

73. SIX POWERFUL G-JO ACUPRESSURE POINTS

The fastest and most powerful self-treatment for most common ailments, symptoms and injuries requires no medicines or fancy equipment -- just your fingertip. The technique is safe, easy and nearly always effective.

It's called "G-Jo" (pronounced "JEE-joh") -- a simplified form of acupuncture without needles or "acupressure" -- and it takes just a few minutes to learn the basics. This simple, three-step process is at the heart of a "self-health" system that nearly half the world's population uses in one form or another today ... and has continually used for thousands of years.

G-Jo -- which means "first-aid" in its native Chinese -- relies upon tiny pressure points buried just below the skin's surface. There are nearly 200 G-Jo "acupoints" on the human body (some having as many as 40 or 50 specific health benefits). These are revealed in The G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program* (see www.g-jo.com).

But with just the knowledge of six of the most broad-acting of these acupoints, you can ease and "reverse" (heal) most common ailments in a remarkably short time. 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.

Imagine being able to relieve a burn in ten seconds flat ... a headache in only moments ... a lower back pain in less time than it takes just to *phone* for a doctor's appointment -- such is the power of this time-proven method!

G-Jo works on a subtle physiological system that is now able to be verified by sophisticated electronic instruments. For years, however, it was thought that all acupuncture-related techniques merely worked by the "placebo effect" (that is, by the power of suggestion).

While G-Jo is typically self-applied, it may also be used for treating others, even children. In that case, simply probe and stimulate more gently and cautiously than you might do upon yourself (see instructions below). As most children's problems are of a minor or acute nature, G-Jo is particularly effective. And because it is completely natural, it is much safer than most drugs or medicines.

G-Jo accomplishes two important functions: it relieves suffering immediately; and it stimulates the body's self-healing mechanisms. There are two vital rules for using this all-natural technique: The first is to *FIND THE RIGHT ACUPRESSURE POINT*.

The specific spots may be tricky to locate at first, and you must use the tip of your thumb or forefinger -- not the pad or fleshy part -- to deeply probe the general area of the point. Apply up to 20 lbs. of finger pressure, though 10-15 lbs. will normally be enough. Press your thumbtip on a bathroom scale to get an idea of just how much pressing this actually is.

As an alternative, you may use the bent knuckle of your pointer finger, the eraser tip of a pencil, etc. But use less pressure (otherwise, you might bruise yourself).

Since these acupoints are tiny, you'll have to practice locating them until you become familiar with their feel and position. You'll know when you've found a good G-Jo Acupressure point, though: It will announce itself with a "loud" twinge of sensitivity, much like the feeling of a pinched nerve or a toothache.

The second important rule is to *STIMULATE THE ACUPRESSURE POINT PROPERLY*. Here, too, the secret is deep pressure. Massage the precise area with a digging, goading motion ... again, using the tip of the thumb or forefinger, bent knuckle or such. In the case of serious injury, you might have to continue applying this special massage for as long as several minutes; but 10 to 15 seconds of "triggering" a good point is usually enough to relieve (or substantially ease) the target symptoms.

Acupressure points are usually duplicated bilaterally, so -- after you stimulate a spot on one side of your body -- simply repeat the find-and-trigger process on the opposite side. You'll often discover one side is more tender than the other -- that's the best side to trigger and retrigger, if the symptom returns.

As soon as you notice a problem, stimulate whichever one of the following pairs of points that best controls the ailing bodily area or function. If your symptom is not relieved satisfactorily, try another of these pairs of points. Because they are so broad-acting, any one pair of the points described and illustrated in this article may relieve symptoms usually controlled by another.

Then, when your symptom returns -- if it does -- simply restimulate the pair of points that seemed to best relieve the discomfort the first time. Remember: When treating children, just apply less pressure.

Within humane limits, it is difficult to stimulate your own points too deeply; on the other hand, it is quite easy not to trigger them deeply enough. And since each point is small -- about the size of a pinhead -- it is vital to be precise. The printed instructions only give approximate locations -- starting points, you could say. The painful twinge of sensitivity when contacting the point is the best indicator (the more painful the point, the better it is likely to be).

If you've done G-Jo properly, not only should you have immediate relief from the target symptom, but often there will be other responses. For instance, you might experience a tingling sensation, or a sense of "energy flowing" someplace in your body; or you might feel a burst of warmth, causing a light flush of perspiration to form across your brow, palms or shoulders. There are many such responses.

These peculiar phenomena are collectively called "acupressure reactions" and nearly always occur when a good G-Jo point is triggered properly. If you get no such reaction, it is likely that you are on the wrong point, or only triggering *near* (but not upon) an actual point. Or you might not be triggering deeply enough.

