

### **37. G-JO: RELIEVE MENSTRUAL DISTRESS WITH YOUR FINGERTIPS(2)**

Menstrual and premenstrual distress, commonly called Menstrual Distress Syndrome (MDS) -- as well as migraine (often called "sick" headache") and other mostly-female disorders -- can be quickly relieved with nothing but the touch of a finger. The easily learned and fast-acting method by which this is done is called G-Jo -- a simplified form of acupuncture without needles ("acupressure").

G-Jo is an ancient Oriental "self-health" technique. It has been in continuous use in India for at least 7,000 years and apparently even longer in China, where it is thought to have been first discovered.

While the actual method by which G-Jo performs its almost miraculous benefits is not completely understood, using the technique is an exercise in simplicity itself. All you need to know are the right G-Jo acupressure point(s) that "control" your symptom or ailing bodily area, plus the correct manner of "triggering" these tiny (pinhead-sized) spots. When performed properly, G-Jo brings profound, immediate relief.

To make it even more exciting, the basics of G-Jo can be learned in as little as five minutes of reading and practice on your own body. Then, when you know what you're doing, there is literally no part of your body which cannot be relieved and eased through the proper use of formerly secret healing points.

G-Jo means "first aid" in Chinese. It works best for "acute" symptoms like headache, lower back pain, indigestion, tension in the neck or shoulders, tennis elbow ... and, of course, MDS (G-Jo is also used for controlling emergency symptoms - cuts, burns, sprains, bleeding, and such -- until you can get help, but is less effective for "chronic" ailments -- those which have been a problem for months or years).

For relief of MDS, G-Jo is used symptomatically (as soon as the symptoms arise or return). It accomplishes two important functions: it relieves suffering immediately; and it stimulates the body's self-healing mechanisms, to make MDS less of a problem as the months go by. Yet there are only two rules necessary to keep in mind for using G-Jo. The first is: find the right point -- the one that best "controls" your particular ailment (in this case, menstrual distress or migraine). The second is: stimulate the point properly.

Finding the right point is as simple as deeply probing the appropriate area of your body until the tiny point announces itself with its characteristic, "loud" twinge of sensitivity. Use the tip -- not the pad or fleshy part -- of your thumb (preferably) or your forefinger; probe as deeply as you can, using a maximum of 20 lbs. of fingertip pressure. If you have difficulty generating this much pressure, 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.

The second step -- stimulating the point properly -- is also done with the tip of your thumb, forefinger or knuckle. Use a digging, goading massage of the pressure sensitive area. Stimulate the point in that way for a few seconds -- usually 15 or 20 seconds is enough to control even the most distressing cramps, nausea or other symptoms of menstrual or premenstrual distress -- then stimulate the same point on the opposite arm or leg for the same length of time.

Upon finding and properly triggering a good point, several things usually occur. First,

you'll feel a sudden sense of warmth or perspiration; even a sense of lightheadedness or, rarely, a brief touch of queasiness. These are perfectly normal "acupressure reactions" and indicate you've triggered one of the better points for your problem. Then, after a few seconds of massage, simply check your migraine or cramps. They should be nearly or totally relieved.

This relief should be long-lasting -- several hours, at least. And you should get increasing spans of "relief time" -- 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.

While G-Jo is safe and harmless, there are some people who should generally avoid the use of this technique (except in emergency or limited-use situations):

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 MDS -- 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](http://www.g-jo.com) ). However, those six primary G-Jo points everyone should 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 for most minor (acute) or emergency symptoms we are likely to encounter. (Download a free Basic G-Jo Training Chart from The G-Jo Institute's website [www.g-jo.com](http://www.g-jo.com) for illustrations of these six G-Jo points.)

\* \* \*

One of the most important menstrual distress relief acupressure points is G-Jo point #10. This is located approximately two inches -- about the width of two thumbs -- above (direction toward the elbow) the most prominent crease of the inner wrist, in approximate line with the middle or third finger. Press deeply between the tendons you'll feel and -- especially when suffering from menstrual cramps or related distress -- you'll feel a dull, aching area deeply imbedded in that part of the lower forearm. This is point #10.

Trigger in the goading kind of massage for a few seconds, then duplicate the process on

the opposite arm. It is quite likely you will find the right side to be more tender and consequently more effective in bringing prompt relief than the left. Peculiarly, in the human body those points on a female's right side are usually more sensitive while these on a male's left side usually are more tender (and responsive). If you find this to be the case on yourself, pay a bit more attention to the points on the right side.

This point also works well for tenderness and achiness in the breasts, as well as for many other problems in the chest area. It can even be used to relieve nausea and vomiting as well as seasickness.

Another useful point for relief of menstrual and premenstrual distress -- especially for any related problems that occur in the lower abdomen -- is G-Jo point #7. This easy-to-find spot is located about three inches -- or the width of one hand -- above (direction of the knee) the bony bulge of the inner ankle (medial malleolus).

Specifically, this point is centered between the calf muscle and the inner edge of the "shinbone" (tibia). Press around that area until you contact a tender ouch-point, which will "announce itself" with a sharp twinge of sensitivity.

Trigger this spot as soon as you notice any abdominal discomfort or distress and you should get prompt, complete relief. It may also be used in conjunction with point #10 to "intensify" the benefits. However, if you discover that stimulating one point promptly relieves your symptoms but that triggering another point brings them back, then in the future use only the point(s) which brought relief.

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 ... once 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 quickly 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. 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 headaches, 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 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 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.

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