

87. WRIST AND ELBOW PAIN

There's a "new" "self-health" technique that makes drugs and medications practically obsolete for most common ailments. Instead of pills or ointments to cure aches and pains, you use your fingertips -- nothing else -- to "trigger" tiny spots that control nearly any bodily area or function you can describe. This technique is called *G-Jo* (pronounced "GEE-joh").

G-Jo is a form of acupuncture, but without the needles. It's an ancient Oriental technique that families have used for hundreds of generations in place of doctors and drugs. There are several different types of acupressure, but G-Jo is the most basic. It's designed to be used symptomatically ... that is, when symptoms manifest themselves, either from sources within the body (such as illness) or as the result of stress or injury.

Generally, there are several of the pinhead-sized areas which, when stimulated, will relieve a symptom. And it's not unusual to have as many as 15 or 20 to choose from ... one or two of which will normally be profoundly effective.

How G-Jo works is not completely understood. Western science has proven that endorphins -- the brain's morphine-like compounds -- and other pain-killing biochemicals are immediately released when good control points are stimulated (especially with acupuncture needles). One thing is certain: *something* happens; and for many acute symptoms, G-Jo works faster, and often more completely, than any drug or medicine.

To make it even more exciting, the basics of G-Jo can be learned in as little as five minutes of reading and practice on your own body. Then, when you know what you're doing, there is literally no part of your body which cannot be relieved and eased through the proper use of these formerly secret healing points.

For example, to relieve pain in the wrist (say, from the increasingly-common complaint of spending long hours on the computer) or a sports injury to the elbow, a variety of acupressure points exist. Two of the most powerful -- G-Jo point numbers 10 and 2 -- are both easy to locate and very effective for easing one or both of these common ailments. (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).

The rules for using G-Jo are quite simple -- in fact, there are only two important rules to remember: **FIND THE RIGHT PRESSURE POINT;** and **STIMULATE THE POINT PROPERLY.**

Finding the right point is as easy as deeply probing the appropriate areas of your arm until the tiny points announce themselves with the characteristic, "loud" twinge of sensitivity. Use the tip -- not the pad or fleshy part -- of your thumb or forefinger; probe as deeply as you can (maximum of 20 lbs. of fingertip pressure). The feeling when the point has been probed has been described as being "like a toothache or a pinched nerve." In any event, after you locate G-Jo points several times, there is no mistaking the feeling.

Second rule: stimulate the point in a digging, goading massage for a few seconds -- usually 15 or 20 seconds is enough to control even the most painful symptom -- then stimulate the same point on the opposite arm for the same length of time.

Stimulate the point(s) as soon as you notice your pain occur or return. This is very important, for the sooner G-Jo is begun, the better and more effective it usually is.

You should get increasing spans of "relief time" -- time between necessary restimulations. This is a good indicator that you've found the right G-Jo point(s) for your symptom. Another good indicator is that, when properly stimulated, a good G-Jo point will often produce a profound feeling of relaxation, a flush of heat or even perspiration (especially across the brow or shoulders), or a feeling of lightheadedness or possibly brief, mild nausea. This is called an "acupressure reaction."

Relief should last for hours -- at least as long as you'd get with an aspirin or commercial remedy. If you need to use G-Jo more than four or five times a day and for more than three or four days in a row, it usually means one of several things:

1. You are using the wrong G-Jo point for your symptom ... try another point and see what happens;
2. Or you may be doing G-Jo incorrectly ... reread the instructions;
3. Or your health problem may be more serious than you think (this is particularly true if you experience a strong acupressure reaction, such as dizziness or nausea, upon triggering a point); then it's time to see your doctor or other health-care professional.

Although G-Jo is safe and harmless, there are several people who should generally avoid the use of this (or any other "self-health") technique before first checking with their doctor or other health care professional:

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).

While not a panacea or cure-all, the knowledge and use of G-Jo helps you become more independent and self-reliant. And perhaps most important, it helps you avoid suffering while accelerating your natural self-healing processes. 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.

HOW TO FIND G-JO POINT #10: this point, which is often helpful in relieving pain from stress in the wrist (such as carpal tunnel pain) as well as certain pains in the elbow area, is located by pressing deeply in the lower forearm, about two inches back from the crease of the inner wrist, in approximate line with the middle finger. Probe the area until you feel a dull, aching sensation.

HOW TO FIND G-JO POINT #2: this point, which is often helpful in the relief of "tennis elbow" is located at the end of the crease that is formed when the elbow is bent. The point is on the **OUTSIDE** (hairy side) of the arm; when finding and triggering the point, the arm should be straight and relaxed, not tightly bent. 8 copyright 2006 by The G-Jo Institute