

9. EASING YOUR OWN BACKACHE

What's the most common ailment that strikes Americans? Most authorities agree it's low back pain. But if you're one of the more than 70 Americans who suffer from this painful problem each year, here's something to try. It's called "G-Jo acupressure."

G-Jo is a kind of acupuncture -- but without the needles. Instead, you use your fingertips (nothing else) to bring yourself immediate relief.

One good G-Jo acupressure point for relieving low back pain is G-Jo point #5. It's just behind the bony bulge of the outer ankle. To find this point on your own foot, first seat yourself in a comfortable chair.

Then reach down to the small hollow behind the outer ankle bone of your right foot. Press deeply with the tip of your thumb or the bent knuckle of your pointer finger. Press deeply in that area until you feel a tender "ouch point."

When you feel the point, massage deeply (using up to 20 lbs. of pressure) for a few seconds. Then stop and duplicate the same find-and-massage process on the other foot. By the time you've finished, you should feel substantial relief.

This is just one of nearly 200 acupressure points on the body. Each one controls or relieves different bodily areas or functions. But while this "self-health" technique is safe and natural, not everyone should use it.

It is best to avoid G-Jo if you're a pregnant woman, a chronic heart patient or take regular medication for serious problems (such as cancer or diabetes). And if symptoms persist, see your doctor or other health care professional. Download the free Basic G-Jo Training Chart from our website www.g-jo.com.