**Acupressure for Menstrual Disorders**

Menstrual period has been a part of a woman’s life whenever she reaches puberty stage. Alongside this, almost 90% of these women experience menstrual cramps, headaches, nausea and many other disorders caused by their body’s hormonal changes. They have to endure the pain until the end of their cycle, only to face it again after a month. The routine won’t stop unless something is to be done.

 Since ancient times, the Chinese people had been known to produce a variety of methods and techniques that could help people with their illness. One of the very old yet effective way of easing pain they used was known to be as acupressure. Acupressure uses precise finger placement and pressure over specific points along the body. These points follow specific channels, known as meridians – the same channels used in acupuncture. It had been known to relieve pain, release tension in the muscles, improve blood circulation and stimulate relaxation to an individual.

 Acupressure can be used to get rid of the discomfort caused by menstrual period. By correctly working on specific meridians of the body, it could provide instant relief. These points are: in the pelvic area where the legs and the trunk of the body meet; two fingers below the belly button; sides of the abdomen; on the sacrum (at the base of the spine right above the tall bone) and one to two finger widths outside the sacrum (the large bony area at the base of the spine) and midway between the top of the hipbone and the base of the buttocks; four finger widths above the inner ankle bone; in the upper arch of the foot, one thumb width from the ball of the foot; and lastly, in the fleshy joint between the thumb and index finger on both hands. By gently rubbing or stimulating the meridians through application of pressure could instantly relieve the pain brought about by menstrual period.

 While most modern medicines nowadays tend to relieve pain, they also pose side effects. Acupressure is a natural remedy that can eliminate pain without using chemicals that may harm the body in the long run. This method works so well that this practice had been long used by Asian people long before the cradle of civilization in the East had risen. The thing about acupressure is that it is easy to learn and could be practiced at home. With knowledge on using the said method, one could perform a relaxing and soothing massage to a woman dealing with menstrual discomfort.

 Menstrual disorder is a very painful experience. No one wants to be under the spell of agony. Learning acupressure is no pressure at all. It is important to find clever solutions to make our bodies in its best condition, so natural therapy could never hurt. Acupressure not only balances the so called ‘chi’ in our body, but it also promotes a better and healthier life to a person. Women should start trying this out, and be able to see the fascinating results it could do to their body and their physical well-being.