

65. FIRST-AID IN YOUR FINGERTIPS

Imagine a first-aid kit that fits in your pocket ... will successfully treat virtually any illness or injury - even life-threatening traumas -- you or a loved one might suffer ... is always with you (even if you don't own anything else) ... requires only a few minutes' of training to master many of its "tools" and "medicines" ...

... What would such a survival kit be worth? The obvious answer is: It's *priceless*! The great news is that, not only is such a "kit" now available, but its cost is ZERO! Even better -- you already own it! And it's as close as the tips of your fingers.

This remarkable "first-aid kit" is called *G-Jo Acupressure*.

G-Jo (pronounced "GEE-joh") is a kind of acupuncture ... but without the needles. Instead, you use your fingertip -- nothing else -- to "trigger" (deeply massage) one or several of G-Jo's nearly 200 acupuncture points in a form of acuPRESSURE. In a nutshell, here's how it works: When an ailment or injury occurs, 1.) reach for the appropriate G-Jo point; 2.) probe deeply in the approximate area of your body to actually locate the tiny point; 3.) once located, trigger it in the special G-Jo way for a few seconds; 4.) find and trigger the same point on the opposite side of the body; and 5.) sigh in relief. It really is just that simple. Start to finish, under a minute.

But what *power* you command with this simple technique! For example, I have used G-Jo to instantly "reverse" major injuries that have occurred in serious automobile accidents ... to relieve accidental poisoning from foraging on an unfamiliar herb ... to treat sunburns and other kinds of burns and skin irritations so common to campers, orienteering buffs and survivalists ... to promptly relieve aches and pains too numerous to mention ...

... and in one case, to simply "cancel" the pain -- *and even the gushing blood* -- from a nearly fatal wound. Let me tell you the story. Back in the early 1970's (I have been teaching this Oriental "self-health" technique since 1974, and have written extensively about it), my children and I were hoisting a chicken roost on our South Florida farm.

They were using a heavy, steel ladder to hold the roost in place (like a jack), as I wired the roost up to the rafters. For unknown reasons, they let go of the ladder too soon, and it came crashing down on my face, barely missing my eye and temple, but slicing neatly and completely through my nose, lip and into my upper gum!

The pain was so blinding I nearly passed out. If you saw the movie *Chinatown* -- and in particular, the gruesomely-memorable scene where the bad guy stuck the point of a knife up Jack Nicholson's nose, then pulled it straight back, cutting completely through Nicholson's nostril in the process -- this was the identical wound I suffered, but in reverse ... and worse.

I was stunned. I vaguely remember my children looking on in horror as I stumbled toward the house, my shirt already soaked in blood. But as I ran toward the house, I kept my senses long enough to (almost instinctively) begin triggering a point on my *hand* -- a special spot known now as G-Jo Point #13 -- and worked it deeply. Then I duplicated the process on my other hand, alternating back and forth as I ran toward the bathroom.

I looked in the mirror and my worst fears were confirmed: It was a *horrible* wound! But amazingly, in the few seconds it had taken me to reach the medicine cabinet (triggering the acupressure points as I ran), both the pain -- *and the bleeding* -- had completely stopped! The acupressure had worked that fast!

Of course, the pain and bleeding returned in a few minutes. But then, I simply reached for the same special points, triggered them again for a minute or so (and added G-Jo Point #4 -- also illustrated -- another main acupressure point for head injuries), and did nothing else, except to strap a butterfly bandage across either side of my (now separated) nose, to hold the flaps in place.

This was a major injury -- I don't suggest any untrained person taking that much responsibility for such a wound, one that common sense calls for emergency room treatment (later, I was to discover that this wound would have otherwise required at least 18 stitches to close). However, I was already competent with this technique, and chose to try healing myself, just to see the extent this remarkable self-health process could take me.

To this day, I still don't know the limits of G-Jo. But that wound healed quickly -- within several days! -- and cleanly, without any infection or consequences, whatsoever. During the first day, I probably had to trigger the G-Jo points about three dozen times. In other words, each time the pain and bleeding returned. Then on the next day, maybe two dozen times (though by then, the wound had fully closed and was no longer painful). The third day, maybe half a dozen times, and after that, nothing.

Again, I generally wouldn't suggest that much primitive self-reliance; nonetheless, it is comforting to know that, in dire circumstances, G-Jo can actually be *that* effective.

That accidental injury proved to be a turning point in my life. I was so impressed with the power I had in my fingers, I began teaching this simple technique to small groups -- in churches, camps, growth centers ... anyplace anyone would listen. Later, I began appearing upon radio talk shows to introduce much larger audiences to the basics of this ancient method of health self-reliance.

There, listeners phone in -- people I've never met before, people who have only one thing in common: Each of them is suffering an ache, pain, ailment or other discomfort at the time that they call. Then, without rehearsing or prompting, I lead each caller, step-by-step, to the appropriate G-Jo point upon his or her body ... guide them through the find-and-trigger process ... and listen with great pleasure and satisfaction as they gasp in amazement!

For virtually without exception, these totally-untrained individuals are able to relieve their *own* suffering in less time than it would normally take to even *phone* for a doctor's appointment.

And many of the ailments they self-treat are of a longstanding nature. Chronic shoulder or joint pain ... recurring headaches ... lower back pain (probably the most common complaint that I "treat" by phone on these shows) ... the sky's the limit, it seems. To date, I've appeared on more than 1500 radio and TV talk shows around America and in other parts of the world, and the rate of "success" these callers have -- that's live, over the air -- is nearly 100%!

Let's get down to business: While the true mastery of the nearly 200 G-Jo points -- many of which are also used in the martial arts -- requires a bit more of a commitment, you'll learn enough in this article to self-treat the majority of minor health problems and injuries you or your family are likely to encounter for the rest of your lives. (All the 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).

