well. One Oriental health and weight control program consists of nothing but chewing food 100 times each bite and it's reported to work wonders for many diseases (including obesity, the overweight disease). The more you chew, the better you digest ... the better you stimulate the liver (the main organ that turns off your appetite and helps you feel satisfied) ... and the less you feel compelled to eat. As an interesting aside, thorough chewing also helps improve (by restoring balance to) the sexual drive.
- Relax before you begin eating -- just let out a little sigh of relief. You'll be surprised at how much subtle tension you carry around with you -- especially before eating -- and simply adding that moment of relaxation (especially if combined with a brief prayer) works wonders in helping you crave less. And make sure you stay as relaxed as possible throughout the meal: stress causes most "foodaholics" to eat far more than they actually need (or, surprisingly, even feel hungry for).
- Take at least 15-20 minutes to eat. The slower you eat, the less you automatically eat before

you feel full.

- No outside activities (e.g. reading or watching TV) while you are eating. Any distraction -- even social talking -- tends to keep your concentration away from food, its pleasure and its taste. Unless you are consciously aware of your food, you will tend to eat more, out of habit, than you will by paying attention only to your food and eating during the meal.
- Drink something warm about one half an hour before eating. A warm liquid, preferably a tea made from fennel, licorice -- not licorice candy -- root or yerba mate (important herbal teas for stimulating the metabolism of dieters), will help create a feeling of fullness and satisfaction. An alternative to this is to drink two ounces of grapefruit juice mixed with one ounce of water (room temperature, if possible) half an hour before each meal.
- Reduce your salt and liquids. Unless you work in a hot, sweaty job (in which case you probably don't need this program anyway), try to limit your salt intake to only that which is used in cooking. And try drinking no more than a half gallon (64 oz.) of liquids daily.
- Avoid sugar, sugary foods and alcohol as much as possible. Sugary foods and drinks are first utilized within the system, leaving the "heavier" foods (usually more complex carbohydrates or protein) to create "bulk" and ultimately excess weight. Sugar hunger may be greatly eased by avoiding meat and other slaughtered animal, poultry or seafood products and moving more toward a vegetarian diet (VITAL NOTE: vegetarians must be doubly careful to avoid sugary foods and alcohol -- otherwise they will be much more prone to bouts of anger and/or depression than their omnivore friends!).
- Love your weight -- don't hate it! If you find yourself feeling negative about being overweight, do your best to convert that to a feeling of self-love (it can be done -- fairly easily, too -- if you want to love yourself).

A more complete program that incorporates acupressure plus a number of additional self-health methods is found in *Lose Weight Easily With Acugenics* from The G-Jo Institute at www.g-jo.com