

66. G-JO FOR HEADACHE RELIEF

What do most of the several dozen types of headaches that exist have in common? They all hurt, of course, but there's more: The majority of all headaches can be promptly relieved using nothing but the touch of your finger.

In fact, pain in any part of the body can be literally "erased" within moments, using only the power of touch. I'm referring to an ancient Oriental "self-health" method called G-Jo Acupressure. The basics of G-Jo were described in one of my earlier articles on this remarkable technique.

G-Jo -- which means "first-aid" in Chinese -- is a kind of acupuncture, but without the needles. Instead, deep fingertip pressure is used on one or more tiny therapy spots or "acupoints." These are typically buried in soft hollows or depressions scattered around the body.

There are many such acupoints (at least 1200 are known). Hundreds are located in either ear, upon the nose, on both hands and feet, and elsewhere. But most acupoints that qualify as G-Jo, or first-aid acupoints, are located between the fingers and elbows, or between the toes and the knees.

Each point "controls" one or more specific bodily areas or functions. When pain or other dysfunctions arise in a part of the body, deeply massaging the right acupoint(s) which control that area help to "unblock" the flow of a special energy (KI or CHI, the same force that makes the heart beat with life). As proper energy flow is restored, pain vanishes and health returns.

This, briefly, is G-Jo Acupressure.

The most difficult part is knowing which acupoint controls what area of the body. With headaches, for example, there are at least 20 important acupoints for relieving (and often healing) the more than 60 types of headache that Western medicine has identified.

Several of these G-Jo points are particularly broad-acting, however, and may have other beneficial uses. These easily located, far-reaching acupoints are known as "cookbook points." They are typically tried first ... and often produce immediate, profoundly beneficial results. Download a free Basic G-Jo Training Chart from The G-Jo Institute website www.g-jo.com for illustrations of these six important G-Jo points.

One of these points, a key point for many problems in the upper part of the body (including headache), is located on the back of the hand. It is known as G-Jo point #13 -- one of the most powerful of all the body's acupoints. Another good headache relief point is located on the foot: G-Jo point #17 may be particularly helpful in self-treating migraines.

Several other points also come to mind when thinking of headaches: G-Jo points number 1, 4 and 115. But each of the nearly two dozen, time-proven G-Jo headache relief points can be effective for different people under a variety of circumstances. However, any one of the above five points would be a good place to start. (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).

HOW TO RELIEVE A HEADACHE WITH G-JO ACUPRESSURE

First, find G-Jo point number 13 by placing the right hand so the palm faces the floor. Squeeze your thumb tightly against your pointer finger so a fleshy mound pops up on the back of the right hand between them.

Place the tip (not the pad or fleshy part) of the left thumb (or if you have a long thumb nail, use 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. Now begin pressing deeply in that area until you feel a tender "ouch" point. The more it hurts the better it is likely to be for your kind of headache.

Second step: "Trigger" (deeply stimulate) the point in a brisk, digging or goading kind of fingertip massage. Do this for 15 or 20 seconds on the right hand, until you feel an "acupressure reaction" (described below); then stop and duplicate the find-and-trigger process on the back of the left hand. Check your headache. If it's "erased," go no further. If not, try the next point.

G-Jo point #17 is nearly the equivalent of point #13 ... except that it is located upon the top of the foot. Press deeply between the big toe and the second toe, about an inch back from the webbing that links those two toes, in the soft "valley" between the two, long bones that lead back toward the ankle.

Probe until you feel the deep, sometimes-sharp aching sensation -- the "wince point" -- that is the hallmark of G-Jo 17. As this point is often helpful in self-treating migraine, when you are suffering from that excruciating form of headache you can also expect the point to be particularly tender (assuming it is the "right" point for your migraine).

That is the beauty, and virtually the only downside, of G-Jo. A "good" point usually hurts like a boil when deeply pressured. And the more tender it is, the more likely it is to be the right point for "what ails ya." However, because a good G-Jo point usually does hurt, it also stops some people from applying this pressure to themselves.

But usually this is no problem. If you're squeamish about inflicting any discomfort upon yourself, just have someone else do G-Jo for (upon) you. Or use the eraser tip of a pencil: Sometimes using a "tool" other than your own fingertip makes triggering the point easier.

And when doing G-Jo upon another person, it is best to be more gentle than you might be with yourself. This is particularly true when applying G-Jo Acupressure to a child or upon an elderly sufferer. But other than this, there are few precautions other than using common sense: In particular, if your headaches (or any other symptoms) continue, seek professional help.

If neither of those points work, try G-Jo point #4. Once again, place your right hand so the palm is facing the floor. Bend the hand back slightly, so a crease is formed at the wrist, on the back of the hand. Now relax the hand and measure back, toward the elbow on the outside (the hairy side) of your arm about two inches.

Begin pressing with your fingertip in the hollow between the two arm bones (the radius and ulna). Place the tip -- remember: *Not the pad or fleshy part* -- of the left thumb in that depressed area. Probe deeply until you contact the tender spot; it usually feels like a toothache or pinched nerve.

