

88. SORE THROAT

There's an old adage that, without treatment, a cold lasts for seven days, but with treatment it lasts just a week. At this time of year, it's common to suffer from colds and other forms of respiratory distress. For many people, this begins with a sore throat ... but if you could "erase" that scratchy, irritated feeling before it leads into the next stage -- the actual lung distress -- you might prevent a week's worth of suffering.

Well, now you can. Using several G-Jo Acupressure techniques at the first sign of a sore throat, you can often "reverse" a cold before it begins. Here's how you do it:

As soon as you notice that scratchy, irritated feeling, press behind the corner of the thumbnail -- the corner furthest from the other fingers -- using the nail of your opposite thumb to press. You are probing for a special "ouch point" (one that will feel like a toothache or pinched nerve when you contact it). Find the point using moderate pressure ... that's step one.

Step two is to "trigger" the spot -- known as G-Jo point #12 (one of nearly a dozen G-Jo points for sore throat relief) -- in a slightly painful massage (again using the edge of the thumbnail or your fingertip) until a special feeling, known as an "acupressure reaction," occurs. This is a sensation of warmth, clamminess, perspiration or other similar response, normally arising within half a minute of beginning to trigger a "good" (effective) point.

Stop triggering, then repeat the probe-and-massage process on the opposite thumb until that same reaction occurs. Total elapsed time from start to finish is usually less than a minute. But you should already feel relief from that scratchy throat, assuming this was the best point for your kind of sore throat.

Another quick, easy method to ease a sore throat: press the center of your forehead about mid-way between the eyebrows and the natural hairline. Again, you're probing for the special tender spot. Once you contact it, massage *that* point until the acupressure reaction again occurs.

Repeat this routine each time you notice the discomfort returning, and you should obtain increasing spans of "relief time." And to help prevent colds in the future, take alternating hot and cold showers each day -- first as hot a shower as you can comfortably tolerate, then as cold -- and within two or three months you'll be virtually free from respiratory distress. This was proven in a recent Johns Hopkins medical study.

Like all "self-health" techniques, you should first check with your doctor or other health-care professional before using the above techniques if you are: a pregnant woman (especially beyond the third month of pregnancy); a chronic heart patient; or a person taking regular or daily medication for serious health problems, such as cancer or diabetes. However, there are nearly always natural methods such as G-Jo -- safe, easy, time-proven means -- to heal and even prevent most kinds of suffering. 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.