

75. "OPPOSITE SIDE" THERAPY

There are dozens -- probably *hundreds* -- of self-applied methods for healing yourself and your loved ones. Methods which are safe, easy to apply and, of course, effective. I, and my organization -- The G-Jo Institute, a natural health educational facility focusing upon "self-health" alternatives -- have been teaching such techniques for more than two decades.

But none of these methods is simpler than what we call "opposite side therapy," or OST.

This is basically a form of "acupressure" (which is a kind of acupuncture ... but without the needles). However, unlike all other forms of that ancient healing modality, OST requires no prior knowledge of the tiny "acu-point" locations on the body to harness acupressure's remarkable effectiveness. Instead, your body, itself, tells you the site location to "trigger" (deeply massage with goading fingertip or knuckle pressure).

The theory states that *if you can localize an injury or pain in any, specific area of the body, then massaging that same area on the opposite side will stimulate relief and even healing.* Almost invariably, the opposite point will be quite tender to even moderate pressure.

Surprisingly, this tenderness seems to arise instantly following an abuse, injury or trauma to the body's other side. But it does require initially-deep fingertip pressure to reveal the vital "ouch point," in most cases.

OST's only requirement, then, is that you be able to *specifically identify a location on the body which is in need of healing (the smaller the site size, the easier it is for OST to be effective).* Then, each time the pain or other discomfort returns, simply trigger the opposite point for a few seconds, until you feel relief.

You shouldn't need to trigger and massage an OST point more often than several times daily (especially if you begin self-treatment immediately following an injury). And you should receive increasing spans of "relief time" -- periods between necessary restimulation of the OST point. This is common to most forms of acupressure: Decreasing need to use the technique means you are coaxing Mother Nature along nicely in her healing work.

While OST is typically used to control the traumas arising from, say, an accidental injury or other rather small, easily-identifiable bodily area, it might also work well for larger or chronically-painful areas. In any event, OST is often nothing short of astounding in its speed and effectiveness in relieving and "reversing" (healing) the results of cuts, bruises, burns and such ... especially if you begin treatment immediately upon noticing the "target" ailment.

Here's how opposite side therapy might work in a real-life situation. Let's say you're working around the house, doing a little clean-up, fix-up or touch-up. You're hammering a nail, but accidentally hit your thumbnail instead.

The natural response might be to suck on the injured thumb, cursing all the while under your breath. But with OST, you simply pinch the opposite thumbnail almost as deeply as possible, and hold that pressure steady for a few seconds, jiggling and massaging it as you do. Normally, upon releasing that pressure, you'll find the pain (at both thumbnails) is gone!

Even if there is bleeding -- such as might happen if you missed the mark while chopping vegetables in the kitchen -- this unique healing modality will still work remarkably well. Again, the

key is to press and massage *precisely* in the same, though opposite spot. Here, at DeerHaven Hills Farm, our eco-village in western North Carolina, we'd also pour some powdered red (cayenne) pepper directly into the open wound to immediately stop the bleeding -- yes, don't worry: It won't burn you or cause damage. We've used this curious technique countless times to instantly stop even serious bleeding.

Then, we'd follow up with OST each time the discomfort returned (if it even returned at all).

Whether it is for first-aid or self-treating more chronic and longstanding problems, our experience at The G-Jo Institute is that there is usually something (and typically many things) which you can do to help your body's natural self-healing powers. For most people, the hardest thing is believing that such simple methods can actually work their literal wonders of healing.

To learn more about healing yourself and your loved ones *without* doctors, drugs or surgery, please contact The G-Jo Institute (www.g-jo.com). Be well!