

34. G-JO: RELIEVE MENSTRUAL DISTRESS WITH YOUR FINGERTIPS (1)

Admittedly, this may sound a bit ummm ... kinky. Armed with nothing more than the eraser end of a pencil or even just the tip of your finger, you can relieve nearly any ache or pain you ever suffer. And relieve it almost instantly. I'm serious. Sure, I know that at first this sounds about on the same intellectual level as elves in the woodpile and fairies in the garden. Yet every one of the "self- health" techniques in this article have long, successful track records for effectiveness and safety. However, since each of them is Oriental, they're probably new to you.

What kind of aches and pains can you relieve? All sorts: headaches ... back pains ... indigestion ... there are techniques to self-treat almost any ailment you can imagine. Take menstrual cramps, for example. You can literally "erase" them in 30 seconds (or less!) by simply massaging a certain spot near your wrist. If you're one of the unfortunate few who doesn't have a wrist, you can still get immediate relief ... by pressing another special area near your ankle!

These are tiny, key "acupressure" points -- ones that "control" the lower abdomen and reproductive organs. And if you can find either of those spots, then "trigger" them in the way I'll describe in a moment, you'll get (and I'm not kidding about this) immediate relief from cramps, nausea and all those other unpleasant things that seem to go haywire with a woman's plumbing just before it sheds its monthly egg.

Wait. Before you ask what this man (who's not even a doctor) knows about relieving menstrual cramps, let me explain. I've been teaching this sort of self-health technique for nearly ten years, and most of that time my teaching has been done on TV or radio talk shows. Invariably, one woman per show seems to call in asking about menstrual cramps. Usually she's suffering from them at that moment.

So I describe one or two of the following acupressure points. Step by step, she follows these instructions and -- within a matter of seconds -- brings herself complete relief! No one is more surprised than she. And these callers' exclamations (this is live ... over the air) are something to behold. "Oh, my God, it worked! I can't believe it!"

This happens time and time again.

Now you might think this all because of the power of suggestion. It's not. This technique -- which is called "G-Jo acupressure" -- is a kind of acupuncture, but without the needles. However, it works the same way that acupuncture does, by stimulating certain chemical changes (or they may be electrical changes, no one knows for sure) within the body. But one thing is certain: acupressure does work ... time after time, and for skeptics as well as "believers."

Let's get back to menstrual cramps. There are two important G-Jo control points to memorize if you're prone to suffering from monthly cramps. One is G-Jo point #10; the other is #7. To find out which point is likely to work best for your sort of menstrual distress, try this simple test. (Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com. for illustrations of these G-Jo points.)

First, press the tip of your thumb deeply into your inner, lower forearm, about two inches back from the crease of the wrist (read instructions for finding point #10). Probe in approximate line with your middle finger -- remember, do it deeply.

If you feel a dull, aching sensation -- one that seems to radiate into your arm or hand -- this response means you're well on your way to freedom from menstrual suffering (or, as it's become known recently, Premenstrual Distress Syndrome -- PMS).

Now, if you stimulate that "ouch point" in a digging, goading massage and it suddenly

makes you feel warm or clammy, that's very good. You've just experienced an "acupressure reaction," a response that usually occurs when a good point is "triggered" properly. This triggering could even make you feel flushed, lightheaded or incredibly relaxed. So much the better! Because the stronger the acupressure reaction, the more likely it is to be an effective point when you are suffering from menstrual distress.

But even if you didn't get that reaction, don't give up. Try point #7. Measure the width of one hand (or about three inches) above the bony bulge of the inner ankle and begin pressing deeply between the calf muscle and the shinbone. You should feel a sharp, twinging ouch point along the inner rear edge of that shinbone (tibia). This is G-Jo point #7. Now press it deeply and trigger it in the same, digging massage. Again, feel for the "acupressure reaction" of warmth, clamminess (usually in the face or neck) -- even perspiration or a sudden sense of relaxation. If that happens, point #7 will be the first one to try the next time PMS strikes.

This is important: you must probe and trigger as deeply as you can. Use tip -- not the pad or fleshy part -- of your thumb or the bent knuckle of your pointer finger, if you have a long thumbnail.

If you have difficulty generating enough pressure to make the point hurt a little, use the eraser tip of a pencil. The feeling when the point is deeply probed has been described as being "like a toothache or a pinched nerve." In any event, after you locate these points several times, there is no mistaking the special feeling, and you must make sure it occurs. Otherwise, you won't receive the remarkable benefits G-Jo can bring.

