

79. SELF-TREATING ALLERGIES AND ASTHMA ... **Without Medications or Expensive Healthcare Procedures**

Many people who suffer from allergies or asthma -- a particularly powerful allergic reaction -- believe there is little they can do to help themselves. They either take medication or suffer regularly. Yet nothing could be further from the truth -- allergies of any sort are some of the most easily self-treatable ailments we, humans, suffer.

There are numerous "self-health" techniques that I and my group, The G-Jo Institute -- a natural health educational organization -- have taught since 1976. These are easy, powerful methods from around the world (especially the Orient) which are free or cost very little to use, yet have long and impressive histories of effectiveness ... even against the stranglehold of asthma.

Let me share with you a heartwarming story. For nearly a decade, a lovely and dedicated young woman -- call her Sarah -- worked with us. When she joined us, she had suffered from asthma since childhood. Yet in a remarkably short time, Sarah healed herself of this life-threatening ailment by following the simple instructions and applying the easy-to-master methods we prescribed.

Before sharing her "prescription" with you, let me tell you a bit about our methods and techniques. In "energy medicine" -- the basis of acupressure and a variety of other "subtle" therapies which we teach -- there is a vital concept: *Suffering arises from abuse; to stop the suffering, stop the abuse.*

So we had to first discover the "abuses" in Sarah's life, which were not hard to find. When she joined us as a volunteer, Sarah was working as a hairdresser. So our first priority was to have her leave that work environment as quickly as possible. Hairdressing salons are notoriously toxic ... especially for those with breathing disorders.

As luck would have it, we were converting part of our farm to an organic nursery. So, with only her willingness to learn and work, but no other knowledge of plants or nursery management, Sarah took over this operation, working outdoors in the sunlight for at least four hours a day. It was the perfect job for her (and she made quite a success of it)!

Sunlight, moderate (but regular) exercise and fresh air are powerful healers, on their own. These made the rest of her treatment much easier.

The next step concerned Sarah's diet. In our experience, wrong food is at the core of most illness and suffering, so a change, there, was clearly necessary -- not adding vitamins or supplements, as some people might expect, but making several vital *subtractions* from what she was regularly eating.

Often, eliminating just one or two commonly-consumed foods can work healing wonders (especially regarding allergies). Yet the power of various foods upon specific organs or glands is nearly unknown in the West; however, it is a key element in our Institute's teachings.

Sarah's lungs were weak and in distress. So drawing upon this unique and ancient knowledge -- explained fully in our *Master of G-Jo Acupressure Home-Study Certification Program*, see www.g-jo.com -- we set about to find the obvious "food culprits" causing her

suffering. Again, they were not hard to discover.

There is at least one, common food that throws the lungs into literal chaos: **Milk**. So all milk products -- including her two, favorite foods, **ice cream** and **cheese** -- went immediately by the wayside.

There is a truism taught in energy medicine: *We tend to become most addicted to that which is worst for us*. Heroin, cocaine and tobacco are obvious examples; but foods and other edible substances to which we react with allergies are also addictive. Milk products are particularly so.

It wasn't easy for her, since these were not only her favorite foods; she had depended upon dairy products for much of her protein. Our young friend had recently become a vegetarian, and she was still learning meatless cooking. Fortunately, although she had yet to learn them, there are many vegetable alternatives which, when combined, provide more than enough complete protein for a vegetarian's needs.

This information about milk's abusive power came as a deep disappointment to Sarah. Nonetheless, she was more than willing to make the commitment to break that addiction, since she had nearly died several times from asthmatic asphyxiation. She did not want to repeat that horror.

Shortly after that, all **sugar and sugary products** were removed from her diet, as well. With sugar now being consumed by Americans at the alarming rate of nearly 200 pounds per capita, annually, *any* "healing avoidance" must include sugar or sugar-sweetened substances. This is especially true for all soft drinks (which have the added, serious drawback of disrupting the body's pH).

Another key concept in energy medicine is that *it is the "bodymind" -- and only the bodymind -- which heals itself*. Having now removed all slaughtered foods plus two, major food abuses -- dairy products and sugar -- from her diet, we simply allowed nature take its course ... with a little added help from several of our most powerful self-health techniques.

The first of these methods was **G-Jo Acupressure**. This is a simplified form of **acupuncture without needles**. We taught Sarah how to "trigger" (deeply massage) three, key, asthma-relieving acupressure points on either arm -- one near the elbow, another in the lower forearm and the third on the thumb. 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.

Normally, G-Jo Acupressure is applied symptomatically -- that is, only when the symptoms are actually manifesting themselves. But Sarah was told to find and trigger the appropriate areas -- using the tip of her thumb, or bent knuckle of her index finger -- several times each day during the beginning of self-treatment. Later, she reduced their use to just when she began to feel wheezy.

Here's how G-Jo Acupressure works: Once the target point "announces" itself with a twinge of sensitivity under deep finger-tip pressure, trigger the spot in a digging, goading massage until an "acupressure reaction" occurs. This is a feeling of warmth, perspiration, clamminess or such. When that reaction begins to manifest itself, stop triggering the point. Then duplicate the find-and-trigger process on the opposite side of the body. That's all.

Start to finish, this normally takes no more than half a minute, or so, per point. Relief should follow in moments, as inner balance is at least temporarily restored.

Another simple, effective technique for relieving allergies, in general, requires stimulating a tiny spot on either ear. This "auriculo-therapy" (ear acupressure) method is one we developed at the Institute and requires the use of several tiny magnets. These magnets are available -- in the form of small ear-rings -- at virtually any costume jewelry store in most shopping malls (e.g., Claire's, etc.).

These magnetic ear-rings, which clamp themselves to the front and back of either ear through the power of dynamic attraction, are placed upon (in this case) the "allergy" point of each ear's "micro-acupressure" system (also illustrated). There are some 250 therapy points in either ear -- each controlling one or another area or function of the body -- and the ear-rings can be used upon many of those points.

For allergies, the magnets are left in place for up to several hours or until the pressure becomes a bit painful. This deceptively simple technique is extremely powerful and is one of the most effective natural healing methods we teach.

Another useful remedy for the respiratory system is **ginger** (*zingiber officinalis*). Sipping an infusion (or "tea") of freshly-grated ginger root can bring prompt, blessed relief from an asthma attack. Even just *chewing* a small part of the root, available in most supermarkets, can work wonders.

With the incidence of asthma steadily rising throughout the Western world, Sarah's story is particularly encouraging. Her treatment was simple, effective and safe. Yet, remarkably, after she began following this self-care program, she suffered only one, further asthma attack. I'm pleased to report that Sarah's now-excellent health has maintained itself since we first met her in 1991.

Fortunately, most other allergies are not as pernicious as asthma. Still, their dynamics are similar. Long-term abuse of allergenic foods or substances (often from childhood) causes the bodymind to develop a variety of sensitivities or imbalances within key organs or glands. Then "triggering events" (pollen, animal fur, an emotional trauma or any of countless other provocations) repeatedly cause the bodymind to respond with its allergic reactions.

But the same, general concepts hold true for self-treating *any* type of allergy or asthmatic reaction. Avoid abuses; use G-Jo Acupressure; and remember the "allergy point" in either ear.

The G-Jo Institute has produced numerous publications, including a book-length *Self-Health Report* for effectively self-treating asthma and other allergies. It includes the above methods, plus many other simple, time-proven techniques for actually discovering your own allergens as well as for their treatment (go to www.g-jo.com for additional details about *Relieve Allergies and Allergic Reactions With Acugenics*).