

## 85. INDIGESTION AND HUNGER CONTROL

Just as there are numerous techniques for healing ourselves, there are hundreds of ailments that respond well to the free or low-cost "self-health" methods we teach at The G-Jo Institute. Of these symptoms or discomforts, none is more easily self-treated than common indigestion; and no technique works better than G-Jo Acupressure.

G-Jo originated in the Orient thousands of years ago. With a little reading and practice, you can learn enough G-Jo to avoid much needless suffering and become nearly independent of doctors and medicines ... especially if your lifestyle is already a healthful one.

The only thing G-Jo requires is the tip of your finger, a knowledge of where the tiny pressure points are located and the necessary oomph to stimulate them. G-Jo requires no prior medical or first aid training.

G-Jo is a two-step process. Step one is finding the right pressure point (they are tiny -- only about the size of a pin-head, so this may be more difficult than it seems). And step two is massaging the point properly. It should be stimulated deeply -- as deeply as you can manage -- in a goading, digging kind of massage. You need to use the tip of your thumb or finger, rather than the ball or pad, because you need specific stimulation.

Most G-Jo points are duplicated bilaterally (on either side of the body, that is), so as soon as you find and massage the point on one side, you immediately duplicate the technique on the opposite side. That's all. In most cases, you only need to "trigger" the points about 15 seconds each to get prompt relief.

As soon as you notice digestive distress, reach for the G-Jo point that controls the affected area. Probe around the general region of your leg or face where the point is to be found. The tiny point must announce itself with a twinge of sensitivity, one that feels like a toothache or pinched nerve.

There are certain phenomena -- called "acupressure reactions" -- that generally accompany proper stimulation, and when these occur it's a good indication this is the right point to restimulate if the symptoms return. For example, you'll usually notice a slight flush of perspiration form across your brow or shoulders; you may even feel a little light-headed.

If you don't get prompt, satisfactory relief after triggering a point, it usually means one of several things:

1. You didn't find the right point for your symptom -- try another point.
2. You didn't stimulate on a point, only near one -- did you feel the twinge of sensitivity when you probed and triggered?
3. You didn't stimulate the point properly -- did you use the tip of your thumb or finger? Did you stimulate both sides of our body for enough time?
4. Your problem may be chronic and beyond the scope of G-Jo -- it's time to see your doctor or other health care professional.

But certain people should avoid G-Jo until checking with their doctor or other health care professionals. Those include pregnant women (especially who are beyond the third month or pregnancy) and chronic heart patients, especially those fitted with pacemaker-like regulating

devices. Also, avoid G-Jo if you take regular, daily medication for serious health problems, such as cancer or diabetes.

You can 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 six important G-Jo points.

### G-JO POINTS FOR DIGESTIVE PROBLEMS

**G-Jo point #7** is found the width of one hand (roughly three inches) above the bulge of the inner ankle bone (medial malleolus). This is a main point for controlling most problems of the lower abdomen, whether they be bowel disorders (even as serious as dysentery) or simple indigestion.

To locate this point, simply run your thumb up the inner, rear edge of the shin bone (tibia), directly in line with your ankle bone. About three inches up toward the knee, you'll feel the unmistakable tingling that announces this point. You may not even have to probe deeply, especially if you're prone to distress of the lower tract.

**G-Jo #9** is the second important pressure point for digestive distress. However, this is a bit more difficult to locate. It is found the width of one hand below the bottom of the kneecap, then the width of one thumb toward the outside of the leg, in the "trough" formed between the shinbone and outside calf muscle. When you probe for or trigger this point, quite often you'll feel a tingling in your toes or lower abdomen. This is an excellent point for indigestion, lower tract distress and more than 40 other symptoms and health disorders.

**G-Jo point #115** is found in the cleft (philtrum) between the bottom of the nose and top of the upper lip in the center line of the face. Pinch that area and you'll find the spot without much difficulty. Pinch it when you're feeling hungry and within moments, your hunger will be gone. The perfect dieting tool!

G-Jo is a safe, natural technique, one that everyone uses regularly without realizing it. Each of us has itches and twinges that occur around the body -- irritations that feel like bug bites, perhaps, that we unconsciously scratch or rub to relieve. If you check the sites of those annoyances against an "acupuncture atlas" -- a map of acupoints on the human body -- you'll quickly see that your "random" rubbing and scratching corresponds quite closely to important therapy points. (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) ).