Use G-Jo as soon as you notice menstrual distress symptoms -- those nagging cramps, nausea or even migraine headaches that some unfortunate souls seem to suffer almost every month. If you find and trigger the right point in the right way for only a few seconds, you should get total, immediate relief.

This relief should be long-lasting -- an hour, or longer, at least. And you should get increasing spans of "relief time," the time between necessary restimulation. But, if you have to use a G-Jo point more than four or five times a day for the same symptom -- or for more than several days in a row -- it generally means you've either: found the wrong acupressure point (then try another one); or that your symptoms are beyond the scope of G-Jo and it's time to seek professional help.

G-JO RELIEVES MIGRAINES, TOO

As many women are all too aware, migraines -- those excruciating, long-lasting headaches -- often go hand-in-hand with other menstrual or premenstrual distress symptoms. However, migraines need no longer pose the problems they once did ... when you know these powerful G-Jo migraine relief points.

One generally effective relief point is G-Jo point #115. This is located between the base of the nose and the top of the upper lip, about one third of the way down the "philtrum" (the slight indentation in the center of the face between those two areas). Press deeply until you feel the sharp twinge (often sharp enough to make you wince with sensitivity). When you are actually suffering from a migraine, pinch or press that special point and massage deeply for up to several minutes. Expect a strong acupressure reaction (the typical warmth or perspiration, etc.), as well as relief.

This point has a number of other beneficial uses, too. When pressed for several minutes

and held -- not goaded and deeply massaged -- this point will usually relieve hunger, making it a useful point for dieters to know. It also helps bring prompt relief from nighttime leg cramps -- the ones that make you leap up out of bed from the middle of a deep sleep (but, here, use the digging, goading massage to bring relief). It's also helpful in the case of a head injury or other emergency when shock and unconsciousness pose a threat.

But the "grand-daddy" of all G-Jo headache relief points -- and one of the two most powerful points on the entire human body -- is #13. While not necessarily the best point for migraine-type head-aches, it's well worth a try as soon as you get the warnings of an impending migraine. This point is located in the fleshy area on the back ("hairy side") of the hand, just behind the webbing that joins the thumb and pointer (index) finger. Probe that muscular area with the tip of the opposite thumb until you feel the pinched-nerve sensation. Then massage deeply. It will most likely produce a profound sense of relaxation throughout your upper body -- it's that powerful an acupressure point. Yet like all G-Jo techniques, it's safe, all-natural and easy to apply.

In fact, most natural health and healing techniques have at least one thing in common -- each is simple and easy to use or apply. For example, one non-acupressure method for bringing yourself migraine relief -- a technique which works quickly and effectively -- is to simply change the temperature of your hands. This is most easily accomplished by plunging the hands into a basin of hot water -- as hot as you can tolerate -- as soon as the beginnings of a migraine are noticed.

If this doesn't work, then try the reverse tactic: immerse your hands in a basin of cold water ... water in which you have even placed a number of ice cubes. This discovery was made by scientists doing research into the control of migraines via biofeedback. And it really works.

While G-Jo is safe and harmless, there are some people who should generally avoid the regular use of acupressure techniques (except in emergency or limited-use situations). These include:

1. A chronic heart patient -- especially one who wears a pacemaker or other artificial energy-regulating device;
2. A person who takes regular/daily medication for serious health disorders (e.g. cancer, diabetes, etc.);
3. And -- though not relevant for PMS -- a pregnant woman (especially beyond her third month of pregnancy) should generally avoid the use of acupressure.

Also, as a general practice:

- Wait for about four hours after taking any drug, medication, alcohol (or other intoxicant) before applying G-Jo ...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercises before applying G-Jo ...
- Avoid any G-Jo pressure points that fall beneath scars, moles, warts, varicose veins or any other blemishes or disfigurements -- use the point(s) on the opposite side of the body, instead.

There are more than 1200 acupuncture points on the human body and each one regulates at least one bodily area and/or function. Of these, nearly 200 points are highly pressure responsive and broad acting. These are the G-Jo acupoints. (All the G-Jo Acupressure points are illustrated and described in *The Master of G-Jo Acupressure Home-Study Certification Program* -- www.g-jo.com). However, there are at least six primary G-Jo points that you should definitely know.

These each control very large portions of the body. While not always the best G-Jo points for a specific symptom, one or another of them can usually bring remarkable relief from most minor ailments you are likely to encounter. (Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com for illustrations of these six G-Jo points.)

Nearly always, there are safe, natural alternatives to aspirin, non-prescription remedies and excessive medication. Next time you're bothered by PMS, migraine or other discomfort, first try G-Jo or other simple alternatives -- you can always reach for the medicine bottle later.