

86. NECK PAIN

if you ever suffer from a pain in the neck -- other than the bad mother-in-law or ex-partner variety -- there's a "self-health" remedy you'll want to learn: it works almost instantly and requires only a few minutes of training to master its basics. This ancient, Oriental technique uses no drugs or medications, only your fingertip. It's known as *G-Jo Acupressure*.

G-Jo is a kind of acupuncture ... without the needles. Used properly, G-Jo can immediately relieve most minor and acute -- even many emergency -- health problems and symptoms. This safe and effective method can be used by nearly anyone to replace aspirin or other common remedies as well as to complement standard Western first aid methods and procedures.

The exact way G-Jo works is still a mystery -- or at least a controversial issue between traditional Eastern healers and many of their Western counterparts. But its results are undeniable: G-Jo really works within moments -- even for something as hard to relieve as an aching neck caused by whiplash or other injuries, or simply from stress.

G-Jo is used symptomatically -- that is, as soon as (in this case) the neck pain is noticed. It is applied in the same way for both acute problems (e.g., an occasional "pinched nerve" or "crick" in the neck) and chronic (more longstanding) disorders, or under emergency conditions -- say, following an automobile accident.

However, there may be a difference in the number of times the technique is applied. For acute problems, if you need to use G-Jo more than four or five times during a day, or for more than several days in a row for an apparently minor problem, you're probably either doing G-Jo improperly or using the wrong pressure point (there are at least a dozen of these tiny pressure points for relief of distress in the neck, each illustrated and described in the G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program* -- see www.g-jo.com).

In chronic or emergency use, you may need to apply G-Jo a greater number of times in the beginning of self-treatment (maybe several dozen times or more in the first day or two). But in every case, use common sense: if the symptom persists, it may be more serious than you suspect and professional help is advised.

This remarkably effective technique -- a mainstay of Oriental families for thousands of years -- is a simple, three-step-process. Step one is to find the right G-Jo acupressure point that "controls" the neck area. This is done by probing deeply -- as deeply as you can (up to 20 lbs. of fingertip pressure) -- in the general area where the point is located (see descriptions).

Use the tip of the thumb (or, if you have long nails, the bent knuckle of the index finger or the eraser end of a pencil will work equally well), and probe until you contact a tender "ouch point." It should feel like a toothache or pinched nerve when you find it.

But since the points are tiny (only about the size of a pinhead), you must use *specific* pressure: if you miss the spot by even a quarter of an inch, this technique won't be effective. And the sensitivity you'll feel when you contact the spot is the primary way you'll know you've found it.

Step two is to trigger the spot deeply. Do it in a digging, goading kind of fingertip

massage. The more sensitive and tender the point, the more likely it is to be a good control point. If it makes you feel warm, break out in a sheen of perspiration or feel a bit lightheaded, so much the better. These phenomena are called "acupressure reactions" and usually occur with the right triggering of a good point. Do this deep stimulation for about 15 to 30 seconds, then stop.

Now step three: trigger the identical spot on the opposite side of the body (nearly always, these points are duplicated bilaterally -- that is, on either side of the body). Then "test" your symptom. It should be gone, or nearly so. If there's a bit of discomfort remaining, go back and trigger that pair of points again. If the pain is gone, stop.

A G-Jo point should be triggered a maximum of four minutes. If you get no relief by then, it's probably the wrong point (or no point at all), or you haven't triggered it properly. Reread these instructions and try once more.

If G-Jo doesn't relieve the discomfort completely, it's usually because you've used the wrong G-Jo point. Then it's time to try the next point. Simply do the same, three-step process -- probe ... trigger ... test -- and stop when you obtain relief.

There are several people who should normally avoid the use of G-Jo (except for an emergency or limited-time use) before checking with their doctor or other health care professionals. These include chronic heart sufferers, especially those wearing pacemakers or other mechanical regulators, and people who take regular, daily medications for serious health problems (cancer, diabetes, etc.).

Pregnant women should also avoid the use of G-Jo especially after the third month of pregnancy. However, there are three excellent G-Jo points to be used during and following delivery -- G-Jo #'s 5, 7, and 13 -- to speed the process and subsequent healing (described and illustrated in a free chart of G-Jo points: to receive this chart and a Special Report on mastering G-Jo Acupressure, send to the address below).

With any self-health technique, follow the same guidelines as for nonprescription medicines: if pain or symptoms persist, see your doctor or other health-care professional.

HOW TO RELIEVE TENSION IN, OR INJURIES TO, THE NECK AREA:

Begin with G-Jo point #4. Place your right hand so the palm is facing the floor, then bend it back slightly so that a crease appears at your wrist.

Remember where the crease is and relax your hand; now measure the *width* of two left thumbs (about two inches) back from that crease towards your elbow, and begin pressing very deeply between the two arm bones (the radius and ulna), in line with the middle finger. You're probing for the small hollow or depression between these two bones. Once you find the tender spot, do step two: trigger the point in the manner described in the article; finally, duplicate the process on the left forearm.

Then test your symptoms. Your neck should be virtually free of pain or discomfort. If so, but your symptoms return again, later, simply duplicate the same technique again.

But if G-Jo point #4 fails to work, try G-Jo #116: press about two inches down from your elbow (toward your hand) on the *outside* (hairy side) of your upper forearm. Probe deeply in the muscle until you feel a *very* tender spot -- that's #116. It will be quite tender with even moderate

pressure, since it's a judo disabling point. Trigger and test as described in the article.

Both points #4 and #116 work for a broad variety of ailments, particularly those in the hands, elbows, arms and shoulders, so you may notice unexpected benefits there, as well, after triggering the point(s). 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.