Then trigger the spot deeply for a few seconds, and stop. Finally, find and trigger the same spot on the left arm. If the headache pain is eased but not quite gone, simply trigger the acupoints for another few seconds and test again. Or try the next series of points.

The remaining, two G-Jo points are less-frequently used. G-Jo Point #1, a main acupuncture site on the so-called "lung meridian," is also known as "lung meridian point number seven."

This is a relatively difficult point to find, but worth the effort. Named "interrupted sequence"

in Chinese (because it takes a jog, in a manner of speaking, away from the normal routing of the pathway of energy connecting the lung, itself, with tip of the thumb), G-Jo Point #1 has no less than three dozen uses.

Its main effect is on **the upper part of the body**, and particularly **the head, throat and neck**. Because of that, headaches which originate in those areas tend to respond well to stimulating this special point near the wrist. Historically, G-Jo #1 is a first point to consider using for the treatment of **nosebleed** and **nasal congestion** (or catarrh), so sinus headaches are often eased within moments following your triggering of this point.

In case of headaches which follow **head injuries**, when the possibility of **concussion** or **whiplash** exists, this point may be used in conjunction with other G-Jo points whose action is also upon the head or neck. Of course, when any potentially serious problem occurs, professional attention is called for. G-Jo should only be used for first-aid, in those instances ... at least until you become a master of this remarkable skill.

Later, if you do master this ancient healing art, you can easily take more responsibility for your own healing and health maintenance. It may surprise you to know that G-Jo is so powerful and broad-acting that I, myself, don't even carry health insurance. My only "insurance" is the knowledge I possess and the power that's already in the tips of my fingers.

G-Jo Point #1 is located one and a half thumb-widths above the most prominent crease of the wrist, in line with the thumbnail. To find the point more easily, link or interlock the thumb and forefinger of one hand between the thumb and forefinger of the other.

The pointer finger will then fall into a depression located between the sinew and bone. Like many acupressure points, which are also found in various bodily indentations, this one is found in that depression or hollow.

For deeper or more chronic headaches, it might mean triggering (deeply massaging) a good point two or three dozen times a day for several days. Most good points will quickly become quite tender to the touch, almost like a boil. Nonetheless, any good point should still be triggered at least for a few seconds, especially if or when the headache returns. Relief should follow immediately, if it is a particularly good point.

Generally speaking, most G-Jo points should be triggered (this can't be overemphasized) in a deep, digging or goading type of massage -- one that lasts for up to half a minute, or so, usually until that "acupressure reaction" occurs someplace in the body. This might be a sensation of warmth, clamminess, perspiration across the head or shoulders ... there are various kinds of such responses.

But this peculiar (and almost universal) response typically occurs within half a minute (and often within four or five seconds) of triggering a good point properly.

A profound sense of relief also nearly always happens upon stimulating a good acupoint. Stop triggering the point as soon as this reaction and relief occur. In any event, triggering for more than a minute or two is unnecessary. If you don't obtain relief by then, it usually means that: It's the wrong point, or not a point, at all; or that you're not doing G-Jo properly (which usually means you're not triggering the point deeply enough).

Each of the above points should be triggered bilaterally -- that is, on either side of the body. In other words, G-Jo Acupressure is a short, three-step process: Find the point; trigger it deeply until you feel the acupressure reaction; then find and trigger the identical spot on the opposite side of the

body until that same reaction occurs.

Now check your headache: It should be gone, or nearly so. If not, try G-Jo Point #115. This easily-found point is located in the so-called "philtrum" or vertical depression between the bottom of the nose and top of the upper lip. Number 115 is useful in relieving the feeling that occurs when one is about to faint, headaches which arise from hunger, and perhaps the pain following a head injury. As an aside, it is also good for promptly stopping the wrenching pain of a "charley-horse" or night-time leg-cramps.

Before using any "self-health" technique, certain precautions should be observed. In particular, check first with your doctor or other health care professional if you are: A pregnant woman (especially beyond the third month); a chronic heart patient; or a person who takes regular medication for serious health problems, such as cancer or diabetes.

There are numerous ways to access the body's remarkable energy system. As mentioned above, complete "micro-acupuncture" networks of energy channels and their points are found on the hands and feet (often called "reflexology" or "zone therapy" systems), in either ear, and upon the nose.

There are even complete healing systems located upon the scalp and along the spine. Each of these healing systems has its own series of points, many of which may be manipulated with the fingertip or other triggering tool. But if an acupoint falls beneath a scar, mole, wart, varicose vein or other blemish or disfigurement, avoid that point and try another one, instead.

So the next time you're suffering from a headache don't reach for the aspirin bottle: Reach for a G-Jo Acupressure point, in its place. As you become more proficient in this vital art (and that shouldn't take more than just a little practice combined with a knowledge of the points and their uses), you'll gain an important tool for your self-health and survival "bag of tricks" ... and add immensely to your sense of self-confidence.