

G-Jo Acupressure Workshop

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History and Background of Acupressure

There are two theories on the origin of acupressure:

A: Soldiers wounded on ancient oriental battlefields often noticed after their wounds healed that they had suffered before the battle were gone. Oriental historians began compiling this data and Oriental "doctors" began making intentional wounds noticing that symptoms associated with the wound site were gone.

B: Each person tends to scratch at, or otherwise stimulate various points on the body throughout the day. For example, after a heavy meal, you might experience itching above the ankle and below the knee. This is the stomach meridian point 36 (G-Jo point #9). Stimulating this point relieves gastric distress.

G-Jo "Five Tier" Treatment Priority System

The G-Jo Institute advocates the combined use of conventional and "alternative" healing methods. We promote the use of a five-tier "priority scale" regarding personal health.

Level One:

Use simple preventive health techniques

Stop smoking, overeating, recreational drug abuse.

Keep fit by walking, swimming, deep breathing.

Change your diet (low sugar, low salt, vegetarian.)

Use meditation

Use G-Jo Acupressure touch therapies

Low dose homeopathy and simple herbal remedies.

Level Two:

Go to non-intrusive techniques: chiropractic, massage, physical therapy, professionally applied acupressure, professionally used herbs.

Level Three:

Go to mildly intrusive techniques: acupuncture, high potency homeopathy

Level Four:

Consult medical or osteopathic physicians for prescribed pharmaceuticals (may be successful but have a higher risk of side effects.)

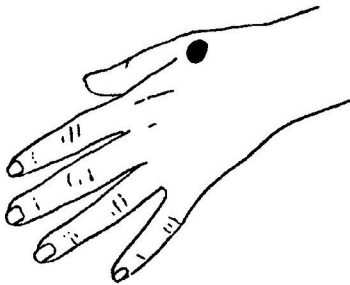
Level Five:

Surgery, chemotherapy, radiation, unapproved treatment, possibly requiring travel to another country.

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This workshop explains the locations and uses of seven commonly used G-Jo acupressure points

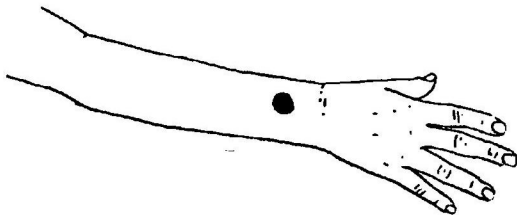
G-Jo Point # 13 (Large Intestine 4)



To locate this point, squeeze the thumb and index finger to form a mound. Keep your opposite index finger on the mound, relax the hand and probe for an ouchy spot.

G-Jo point #13 is the universal first point to stimulate for many first aid problems. It is the "Chinese Chicken Soup" of Acupressure points. This point is often used for any problems from the chest upwards.

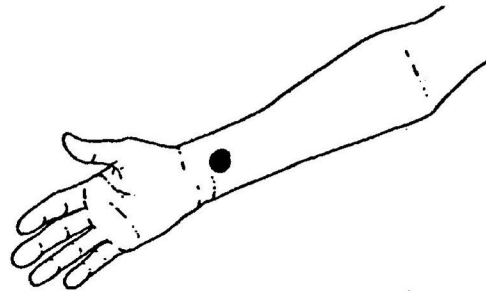
G-Jo Point # 4 (Triple Warmer 6)



This point is located on the back of the arm, two thumbs above the most prominent crease in the upper wrist in line with the middle finger. It lies in a little notch between the radius and ulna bone in the arm.

Think of G-Jo #4 for any problems in the arms, shoulders, wrists. It is also effective in alcohol related problems (hangover), depressions, stress, tension, anxiety and sore throat.

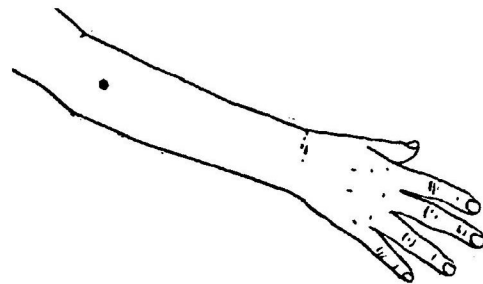
G-Jo Point # 10 (Pericardium 6)



This point is located two thumbs above the most prominent crease On the inner wrist, in line with the middle finger.

This is a good point for problems of the hand, arm, elbow, and wrist, As well as the armpit, the chest, and for menstrual cramps.

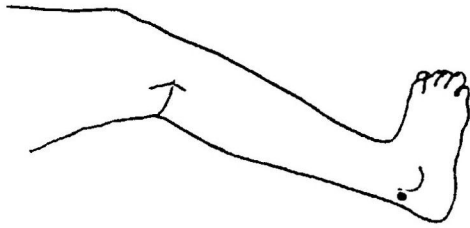
G-Jo Point # 116 (Large Intestine 10 or 11)



Located on the top of the arm, two thumbs below the end of the crease at the elbow, in line with the middle finger.

Point # 116 is a judo disabling point and is tender on everyone. It is useful for problems of the arm, forearm, shoulder, wrist, and toothache.

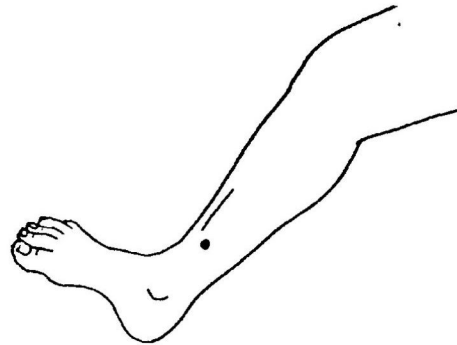
G-Jo Point # 5 (Bladder 60)



Located in the hollow between the Achilles tendon and the outer ankle bone (lateral malleolus). You may have to move around the area to find this point. You will know when you have it by the special "toothache-y" sensation.

This is the main point for lower back pain and pain from the middle of the body downward, especially on the back. This point is helpful in sciatic pain.

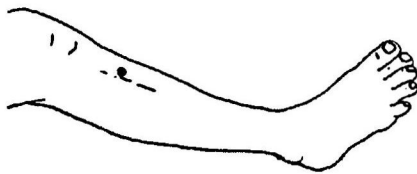
G-Jo Point # 7 (Spleen 6)



This point is located the width of one hand above the crown of the INNER angle bone just behind the tibia (shinbone) on the front of the leg.

G-Jo Point # 7 and Point # 9 share many functions and can be used together.

G-Jo Point # 9 (Stomach 36)



This point may be more effective than G-Jo Point 13 and we would recommend it as the most broad-acting of nearly all acupressure points if it were not so difficult to locate. Its location is the width of one hand below the bottom of the kneecap then the width of one thumb toward the outside of the leg. It is found in the valley just away from the tibia (shinbone).

The indications for this point and G-Jo Point # 7 are digestive distress and discomfort in the lower 2/3s of the body.

This point has a Chinese name that means "walk three miles." If you are tired and exhausted, triggering G-Jo Point # 9 I said to restore enough energy to "walk three miles."

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