

## 82. BASIC G-JO ACUPRESSURE FOR COMMON AILMENTS

The fastest relief for most sports injuries (under 30 seconds in many cases!) requires no drugs, medications or doctors -- only your fingertip. It's safe, easy to do and, as an aside, will generally stop swelling, bruising and other complications of many such injuries in moments. It's a technique called "G-Jo" (pronounced "JEE-joh") -- a simplified form of acupuncture without the needles or "acupressure" -- and it takes just a few minutes to learn the basics.

This simple, three-step process is at the heart of a "self-health" system that nearly half the world's population uses in one form or another today ... and has continually done so for thousands of years. And now, many health-conscious Americans are ridding themselves of headaches, back pains and indigestion, as well as sports injuries and most other common ailments, by "triggering" special spots on their hands, feet, legs and other parts of the body.

That, in a nutshell, is G-Jo.

G-Jo -- which comes from the Chinese characters that mean "emergency first aid" -- relies upon tiny pressure points buried just below the skin's surface. These are the same points used in acupuncture therapy, and are briefly stimulated in a deep, goading massage to relieve numerous acute -- even emergency -- symptoms.

There are nearly 200 tiny G-Jo "acupoints" on the human body (some having as many as 40 or 50 specific health benefits). At least several of them will usually bring immediate relief from nearly any common ailment you might otherwise self-treat with aspirin, liniment or other non-prescription drugstore remedy. (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](http://www.g-jo.com) ).

Imagine being able to relieve a burn in ten seconds flat ... a headache in only moments ... a lower back pain in less time that it takes just to phone for a doctor's appointment -- such is the power of this technique! And with a few minutes practice you, too, can become proficient enough in G-Jo Acupressure to let the power of relief and healing flow from your fingertips for the rest of your life!

G-Jo is a safe, natural technique, one that you use regularly without realizing it. Each of us has itches and irritations that occur regularly around the body -- normal itches that feel like bug bites, and that we unconsciously scratch to relieve. If you check the sites of those itches against an "acupuncture atlas" -- a map of acupoints of the human body -- you'll quickly see that your "random" itching and scratching usually corresponds closely to important therapy points on your own body.

G-Jo accomplishes two important functions: it relieves suffering immediately; and it stimulates the body's self-healing mechanisms. There are two vital rules for using this all-natural technique: the first is to **FIND THE RIGHT PRESSURE POINT**. The specific spots may be tricky to locate at first, and you must use the tip of your thumb or forefinger -- not the pad or fleshy part -- to deeply probe the general area of the point (as an alternative, you may use the bent knuckle of your pointer finger, the eraser tip of a pencil, etc.).

Once the point is found, apply up to 20 lbs. of finger pressure. That's really quite a bit of

pressure: normally, 10-15 lbs. will be enough (press your thumb tip on a bathroom scale to get an idea of just how much pressing this actually is).

Since these areas requiring pressure are only about the size of a pinhead, you'll have to practice locating them until you become familiar with their feel and position. You'll know when you've found a pressure point, though: it will announce itself with a "loud" twinge of sensitivity, much like that associated with a pinched nerve or a toothache.

**THE SECOND IMPORTANT RULE IS TO STIMULATE THE PRESSURE POINT PROPERLY.** Here, again, the secret is deep pressure. Massage the tiny spot with a digging, goading motion ... again, using the tip of the thumb or forefinger, bent knuckle or such. In the case of serious injury, you might have to continue applying this special massage for as long as several minutes; but 10 to 15 seconds of triggering is usually enough to "unblock" the right control point and relieve or substantially ease the target symptoms.

Acupressure points are usually duplicated bilaterally, so -- after you stimulate a spot on one side of your body -- you can simply repeat the operation on the opposite side. You'll often find one side is more tender than the other ... and on rare occasion, treating one side may relieve a symptom, while stimulating the opposite point may bring the discomfort back. (If that happens, simply reapply pressure to the original side until the symptom disappears, again.)

As soon as you notice a problem, stimulate whichever one of the following pairs of points best controls that area. If your symptom is not relieved satisfactorily, try another pair of points. (Because they are so broad-acting, any one pair of the points described and illustrated in this article may relieve symptoms usually controlled by another.) The printed instructions only give approximate locations -- starting points, you could say. The "loud" twinge of sensitivity when contacting the point is your true indicator.

If you've done G-Jo properly, often there will be other interesting phenomena called "acupressure reactions" and nearly always occur when a good G-Jo point is triggered properly. These include warmth, clamminess (especially across the face, hands, upper back, etc.), a brief feeling of lightheadedness, or such. If you get no such reaction, it is likely that you are on the wrong point, or no point, at all.

Relief should be instantaneous and complete (or nearly so, depending upon the severity and chronicity of the target symptom). If/when the symptom returns, simply restimulate the best (most effective) point, again. Even with more severe problems, such as emergency wounds, burns, etc., just trigger again, and expect to have increasing spans of "relief time," though you might only get a few minutes of relief at first.

