

90. MUSCLE STRAIN

With people continuing to remain quite active until their golden years, it is not uncommon for joints and muscles to become sprained and strained. And the older we become, the more easily a wrong twist this way or that, can have long-lasting, painful results. But an ancient, self-applied technique -- a kind of acupuncture reaction, but without the needles -- can bring fast relief from stiffness, sprains and strains. It is called G-Jo Acupressure.

One of the beauties of G-Jo Acupressure is its versatility. There are literally hundreds of ailments and suffering bodily areas which can be eased, relieved or healed using this remarkable "self-health" technique from the Orient. More than 250 symptoms in all. (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).

But what happens when you have several things go wrong at the same time -- say, something like several muscles that you've pulled or strained while working out? And this is not so uncommon, especially with people working out more and pushing their bodies further as home gyms and sports clubs have grown in popularity. Can G-Jo Acupressure help that?

Indeed it can! First, let me explain the technique. G-Jo, as you may know if you've been reading these columns regularly, is a simple, three-step process. It takes just minutes to learn, moments to apply, and relief is nearly instantaneous!

To ease strained muscles, one point in particular has been most helpful: G-Jo Point #62. This is located slightly below the bottom of the kneecap, to the outer side of the leg, in the slight depression formed when the knee is completely straight, just at the top of the calf muscle.

Step one is to find the point -- you do this by probing the target area with the tip of the thumb, bent knuckle of the pointer finger or eraser tip of a pencil. Feel for a special "ouch" point, one that feels like a toothache or pinched nerve when you press the point deeply. The more tender the point, the more likely it is to be helpful in relieving your suffering.

Step two is to massage the point in a deep, digging, goading kind of fingertip massage. "Trigger" the point for only a few seconds, until you experience an "acupressure reaction" -- a feeling of warmth, clamminess, perspiration or such, someplace within the body. This peculiar phenomenon occurs in about 90% of the people who use acupressure.

Step three is to find and trigger the identical point on the opposite side of the body. Continue until you feel the acupressure reaction, but not longer than a minute, or two, in any event. This is the way that G-Jo is always applied. Then all that is needed is the knowledge of where the appropriate point(s) are located. In the case of strained muscles, the point at the top of the calf muscle, G-Jo Point 62. If you need to apply G-Jo more than four or five times a day, or more than several days in a row, it may mean you are either using the wrong point, or that the problem is more serious than you think. In any event, if symptoms persist, see your doctor or other health care professional.

One final note. I recommend that before using G-Jo (or any other self-health technique), you first check with your doctor or other health care professional if you are:

- A pregnant woman, especially beyond your first trimester;
- A person who takes regular or daily medication for serious health problems, such as cancer or diabetes;
- A chronic heart patient, especially one who wears a pacemaker or other artificial energy regulating device.

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.