

67. INDIGESTION AND DIGESTIVE DISTRESS

At The G-Jo Institute, the world's only organization totally devoted to health self-sufficiency, we teach that there are several levels or priorities in treating distress and suffering. The first level is "self-health": That is, relieving your own ailments (either with the simple, natural methods we teach; or with drugstore remedies, as a less acceptable alternative).

The next level would be to seek "non-intrusive" outside help, say, from a **chiropractor** or **massage therapist**. Often, their means will be enough to treat many kinds of distress. The third level would be to try a "mildly intrusive" technique, such as **homeopathy** or **acupuncture**.

"Level four" methods would include most **allopathic medicines** -- the kind that conventional doctors must prescribe. Such medicines are potentially dangerous, but can be successful in treating serious disorders. And finally, when all else fails, **hospitals, surgery and other radical means** are called for.

Fortunately, with a good knowledge of "level one" methods, you may never need to seek conventional doctors or health care. Because, nearly always, there are numerous ways of self-treating common ailments.

Take **indigestion**, for example. There are certainly dozens of self-help methods for treating digestive distress. One, simple technique is to just chew and swallow a handful of **mint** -- any kind will do, but **peppermint** is preferred. Or you can pour boiling water over the leaves and stems to make a "tea" (actually, an *infusion*).

Mint is one of the most common "medicinal" plants in the world. It can be found almost anywhere on the fertile part of earth, either growing as a wild or domestic plant. Its distinctive smell will always identify it: Mint cannot be confused with any other plant.

Less easily found -- but ranking as my "eighth wonder of the world" -- is an Italian herbal aperitif or liqueur called **Fernet Branca**. I first learned of this medical miracle as a young, would-be adventurer, sitting in a bar in El Salvador, looking white and shaken from a nasty bout of "turista" (cramps, diarrhea, nausea, etc.).

A local saw my sickly appearance and guessed its source. He struck up a conversation with me, confirmed my plight and called the bartender over. He pointed to the ever-handy bottle of **Fernet** (pronounced "ferNAY") **Branca**, and the bartender poured me a small glass. I didn't know what it was, but would have tried anything at that point.

I got ready to gulp the nearly black liquid down, but the stranger put his hand on my arm. "Just a spoonful, or two," he warned. "Too much will cause diarrhea. And be careful of the taste," he mentioned, almost as an afterthought.

The taste was horrible! But by the time my mouth got back to normal, the distress in my gut was gone, replaced by a strange (and blessed) feeling of coolness and relief! Since that time, I have traveled to virtually every corner of the world ... and always with a flask of **Fernet Branca** close at hand.

But I have seldom needed it, because I also "carry" the granddaddy of all our organization's self-health techniques: G-Jo Acupressure. G-Jo -- a kind of acupuncture without needles -- originated in the Orient thousands of years ago. With a little reading and practice, you can learn

enough G-Jo to avoid much needless suffering, and become nearly independent of doctors and medicines ... especially if your lifestyle is already a healthful one.

The only thing that 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. Otherwise, G-Jo requires no prior medical or first aid training. (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).

G-Jo is a two-step process. Step one is to find the right pressure point (they are tiny -- only about the size of a pin-head, so this may be a bit more difficult than it seems). And step two is to "trigger" the point properly. That is, it should be stimulated deeply (almost as deeply as you can manage) in a goading, digging kind of massage. You need to use the tip of your thumb or finger, rather than the ball or pad, because you need specific stimulation.

Most G-Jo points are duplicated bilaterally (on either side of the body, that is), so as soon as you find and massage the point on one side, you immediately duplicate the technique on the opposite side. That's all. In most cases, you only need to "trigger" the points about 15 seconds each to get prompt relief.

As soon as you notice digestive distress, reach for the G-Jo point that controls the affected area. Probe around the general region of (in this case) your leg where the point is to be found. The tiny point must announce itself with a twinge of sensitivity, one that feels like a toothache or pinched nerve.

There are certain phenomena -- called "acupressure reactions" -- that generally accompany proper stimulation; and when these occur, it's a good indication this is the right point to restimulate if the symptoms return. For example, you'll usually notice a slight flush of perspiration form across your brow or shoulders; you may even feel a little light-headed.

If you don't get prompt, satisfactory relief after triggering a point, it usually means one of several things:

1. You didn't find the right point for your symptom -- try another point.
2. You didn't stimulate on a point, only near one -- did you feel the twinge of sensitivity when you probed and triggered? Did you feel the acupressure reaction occur?
3. You didn't stimulate the point properly -- did you use the tip of your thumb or finger? Did you stimulate both sides of your body for enough time?
4. Your problem may be chronic and beyond the scope of G-Jo -- it's time to see your doctor or other health care professional ... or at least go to "Level Two" in your health priority scale.

But certain people should avoid G-Jo until checking with their doctors. Those include pregnant women (especially who are beyond the third month of pregnancy) and chronic heart patients, especially those fitted with pacemaker-like regulating devices. Also, avoid G-Jo if you take regular, daily medication for serious health problems, such as cancer or diabetes.

G-JO POINTS FOR DIGESTIVE PROBLEMS

Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com for illustrations of six primary G-Jo points, including the points suggested below..

G-Jo point #7 is found the width of one hand (roughly three inches) above the bulge of the inner ankle bone (medial malleolus). This is a main point for controlling most problems of the lower abdomen, whether they be bowel disorders (even as serious as dysentery) or simple indigestion.

To locate this point, simply run your thumb up the inner, rear edge of the shin bone (tibia), directly in line with your ankle bone. About three inches up toward the knee, you'll feel the unmistakable tingling that announces this point. You may not even have to probe deeply, especially if you're prone to distress of the lower tract.

G-Jo #9 is the second important pressure point for digestive distress. However, this is a bit more difficult to locate. It is found the width of one hand below the bottom of the kneecap, then the width of one thumb toward the outside of the leg, in the "trough" formed between the shinbone and outside calf muscle. When you probe for or trigger this point, quite often you'll feel a tingling in your toes or lower abdomen. This is an excellent point for indigestion, lower tract distress and more than 40 other symptoms and health disorders.