

8. HEADACHE RELIEF WITH THE TOUCH OF A FINGER

The next time you're suffering from a headache, don't reach for the aspirin bottle. Instead, reach for your hand. That is, reach for the back of your hand and begin deeply massaging the tender spot (G-Jo Point #13) you'll find in the webbing between your thumb and pointer finger.

If you do this for about ten seconds on either hand, by the time you've finished, your headache should be gone.

What you've just done is a kind of acupuncture without needles -- called "G-Jo acupressure." This remarkably easy "self- health" technique is rapidly gaining popularity in the United States. It is safe and harmless -- but it works almost instantly to bring relief from headaches and many other common ailments.

There are nearly 200 of these important G-Jo acupressure points on the body. Each one "controls" at least one bodily area or function. This method is not for everyone, however. You should avoid acupressure if you're a pregnant woman, a chronic heart patient or a person who takes regular medication for serious problems (e.g., cancer, diabetes, etc.) And if symptoms persist, see your doctor or other health care professional. Download the free Basic G-Jo Training Chart from our website **www.g-jo.com**.