

38. G-JO -- THE SIMPLE METHOD FOR RELIEF OF MENSTRUAL CRAMPS

With a few minutes of reading -- plus a few seconds of practice -- menstrual cramps need never be a problem again. That's because you can relieve your own menstrual suffering using nothing but the touch of your finger ... and usually in less than 30 seconds!

The technique is called G-Jo, a kind of acupuncture ... but without the needles. In recent issues of this bulletin, you have learned how to relieve indigestion and back pain with this simple "self-health" technique from the Orient. And it works just as well (and just as easily) for the monthly distress that so many women suffer.

While there are several of the special, tiny acupressure points that are useful for menstrual distress relief, the first one to try is G-Jo point #10. This is located in the lower forearm, about 2 inches back (toward the elbow) from the crease of the inner wrist, in approximate line with the middle finger. Press deeply in this general area with the tip of your thumb -- or if you have a long thumb nail, use the bent knuckle of your pointer finger or the eraser tip of a pencil -- and probe deeply until you find a tender "ouch" point. It will feel like a toothache or a pinched nerve when you contact it (and if you don't feel it, you must keep probing -- the discomfort you feel is vital in "triggering" this special health point). (Download a free Basic G-Jo Training Chart from The G-Jo Institute website www.g-jo.com. for illustrations of this G-Jo point.)

As you find and trigger G-Jo point #10, you should feel several things occur: first, the point should become increasingly tender (the more tender it becomes, usually the more effective it will be for your type of menstrual cramps). Then, you should feel an "acupressure reaction." This is a feeling of warmth, clamminess, perspiration or even a sense of lightheadedness -- nearly always such reactions occur when the right acupressure point is triggered properly.

Continue massaging the spot for 10 or 15 seconds, then stop. Now do step three of this very easy process: find and trigger the identical spot on the opposite lower forearm. The complete process usually takes less than a minute from start to finish. But if you have found, and triggered, the best point properly you should have relief -- either or complete or nearly total relief -- by the time you are finished!

Acupressure points are used symptomatically -- that is, only when the symptoms occur. And they work best for relieving "acute" problems (those of a minor or occasional nature) rather than those of a chronic or longstanding nature. There are nearly 200 G-Jo acupressure points. (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). Each of these "controls" one or more areas -- or functions -- of the body. When you know how to find and trigger the right point for the right symptom, you have -- literally at your fingertips -- a safe, natural method to relieve most common aches or discomforts.

However, as described in the earlier articles, G-Jo is not for all people under all circumstances. While G-Jo is safe and harmless, there are several people who should generally avoid the use of this technique (except in emergency or limited-use situations). They include:

1. A chronic heart patient -- especially one who wears a pacemaker or other artificial nergy-regulating device;
2. 2. A person who takes regular/daily medication for serious health disorders (e.g. cancer, diabetes, etc.);

3. And -- while it won't apply to sufferers of menstrual cramps -- a pregnant woman (especially beyond her third month of pregnancy) should also avoid the unlimited 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...
- And if you need to use G-Jo more than four or five times daily and more than five days in a row, it may mean that 1.) you're using the wrong G-Jo pressure point for your symptoms (try other points, instead) or 2.) that your symptom(s) may be more serious than you think and it's time to see your doctor (G-Jo is meant as a supportive -- but not complete alternative -- therapy to proper, medical health care).