

89. PMS DISTRESS

Pain and suffering affects our spiritual, psychic, emotional and physical aspects. And while she may be in otherwise-good health, a woman can usually count on a day or two of suffering each month, at least during her child-bearing years.

Fortunately, there are numerous "self-health" techniques for relieving suffering from premenstrual distress (PMS). One of the easiest -- and most effective -- methods is called G-Jo. This is a form of acupuncture without needles (acupressure) that has been used by Oriental women for thousands of years ... not just for menstrual and menopausal symptoms, but for nearly any health problem.

G-Jo is a simple, three-step process. Step one is to find the "right" point. There are nearly 200 tiny (pinhead-sized) G-Jo Acupressure points scattered around the body, each of them "controlling" as many as 50 ailments. (All the many G-Jo Acupressure points and their hundreds of uses are found in the G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program* -- see www.g-jo.com).

To find the right point, use the tip of your thumb or bent knuckle of your index finger -- even the eraser tip of a pencil, if you have difficulty in generating the necessary pressure (because you must probe deeply). Probe in the appropriate area until you locate a tender "ouch point." This will feel much like a toothache or pinched nerve when you contact it.

Precise probing is needed -- if you miss the area by even half an inch, you'll miss the acupressure point entirely and you won't get relief. Keep probing until you locate it.

Step two is to stimulate the point properly. This is a deep, digging, goading kind of fingertip massage. It must hurt, or at least be very sensitive as you massage. However, you only need to massage in this way for 10 to 15 seconds (in most cases) to bring relief from distress.

Step three is to find and "trigger" the identical spot on the opposite side of the body.

While there are more than 20 known pressure points to relieve the various symptoms of PMS, three of the most basic G-Jo acupoints often "overlap" in their span of effectiveness. Nearly always one will succeed in bringing prompt relief. If you try one point and don't get results, try another.

Upon finding and triggering a good point properly, several things usually occur. First, you'll often feel a sudden sense of warmth or perspiration. Even a sense of lightheadedness or, rarely, a brief touch of nausea. 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 PMS symptoms. They should be nearly or totally gone.

If you've applied G-Jo properly, you should get near-total relief. Suffering often vanishes completely and immediately, as if it never existed. And, depending upon the circumstances, it should stay relieved for as long as any drugstore remedy might ease the symptom ... probably longer.

The goal of G-Jo is to provide increasing spans of relief. However, if you have to trigger the points more than four or five times a day -- or more than several days in a row -- it's a good indication you're using the wrong points and/or your problem is beyond the scope of G-Jo. Seek

professional help.

You should first check with your doctor or other health care professional before using G-Jo (or any other self-health technique) if:

- you are a pregnant woman, especially beyond the third month of pregnancy (there are good G-Jo points, however, if you are planning a natural childbirth) ...
- you take regular, daily medication for a serious ailment such as cancer or diabetes ...
- you are a heart patient -- especially if you wear a pacemaker-type device.

Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com for illustrations of six important G-Jo points including the three below.

TO FIND:

G-Jo point #7 -- measure the width of one hand (about three inches) up from the bony bulge of the inner ankle (medial malleolus). The point is found alongside the shinbone (tibia), or in the space between the shinbone and calf muscle.

G-Jo point #9 -- measure down the width on one hand below the bottom of the kneecap. Slightly to the outside (lateral side, direction of the little toe) of the ridge of the shinbone, you should discover a long, vertical trough or valley separating the shinbone and the front of the calf muscle. G-Jo point #9 is found in that depression.

G-Jo point #10 -- measure two thumbs (roughly two inches) above the most prominent crease of the inner wrist (direction of the elbow), in line with your middle finger. Probe between the tendons in your lower forearm. The point should ache when you contact it -- not twinge sharply, as some other points (notably #7) might.