

### 13. PUTTING THE PRESSURE ON THE PROSTATE

If you (or a man in your life) are suffering from prostate problems, don't feel alone. This walnut-sized gland in the lower abdomen gives the majority of men over 50 problems at some point or another in their lives. But with nothing more than a few second's worth of fingertip massage, almost miraculous relief can occur.

This remarkably easy "self-health" technique is called G-Jo acupressure. It's a kind of acupuncture ... but without needles. There are nearly 200 G-Jo acupressure points on the body. Each of them "controls" a different bodily area or function. For prostate relief, the first one to try is G-Jo point #7.

This is located about three inches above the bony bulge of the inner ankle, between the shinbone and the calf muscle. Press deeply in that area around the inner, rear edge of the shinbone until you feel a sharp, tender "ouch point." This is the spot you're looking for.

Now massage that spot for a few seconds, using deep, goading pressure. The more it hurts, the better it is likely to be for you and your prostate.

Then massage the other leg for a few seconds, too. By the time you've finished, you should feel relief (assuming you had noticed discomfort before you began your acupressure massage).

There are more than half a dozen acupressure points for prostate relief; but G-Jo point #7 is a good one to try first. However, this point should be avoided if you are a chronic heart patient (especially one who wears a pacemaker-type device) or take regular medication for serious health problems (e.g., cancer, diabetes, etc.). 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](http://www.g-jo.com)**.