

58. G-JO: A SAFE ALTERNATIVE FOR RELIEF FROM SUFFERING

As many students of spiritual or self-development now know, there are all-natural (drugless) alternatives to aspirin and similar non-prescription remedies. Some may even be used in case of emergency, when acute pain, bleeding and symptoms such as burns may be present. Invariably, these techniques seem to be Oriental in origin and usually involve the use of touch. One of the easiest and most effective of these "self-health" techniques is called G-Jo -- an ancient Chinese method for immediate relief of most kinds of pain and suffering.

G-Jo is a type of acupuncture ... but without the needles. Instead, the finger- or thumb-tip is used to perform acupressure. It is completely safe and natural -- yet it works faster and usually more effectively than most drugs or medications to relieve headaches, backaches, menstrual distress and similar "everyday" ailments (not to mention the more serious bleeding or other results of accidental injury).

In fact, when the right G-Jo acupressure point is "triggered" and stimulated properly, relief from most ailments is instantaneous! Not only does G-Jo bring immediate relief, it also stimulates the body's own self-healing mechanisms. It does this through the vital energy system -- the so-called "meridian system of energy" -- which interconnects each organ and gland into one, holistic unit.

It is said that when life energy (prana, ki or ch'i) is flowing too quickly or too slowly along our meridians, our organs begin malfunctioning. Then symptoms of distress -- usually in the form of pain and suffering -- occur. But G-Jo appears to restore balance and harmony along this network of energy-carrying cells (at least temporarily); as this occurs, malfunctioning organs or glands self-correct. Symptoms are literally "erased," and healing begins happening ... all at the speed of electricity.

There are several different types of acupressure, but G-Jo is the most basic form. It's designed to be used symptomatically ... that is, only when symptoms manifest themselves, either from internal sources (such as illness) or as the result of weather, injury, etc.

G-Jo means "first aid" in its native Chinese. With a little reading and practice, you can learn enough G-Jo to avoid much needless suffering and become virtually independent of doctors and drugs ... especially if your lifestyle is already a healthful one.

The only thing G-Jo requires is the tip of your finger, a knowledge of where the tiny pressure points are located and the necessary "oomph" to stimulate them. G-Jo requires no prior medical or first aid training, either. To use G-Jo, you only need to know how to find -- then how to trigger -- these pinhead-sized therapy points. You can trigger them yourself, of course (they require no partner, though you can do G-Jo for another person -- adult or child). If one point doesn't work for you, simply move on to the next one and try that. When you find a point that brings relief, trigger the identical point on the opposite side of the body, as well (most G-Jo points are duplicated bilaterally).

There are nearly 200 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* -- see www.g-jo.com). These are major acupressure points that "control" specific bodily areas or functions and are scattered around the human body, mostly below the elbows or the knees. When you know the right G-Jo point that controls the area which is suffering you simply trigger that acupressure point in the special G-Jo way and relief follows immediately.

While there are sometimes as many as 20 or more G-Jo points for a specific symptom, there

are usually one or two "best" points for your own, unique "brand" of that symptom or ailment. For example, according to certain Western scientists there are more than 60 kinds of headaches that people can suffer. At least one G-Jo point will relieve a headache "behind the eyes," while another one brings prompt relief from an ache located at "the top of the head," etc. And one "basic" point -- G-Jo #13 (see below) -- usually brings at least partial relief from most kinds of headache.

In fact, there are six basic points that everyone should know. These each control large portions of the body. While not always the best G-Jo points for a specific symptom, one or another of them can usually bring remarkable relief for most minor (acute) or emergency -- but not necessarily chronic -- ailments we are likely to encounter in daily life. Three of these points are found on the hands and arms, three on the feet and legs. In all, more than 250 different symptoms, health problems and bodily areas can be relieved and often "reversed" (healed) using this remarkable self-applied natural health technique.

There are only three steps necessary to use G-Jo. The first of the steps, finding the point, requires deep fingertip pressure (as does the second step, triggering). You must probe until you locate the precise 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 self-health technique.

