

81. G-JO ACUPRESSURE -- A PRIMER

One of the beauties of "alternative" healing is its many "self-health" techniques used for first-aid or between visits to the doctor. One of the most simple yet effective of these methods is G-Jo Acupressure.

This is a form of acupuncture ... but without the needles. Instead, your fingertip, bent knuckle, a pencil eraser, or such, is used to "trigger" (deeply massage) one or more of the tiny therapy points used in acupuncture (and in some cases, the Oriental martial arts).

Let's say you had a headache: Instead of reaching for an aspirin, you might try triggering G-Jo (pronounced "GEE-joh") point #13 between the thumb and pointer finger on the back (hairy side) of the hand. Probing deeply in this general area you'd discover a sensitive spot -- it would feel like a toothache or pinched nerve when contacted (and later, massaged).

Then, once located, trigger the spot in a digging, goading massage for a few seconds. By the time you finish, the headache will typically be gone. It seems almost too easy; yet millions of users in the Orient have proven that not only headaches, but literally hundreds of other common ailments can be successfully relieved with this age-old technique.

Strangely, although the point is on the hand, its underlying "meridian" (pathway of energy which leads from one organ to the next in a continuous loop throughout the body) is connected to the colon or large intestine! Welcome to the complex world of "energy medicine, the "parent" theory behind acupuncture and acupressure.

There are more than 1200 acupuncture points on the human body -- many of them buried in small hollows or depressions (say, between two bones), so that you must usually probe deeply to find them. When energy flows too quickly or slowly throughout the body, various symptoms - - pain or other kinds of distress -- are the result.

But when the right G-Jo point is triggered properly, energy is allowed to return to its normal flow and the symptoms disappear. That, in a nutshell, is the theory of G-Jo Acupressure.

Energy medicine is based on the belief that there are many ways to restore balance to the body's vital energy (known as qi or ch'i in the Orient ... the same force that makes the heart beat). Acupuncture and acupressure are two such methods; homeopathy, and such Oriental practices as tai ch'i ch'uan and qi gong are others. Chiropractic, too, could be considered a form of energy medicine, since it ultimately affects the body's energy.

G-Jo means "first-aid" in its native Chinese, and has been a mainstay of Oriental families for many generations. It is a simple, three-step process: Find the point; trigger it until an "acupressure reaction" -- warmth, clamminess, perspiration, or such -- occurs; then duplicate the find-and-trigger process on the opposite side of the body (nearly always, G-Jo points are duplicated bilaterally). With G-Jo, only one -- or at the most, several -- points are used in treating a symptom.

Done properly, the G-Jo process takes less than a minute in total; and relief is immediate! Your headache, for example, would be literally "erased" by the time you finished triggering the point on either hand ... assuming it was the right point for your kind of headache. Actually, there are more than 20 different G-Jo points for the more than 60 types of headaches that Western

doctors have identified. (All the many G-Jo Acupressure points and their hundreds of uses are found in the G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program* -- see www.g-jo.com).

While it is safe and easy to use, G-Jo Acupressure has several precautions. Normally, pregnant women -- especially beyond the third month of pregnancy -- should check with their doctor or other health care professionals before using this, or any other self-health technique. The same holds true for chronic heart patients (especially those with pacemakers and such), as well as people on daily medication for serious health problems, such as cancer, diabetes, etc.

However, aside from common-sense precautions -- such as seeking professional help if symptoms persist -- there is virtually no downside to G-Jo Acupressure, but tremendous upside. The need for costly (and potentially dangerous) medicines is reduced once you begin incorporating this technique into your "healthstyle." And most common ailments -- nausea, menstrual distress, digestive problems, pain of nearly any sort, etc. -- can be relieved, and often eliminated, with G-Jo Acupressure.

But does G-Jo actually heal? Yes and no. According to doctors of energy medicine (such as acupuncturists and homeopaths), it is the body -- and *only* the body -- that heals itself. Acupressure simply accelerates this natural, self-healing process. Bottom line: it makes sense to try G-Jo Acupressure and other safe, but possibly effective self-health methods first; if those fail, then it is time to take the next steps.

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.