

84. HEADACHES AND BACKACHES

What do headaches and backaches have in common? They both hurt, of course, but that's not all. Both of them can be promptly relieved using nothing but the touch of your finger. In fact, pain in any part of the body can be literally "erased" within moments, using an ancient Oriental "self-health" technique known as G-Jo acupressure.

G-Jo -- which means "first-aid" in Chinese -- is a form of acupuncture, but without the needles. Instead, deep pressure is used on one or more tiny therapy spots or "acupoints," typically buried in soft hollows or depressions scattered around the body.

There are many such acupoints -- at least 1200 are known. Each point "controls" one or more specific bodily areas or functions. When pain or other dysfunctions arise in a part of the body, deeply massaging the acupoint(s) which control that area helps to "unblock" the flow of a special energy (KI or CHI, the same force that makes the heart beat with life). As proper energy flow is restored, pain vanishes and health returns.

This, in a nutshell, is G-Jo Acupressure.

The most difficult part is knowing which acupoint controls what area of the body. With headaches, for example, there are at least 20 important acupoints for relieving (and often healing) the more than 60 types of headache that Western medicine has identified. And for back pain, at least a dozen such points exist.

Fortunately, there are several broad-acting acupoints -- known as "cookbook points" -- which are typically tried first ... and which often produce immediate, profound results. 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. One of these points, a key point for problems in the upper part of the body (including headache), is located on the back of the hand. Another acupoint -- which has numerous uses for the lower half of the body -- is found on the outside part of the lower leg.

HOW TO RELIEVE A HEADACHE WITH G-JO ACUPRESSURE

Find G-Jo point number 13 by placing the right hand so the palm faces the floor. Squeeze your thumb tightly against your pointer finger so a fleshy mound pops up on the back of the right hand between them.

Place the tip -- not the pad or fleshy part -- of the left thumb (or if you have a long thumb nail, use the bent knuckle of the index finger or even the eraser tip of a pencil) on top of that mound. Keeping the left thumb tip in place, relax the right hand ... begin pressing deeply in that area until you feel a tender "ouch" point. The more it hurts the better it is likely to be for your kind of headache.

Now "trigger" the point deeply, in a digging or goading fingertip massage. Do this for 15 or 20 seconds on the right hand, then stop and duplicate the process on the back of the left hand.

TO RELIEVE A BACKACHE

Use G-Jo point number 5. First seat yourself in a comfortable chair, then reach down behind the bony bulge of the outer right ankle (lateral malleolus) using the tip of your right thumb. Press deeply in the soft hollow or depression located between that bony bulge and the Achilles tendon -- the hamstring tendon that runs up the back of the foot and leg. Press deeply, until you feel the tender point. Once located, trigger the spot in the deep, digging or goading kind or massage

Then reach for the identical point behind the left, outer ankle. Again, find and trigger that point. Finally, test your back gently. If the pain is eased but not quite gone, simply trigger the acupoints for another few seconds and test again.

There are certain phenomena -- called "acupressure reactions" -- that generally accompany proper stimulation. When these occur it's often a good indication that this is the right point to restimulate if the target symptom returns.

For example, you'll often notice a slight flush of perspiration form across your brow or shoulders. Or you could feel warmth or clamminess in any part of the body. These are normal reactions.

A profound sense of relief often happens upon stimulating a good acupoint. Stop triggering the point as soon as this reaction occurs (usually within half a minute or less). In any event, triggering for more than a minute or two is unnecessary.

While acupressure is safe and natural, our organization -- The G-Jo Institute -- suggests that before using acupressure (or any other self-health method), you first check with your doctor or other health care professional if you are: a pregnant woman (especially beyond the third month of pregnancy); a chronic heart patient (especially if you are fitted with an electronic regulating device); or a person suffering from a serious illness, such as cancer or diabetes, particularly if taking medication for the condition.

Except in emergencies -- when all these rules are irrelevant -- wait for about four hours after taking medications or alcohol (including any intoxicant) before applying G-Jo. And wait for about half an hour after eating a hot or heavy meal, taking a hot bath, or doing heavy, strenuous labors. If an acupoint falls beneath a scar, mole, wart, varicose vein or other blemish or disfigurement, avoid that point and try another one, instead.

So the next time you're suffering from a headache or back pain, don't reach for the aspirin bottle -- reach for a G-Jo Acupressure point, instead. As you become more proficient in this vital art (and that shouldn't take more than just a little practice combined with a knowledge of the points and their uses), you'll add an important tool to your self-health "bag of tricks" ... and add immensely to your sense of self-confidence. (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).