Suppose we have constraints: "Either $g(x) \leq 0$ or $h(x) \leq 0$". We can model this situation equivalently as:

$$\boxed{\begin{array}{l} g(x) \leq My \\ h(x) \leq M(1-y) \\ y \in \{0,1\} \end{array}}$$

Notice that when $y=0$: $g(x) \leq 0$ and $h(x) \leq M$
and when $y=1$: $g(x) \leq M$ and $h(x) \leq 0$.

So, if we choose M large enough so that $h(x) \leq M$ and $g(x) \leq M$ for all possible values of x, then we have sucessfully modeled an either/or constraint.

Suppose we have constraints: "If $g(x) > 0$ then $h(x) \leq 0$".
Notice that this is equivalent to "Either $g(x) \leq 0$ or $h(x) \leq 0$".
And, this is the situation described above.

Extra Credit: Model the constraints:

"At least one of $g_k(x) \leq 0$, $k = 1, 2, \ldots n$, must be satisfied."