Relief should be both immediate and complete (or nearly so, depending upon the target symptom). If/when the symptom returns, simply restimulate the best (most effective) point, again. Even with more severe problems, such as emergency wounds, burns, etc., G-Jo is often useful. Just trigger again, and expect to have increasing spans of "relief time," though you might only get a few minutes of relief at first. *Any* relief received is an indication that G-Jo will be a helpful technique for that ailment, though you might have to locate a better point, or re-trigger the "good" points fairly frequently, at first.

If you find that you need to trigger a G-Jo point more than four or five times a day for an apparently minor problem -- or for more than several days in a row -- it normally means that you're using the wrong G-Jo point or that your problem may be more serious than you think; then it's time to see your doctor or other health care professional.

While G-Jo is safe and harmless, there are several people who should generally avoid the use of this technique (except in emergency or limited-use situations):

1. A chronic heart patient -- especially one who wears a pacemaker or other artificial energy-regulating device;
2. A person who takes regular/daily medication for serious health disorders (e.g. cancer, diabetes, etc.);
3. And a pregnant woman (especially beyond her third month of pregnancy) should also avoid the unlimited use of acupressure (especially points #5, 7, 9 and 13; however, those same points may be used during natural, drugless childbirth -- after labor has begun -- to ease the process and to help relieve problems associated with childbirth; and these points are also helpful in stimulating healing after the birth, too).

REVIEW: As soon as you notice a symptom, decide which is the best pair of control points. Probe the appropriate area on your hand, arm, leg or foot until you discover a tender "ouch point" -- one that feels like a toothache or pinched nerve when deeply pressed.

Now massage briskly -- first on one side of the body, then on the other -- for 10 or 15 seconds. Finally, check your symptom: It should be gone or nearly so. As soon as the ailment returns, deeply massage the most effective point(s) again -- you should get expanding periods of relief time.

The more practiced you become in this technique, the less you'll need to rely upon the medical system for your own or your loved ones' health and well-being. G-Jo Acupressure puts the power of healing back where it belongs -- in your own hands.

HOW TO RELIEVE:

- ... a headache: G-Jo point #13, 4 or 5.
- ... a lower back pain: G-Jo point #5, 7 or 9.
- ... menstrual cramps: G-Jo point #7, 9 or 10.
- ... a burn: G-Jo point #4 or 5.
- ... tennis elbow: G-Jo point #4, 10 or 13.
- ... indigestion: G-Jo point #7 or 9.
- ... pain: Use G-Jo point #5 plus other listed points.
- ... foot problems: G-Jo point #5, 7, 9 or 13.
- ... injured shoulder: G-Jo point #4 or 13.
- ... painful knee: G-Jo point #5, 7 or 9.

G-Jo point #4: The width of two thumbs -- or about two inches -- above (toward the elbow) the crease of the wrist, on the *outside* (hairy side) of the forearm. Make an imaginary line from the middle finger, straight back, past the wrist crease and up the arm about two inches, then begin probing deeply. You'll find that special point between the two arm bones (the radius and ulna), in a small, protected depression. Then massage deeply in the G-Jo way and duplicate the massage on the opposite arm.

G-Jo point #5: Behind the bony bulge (lateral malleolus) of either *outer* ankle. Probe the soft depression you'll find between the outer ankle bone and the Achilles tendon (the hamstring tendon running up the back of the foot). Press all around that hollow until you feel the twinge of sensitivity - it may be a bit difficult to locate, at first, but it's there.

G-Jo point #7: The width of one hand (about three inches) up from the bony bulge of the *inner* ankle (medial malleolus). The point is precisely located just along the inside, rear edge of the shinbone (tibia), in the space between the shinbone and calf muscle. When contacted, this point will normally produce a sharp, twinging sensation -- it is the easiest of all the "basic six" G-Jo points to find.

G-Jo point #9: The width of one hand (about three inches) below the bottom of the kneecap. Slightly to the outside (lateral side, direction of the little toe) of the ridge of the shinbone, a long, vertical trough or valley separates the shinbone and the front of the calf muscle. G-Jo point #9 is found in that depression. Probe deeply -- more deeply than you might otherwise do -- to locate this point.

G-Jo point #10: The width of two thumbs (roughly two inches) above the most prominent crease of the *inner* wrist. Simply measure up (toward the elbow) and in line with your middle finger; then begin probing deeply between the tendons you'll discover in your lower forearm. The point will typically ache when you contact it -- not give a sharp pain as some other points (notably #7) might do -- the discomfort at this point is much more "dull."

G-Jo point #13: In the fleshy web between the thumb and index finger on the back of the hand. To locate it, take the tip of the left thumb (if you're going to find the point on your right hand) and begin pressing deeply toward the "V" where the thumb and finger bones meet, near the wrist. Probe as deeply as you can until you find the tender point. If you don't feel the "ouch," you haven't found the point -- keep probing.

(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).