Step two: trigger the point properly. Use a deep, fingertip -- 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 deeply 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.

There are certain phenomena -- called "acupressure reactions" -- that generally accompany proper stimulation, and when these occur it's often a good indication that this is the right point to restimulate if the target symptom returns. For example, you'll usually notice a slight flush of warmth, clamminess or perspiration form across your brow or shoulders ... you may feel a bit lightheaded.

You might even feel a little lightheaded, because this sense of relief will be so profound, so do G-Jo in as relaxed a position as possible. And as you learn more about the inter- relationship between the points and areas they relate to, you'll develop a subtle sense of "rightness" about the proper point ... you'll perhaps sense "it needed that" stimulation, or -- while the stimulation may have been a little uncomfortable -- "it hurt good."

Upon completing this triggering (that is, upon doing step three -- finding and stimulating the identical point on the opposite side of the body) you may well feel a deep and profound sense of relaxation: you may feel like someone "let the air out of your balloon" in a big rush ... you'll probably feel like sighing "aaaahhhhhh ... " in relief.

If you've applied G-Jo properly, you should get complete or at least near-total relief of your discomfort or symptom. It often vanishes so completely, it's as if it never existed. And, depending upon the circumstances, it should stay relieved for at least as long as an aspirin or other non-prescription remedy would relieve the symptom, and probably longer ... if you find the right point. This is especially true if the symptom was minor, like a mild headache or indigestion.

In the case of emergency -- such as a bloody laceration -- you may have to restimulate every few minutes at first. But bleeding, pain and other trauma associated with most emergencies can definitely be controlled with G-Jo acupressure. However, if an apparently minor symptom returns in

a few minutes, it's usually a signal that you've used the wrong point -- try another one.

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 the use of G-Jo if:

- You are a pregnant woman, especially after your third month of pregnancy (note: G-Jo points #5, 7 and 13 may be used during natural, drugless childbirth to ease labor, speed delivery and assist healing afterwards);
- 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.-- acupuncture 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 the opposite point ...
- And if you have to use G-Jo more than four or five times daily -- or for more than four days in a row -- for an apparently minor problem, it usually means you're either not using the best G-Jo point or that your symptoms are more serious than you think, and it's time to see your doctor or other health care professional.

Follow the same guidelines as for nonprescription pharmaceuticals: if pain or symptoms persist, see your doctor or other health care professional. G-Jo pressure point stimulation does not replace proper medical attention, nor does it supersede or replace standard Western first aid or emergency techniques.

Here are several of the most powerful G-Jo acupuncture points and some of the many symptoms, discomforts or bodily areas they can relieve:

G-JO POINT #13:

Its Approximate Location: In the webbing between the thumb and forefinger on the back ("hairy side") of the hand. Squeeze the thumb and forefinger together until a mound appears; place the opposite finger- or thumb-tip upon the mound, then relax that hand. Begin probing in that fleshy, muscular area, moving slightly back and forth, especially toward the wrist, until the twinge announces the point.

Some Of Its Possible Uses: Problems of the chest; ear; elbow; eye; face; foot; hand; head; HEADACHE; mouth; nosebleed; respiratory system; shoulder; throat; toothache; tongue.

G-JO POINT #5

Its Approximate Location: In the valley behind the bulge (crown) of the outer ankle; between the Achilles tendon and the bulge of the ankle.

Some Of Its Possible Uses: Problems of the back (especially low back pain); face; foot; headache; hemorrhoids; leg; pain control center; sprains; strains; testicles; vertigo.

G-JO POINT #7

Its Approximate Location: The width of one hand, measured across the rear knuckles, above the bulge (crown) of the inner ankle (medial malleolus), very close to the shinbone (tibia); by running your finger up the inner edge of this bone, you should quickly find the most sensitive spot.

Some Of Its Possible Uses: Problems of the abdomen; foot; hangover; hip; leg; indigestion; menstrual problems; nausea; stomach; cystitis; gastrointestinal system; prostate; sexual organs. 8
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