Basic health self-sufficiency requires only the knowledge of six primary or "cookbook" G-Jo Acupressure points. They are called such, because they each have broad-reaching effects on large areas of the body. And while they may not be the best points for any particular problem, you will usually be able to get enough relief from one or another pair of these points to be up and ready for action in a matter of seconds. Download a free Basic G-Jo Training Chart from The G-Jo

Institute's website www.g-jo.com for illustrations of these six important G-Jo points.

Here is a description of these broad-acting points, and some of their many uses:

G-Jo Point #13

Approximate location: In the webbing, between the thumb and forefinger on the top or back ("hairy side") of the hand; squeeze the thumb and forefinger together until a fleshy mound appears; then take the opposite thumb or forefinger (tip), and place it on the mound. Relax the hand and begin probing the area, perhaps moving back a bit toward the wrist, until the point is felt. Use deep pressure.

Some important uses: Head problems and headaches; neck; foot; toothache; whiplash; ear; concussion ...

G-Jo Point #10

Approximate location: The width of two of your thumbs (about two inches) above the most prominent crease (in the direction of the elbow) of the lower, inner wrist; found between the main tendons of the inner forearm.

Some important uses: Chest problems; menstrual distress; heart attack; hiccough ...

G-Jo Point #4

Approximate location: Directly above #10, on the top (or hairy) side of the forearm; measure the width of two thumbs above the most prominent crease of the upper wrist; found in a depression between the radius and ulna bones.

Some important uses: Arm problems; shoulders; tennis elbow; cough ...

G-Jo Point #9

Approximate location: The width of one hand (about 3 inches) below the bottom of the kneecap, just to the outside of the ridge of the shinbone (tibia), in the direction of the little toe; this is a slightly difficult point to find, but one of the most useful of all G-Jo points.

Some important uses: Lower tract problems; digestive distress; hangover; any ailment in the lower half of body; vomiting and retching ...

G-Jo Point #7

Approximate location: The width of one hand above the bulge of the inner ankle (medial malleolus), just behind the rear of the shinbone, in the approximate line with the bulge of the inner ankle; this is

also a very important G-Jo point to be familiar with.

Some important uses: Lower tract problems; menstrual distress; seasickness; nausea; flatulence; vomiting and retching ...

G-Jo Point #5

Approximate location: In the hollow behind the bulge of the outer ankle (lateral malleolus), just ahead of the Achilles tendon; this point may be found higher or lower than the precise center of that depressed area.

Some important uses: Back problems; foot; hip; general pain control ...

In all, each of these six points has dozens of uses -- sometimes controlling 50 or more symptoms, bodily areas or functions! Now, let's actually walk our way through several G-Jo Acupressure treatments to see just how easy this process really is.

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

Find G-Jo Point #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 the 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 your "triggering tool" in place, relax the right hand and begin pressing as deeply as possible in the webbed or fleshy area formed between the thumb and pointer finger.

Press until you feel a tender "ouch" point -- the more it hurts the better it is likely to be for your kind of headache or injury. 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.

A good point (any G-Jo point, not just #13), triggered properly, should produce certain phenomena. First, there's usually a response called an "acupressure reaction" -- a feeling of warmth, clamminess, perspiration, or maybe just a feeling of "rightness" as if, while the point hurt, "it hurt good." Then you'll typically feel a sense of relaxation or a mild "glowing" feeling ... and, of course, relief of your ailment (in this case, a headache).

And the relief should be immediate. Instantaneous, in most cases. If you get little or no relief, immediately try any of the other points described above.

TO RELIEVE AN ACHING LOWER BACK

Start with G-Jo Point #5. First seat yourself in a comfortable position, 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 and 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 necessarily deep, digging or goading kind of 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, or less, than the other side (often, the points on the left side of a man's body are more tender -- and thus more effective -- while the right-side points are often more tender on a woman). Now test your backache. If it is nearly gone, simply trigger the points for another few seconds and test again. Or move on to the other points, beginning with those located upon the leg.

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

Begin with G-Jo Point #4. Place your right hand so the palm is facing the floor, then bend 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) up from that crease 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 feeling for a small hollow or depression between these two bones.

Once you find the tender spot, do Step Two. Trigger the points in the deep, digging G-Jo way, then test your symptoms. Your hands, and/or fingers should be virtually free of pain or discomfort. If not, try point #13, then #10.

There are several tips for best using this powerful technique. Begin triggering as soon as you experience the symptoms or ailments -- don't wait. And as soon as the target symptom(s) return, trigger the best point(s) again. Avoid points that lie beneath a scar, mole, wart or other blemish; try the point on the opposite side of the body, instead. And if you have to use G-Jo more than several times a day for an apparently minor symptom -- or for more than several days in a row -- it may mean, either:

- 1.) You're not using the best point for a problem; try other points ...
- 2.) You're not doing G-Jo properly -- a good point hurts in a special, toothache-like way when you find and trigger it ...
- 3.) Or your problem may be more serious than you think. Use common sense -- if symptoms persist, see your doctor or other health care professional.

This potentially life-saving technique is safe, natural and can be used on children and adults of all ages. Nonetheless, please first check with your doctor or other health care professional before using this -- or any other "self-health" technique -- if you are: A pregnant woman (especially beyond the third month of pregnancy); a chronic heart patient (particularly if you wear a pacemaker-type device); or if you are taking regular medications for serious health problems, such as cancer, diabetes, etc.

This knowledge gives you an instant, carry-it-with-you "pharmacy and emergency room" that's open 24 hours a day. Don't leave home without it!