

## 78. ASTHMA AND ALLERGIES FIRST AID RELIEF

Other than anaphylaxis, few allergic reactions are as frightening or dangerous as a severe asthmatic attack. Fortunately, there is an easy technique a sufferer or helper can perform to relieve even serious allergic reactions, including asthma. It requires neither doctors, medications nor in-depth training. It is safe, natural and nearly always effective.

All that is required is deep, fingertip "triggering" upon a special acupressure point located in either ear. It may be accessed by pinching and massaging a tiny, specific spot found near the outer rim on the upper third of the ear.

A better way to access this point is with a pair of tiny magnets which are sold as ear-rings in local costume jewelry stores in most shopping malls (e.g., Claire's, etc.). Staff members of The G-Jo Institute -- a natural health educational organization -- each carry at least one pair of such magnets because of the many healing benefits they can produce.

During an allergic reaction, find this point by pinching around the general area until a painful, tender spot is located. Then place the magnets so that one is on the front of the ear at that point, while the other has clamped itself on the back by magnetic attraction, providing both acupressure *and* magnetic therapy -- two powerful, effective healing modalities.

Leave them in place for up to several hours and repeat several times a day, if necessary. And to help prevent future asthmatic attacks, avoid all milk and cheese products. Visit the G-Jo Institute website: [www.g-jo.com](http://www.g-jo.com) for more information on *G-Jo Ear Acupressure* and download a free Basic G-Jo Training Chart for illustrations of six important G-Jo Acupressure points.