

77. SELF-TREATING DIGESTIVE DISTRESS

Just as there are numerous techniques for healing ourselves, there are hundreds of ailments that respond well to the free or low-cost "self-health" methods we teach at The G-Jo Institute. Of these symptoms or discomforts, none is more easily self-treated than common indigestion; and no technique works better than G-Jo Acupressure.

G-Jo originated in the Orient thousands of years ago. Our organization has simplified and "westernized" the technique, so that, with a little reading and practice, you can learn enough 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 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. G-Jo requires no prior medical or first aid training.

G-Jo Acupressure is a two-step process. Step one is finding the right pressure point (these are tiny -- only about the size of a pin-head, so this may be a bit more difficult than it seems, at first). And step two is massaging the point properly. It should be stimulated deeply -- enough to cause a bit of pain -- 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.

In practice, here's how it works: As soon as you notice digestive distress, reach for the G-Jo point that controls the affected area or counters the most definable ailment -- in this case, the control point(s) for the stomach, nausea and such. Probe around the general region of your leg or face, for example where the primary points are to be found. The tiny points must announce themselves with a "loud" (painful) 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; or you may even feel a little light-headed, when you trigger a good (effective) point properly.

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, instead. The same ailment suffered by different people could require different points for each of them. There are usually as many as 20 points for a common ailment (and in the case of indigestion, there are at least a dozen acupressure points which could be used -- these, and nearly 200 other acupressure points, are revealed and explored in our *Master of G-Jo Acupressure Home-Study Certification Program*—visit www.g-jo.com

- [jo.com](http://www.g-jo.com) .
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 experience an acupressure reaction? Did you feel any relief, at all? (Often, triggering even the "wrong" G-Jo point will provide a little relief, while triggering the right point brings immediate, profound relief);
 3. You didn't stimulate the point properly -- did you use the tip of your thumb or finger? Did you feel enough discomfort when you triggered to wince a bit with the sensitivity? Did you stimulate both sides of our body for a long enough time?
 4. Your problem may be chronic and beyond the scope of G-Jo -- then it's time to see your health-care provider. However, even chronic problems often respond in a beneficial way to a properly-triggered G-Jo Acupressure point.

But certain people should avoid G-Jo (and all other self-health techniques) until first checking with their doctor or other health-care professional. Those people include pregnant women (especially who are beyond the third month of pregnancy) and chronic heart patients, particularly those fitted with pacemaker-like regulating devices. Also, unless you obtain your doctor or other health care professional's approval, please avoid any type of self-treatment if you take regular, daily medication for serious health problems, such as cancer or diabetes.

Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com for illustrations of six important G-Jo points.

G-JO ACUPRESSURE POINTS FOR DIGESTIVE PROBLEMS

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 just a simple tummy-ache.

To locate this point, simply run your thumb up the inner, rear edge of the shin bone (tibia), directly in line with your inner ankle bone. As you press with your thumb-tip about three inches up toward the knee, you'll feel the unmistakable tingling sensation that announces this point. You may not even have to probe deeply, especially if you frequently suffer stomach or lower gastrointestinal tract distress.

G-Jo point #9 is the second important pressure point for digestive discomfort. However, this is a bit more difficult to locate than #7. 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, as the point lies along an important nerve that reaches these areas. This is an excellent point for indigestion, lower tract distress and more than 40 other symptoms and health disorders.

G-Jo point #115 is found in the cleft (philtrum) between the bottom of the nose and top of the upper lip in the center line of the face. Pinch that area and you'll find the spot without much difficulty. Pinch or press it deeply when you're feeling hungry, and within moments, your

hunger will be gone. The perfect dieting tool!

As an aside, that same technique can work literal wonders, too, when you're suffering from a cramp in the leg muscle (or "charley horse"). Just pinch and "roll" the same tiny facial spot between your fingertips for a few seconds, until the pain and cramp fade away.

G-Jo is a safe, natural technique, one that everyone uses regularly (in a manner of speaking) without actually realizing it. Each of us has itches and twinges that occur around the body -- irritations that feel like bug bites, perhaps, that we unconsciously scratch or rub to relieve. If you check the sites of those annoyances against an "acupuncture atlas" -- a map of acupoints on the human body -- you'll quickly see that your "random" rubbing and scratching typically corresponds closely to important therapy points.