If you find that you need to trigger a G-Jo point more than four or five times a day for an apparently minor problem -- or for more than several days in a row -- it usually means that you're using the wrong G-Jo point or that your problem may be more serious than you think; then it's obviously time to see your doctor or other health care professional.

While G-Jo is safe and harmless, there are several people who should generally avoid the use of this, or any other "self-health" technique:

1. A chronic heart patient -- especially one who wears a pacemaker or other artificial energy-regulating device;
2. A person who takes regular/daily medication for serious health disorders (e.g. cancer,

diabetes, etc.);

3. And a pregnant woman, especially beyond her third month of pregnancy, should also avoid the unlimited use of acupressure.

Also, as a general practice:

- Wait several hours after taking any medication, alcohol, or other intoxicant before applying G-Jo ...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercises before applying G-Jo ...
- - Avoid any G-Jo Acupressure points that fall beneath scars, moles, warts, varicose veins or any other blemishes or disfigurements -- use the point(s) on the opposite side of the body, instead.

(Download a free Basic G-Jo Training Chart from The G-Jo Institute's website [www.g-jo.com](http://www.g-jo.com) for illustrations of the six important G-Jo points used below.)

## HOW TO RELIEVE:

- ... a headache: use G-Jo point #13, 4 or 5.
- ... a lower back pain: use G-Jo point #5, 7 or 9.
- ... menstrual cramps: use G-Jo point #7, 9 or 10.
- ... a burn: use G-Jo point #4 or 5.
- ... tennis elbow: use G-Jo point #4, 10 or 13.
- ... indigestion: use G-Jo point #7 or 9.
- ... pain: use G-Jo point #5 plus other listed points.
- ... foot problems: use G-Jo point #5, 13, 7 or 9.
- ... injured shoulder: use G-Jo point #4 or 13.
- ... painful knee: use G-Jo point #5, 7 or 9.

**G-Jo point #13** is found in the fleshy web between the thumb and index finger on the back of the hand. To locate it, take the tip of the left thumb (if you're going to find the point on your right hand) and begin probing deeply near the "V" where the thumb and finger bones meet, near the wrist. Probe as deeply as you can until you find the tender "ouch" point. It will feel like a pinched nerve or toothache when you probe it. But if you don't feel the ouch, you haven't found the point -- keep probing.

**G-Jo point #4** is located about the width of two thumbs -- or about two inches -- above (direction of the elbow) the wrist on the outside (hairy side) of the forearm. Make an imaginary line from the middle finger back, past the wrist crease and up the arm about two inches, then begin probing deeply. You'll find that special point between the two arm bones (the radius and ulna), in a small, protected depression. Then massage deeply in the G-Jo way and duplicate the massage on the opposite arm.

**G-Jo point #5** is a general pain point and is located behind the bony bulge (lateral malleolus) of either outer ankle. Probe that soft depression you'll find between the outer bony bulge and the Achilles tendon. Press around until you feel the twinge of sensitivity, then massage deeply for a few seconds and move to the same point on the opposite foot.

**G-Jo point #7** is located by measuring the width of one hand (about three inches) up from the bony bulge of the inner ankle (medial malleolus). The point is precisely found just alongside the shinbone (tibia), or in the space between the shinbone and calf muscle, or along the inner, rear edge of the shinbone. When contacted, this point will normally produce a sharp, painful sensation.

**G-Jo point #9** is found by measuring the width of one hand (about three inches) below the bottom of the kneecap. Slightly to the outside (lateral side, direction of the little toe) of the ridge of the shinbone, you should discover a long, vertical trough or valley separating the shinbone and the front of the calf muscle. G-Jo point #9 is found in that depression. Probe deeply -- more deeply than you might otherwise do -- to locate this point. Then simply massage it on either leg. Relief should follow within seconds, if this is a good point for your problem.

**G-Jo point #10** is located about the width of two thumbs (roughly two inches) above (direction of the elbow) the most prominent crease of the inner wrist. Simply measure up and, in line with your middle finger, begin probing deeply between the tendons you'll discover in your lower forearm. The point will ache deeply when you contact it -- not give a sharper pain as some other points (notably #7) might do. Then massage it in the special, G-Jo way -- deeply, specifically and briefly.

For some, G-Jo is nothing more than a party gimmick; but for the active person in sports, or one who seeks adventure and finds satisfaction deep in the woods or on the high seas, this knowledge can possibly be life-saving, as it was for one man who revived his fiancée from her otherwise-fatal drowning. Even something simple, such as a sprained ankle, can cause major problems when you're trekking alone in the boonies. Yet by knowing even one good pressure point, you could actually be back on your feet and hiking, running or skiing within a few minutes ... and none the worse for wear.