

14. NO MORE SUFFERING FROM THE "MONTHLIES"

If you're a woman who's plagued by pre-menstrual distress (monthly cramps, grouchiness, etc.), they may become only an unpleasant memory ... if you learn how to use G-Jo acupressure. This very easy "self-health" technique -- a kind of acupuncture, but without needles -- takes only minutes to learn and seconds to perform.

Yet it is so powerful that you can literally "erase" pre-menstrual suffering in seconds, using only the touch of a finger. While there are a number of different acupressure points on your body to help relieve this suffering, one of the most important -- and effective -- of these is G-Jo point #10. Here's how you use it.

This tiny therapy spot is located on the inner part of the lower forearm, about two inches back from the crease of the wrist (toward the elbow, not the fingers). To find it, press deeply with the tip of your thumb, the bent knuckle of your pointer finger or even the eraser tip of a pencil.

You're probing for a tender "ouch point." When you contact it, it will feel like a toothache or pinched nerve. Once you find this special spot, do step two of this easy three-step process: massage deeply (using up to 20 lbs. of pressure) for 15 to 30 seconds. Finally, do the same find-and-massage process on the other arm. Now, see how you feel.

Your cramps should be gone, or nearly so, and you should feel delightfully relaxed. However, safe and easy as it is, G-Jo should be avoided by chronic heart patients and women taking regular medication for serious health problems. And if symptoms persist, see your doctor or other health care professional. Download the free Basic G-Jo Training Chart or see *Relieve Menstrual Distress With Acugenics* on our website www.g-jo.com.