

# The Wellness Express™



Jump on the train to good health

Issue 1, February 2011

## Menstrual Cycle – Chiropractic Can Help

### Presented by:

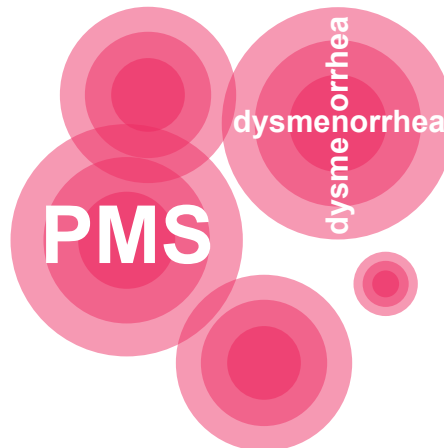
Menstrual Cycle – Chiropractic Can Help Every month, the female body goes through a series of changes that serve to prepare it for possible pregnancy. For all women, hormone levels go through a series of peaks and valleys in a 28-day cycle (on average). It is precisely coordinated with only one end result in mind: to create a child.

The three main processes are ovulation, fertilization and implantation. When everything goes as planned, each month an egg (ovum) is released from the ovary. The uterus prepares for a potentially-fertilized egg to be implanted in its nutrient-thick walls. It takes approximately three days for the ovum to make its way through the fallopian tubes (during which time it may be fertilized by sperm) and into the uterus, where the actively dividing group of cells is to be implanted. If fertilization does not occur within this window of time, the brain and body receive signals to start this cycle all over again. As this happens, the inner lining of the uterus is released, triggering the bleeding stage of the menstrual cycle, which typically lasts about 3 days. to your health in a number of ways.

Presented by:

### Dealing With Dysmenorrhea and PMS

The menstrual cycle is a natural physiological phenomenon, but for some women it can also be a very painful one – both physically and emotionally. If a woman experiences physical pain and cramping during the menstrual cycle, she is diagnosed with *dysmenorrhea*. If she experiences a combination of physical and emotional symptoms just prior to the onset of menses, then she has *pre-menstrual syndrome (PMS)*. It is estimated that up to 90% of all young women will experience some form of dysmenorrhea.<sup>1</sup> And another 75% to 85% of females will suffer from various degrees of PMS during their lifetime.<sup>2</sup> This is a lot of suffering related to the menstrual cycle!



### Exercise of the Week

#### Forward Crunch on Exercise Ball

(Consult your Chiropractor before doing this or any other exercise.)

**Start:** Lie on your back with arms overhead, feet on floor, knees apart. Head and hips should rest on ball.

**Exercise:** Curl forward, with chin partially tucked in, until your hands are between your knees. Imagine your belly button pressing inward the whole time, keeping your lower back on the ball. Return to starting



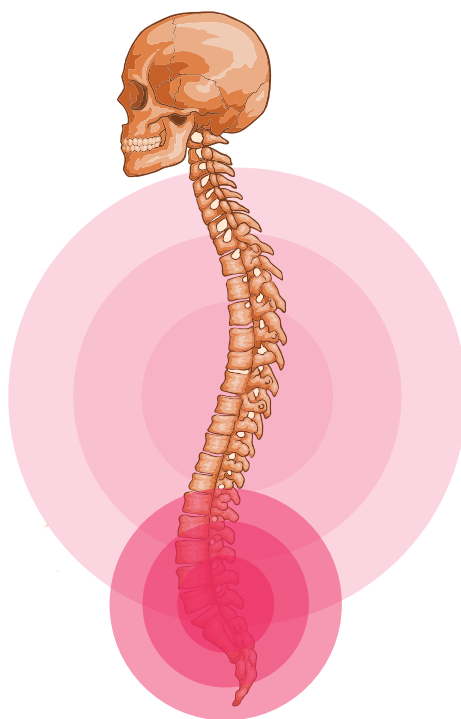
Most medical doctors suggest anti-inflammatory or analgesic medications to help ease the pain caused by these problems. There is some evidence that over-the-counter medications like naproxen or ibuprofen can significantly reduce the symptoms.<sup>1</sup> However, your chiropractor would rather try to help you end the pain more naturally, using chiropractic techniques to ease these painful conditions!

A recent scientific journal reveals female chiropractic patients can hope for a more comfortable future. Using a specific chiropractic technique referred to as the drop-table method, clinicians assessed and treated thirteen patients who reported ongoing symptoms (average of 12 years) related to dysmenorrhea. Over two menstrual cycles, subjects received three treatments per cycle, specifically adjusting spinal restrictions in the lumbosacral area of the spine. Most of the patients responded favorably to treatment, with significant reductions in back pain and general abdominal pain.<sup>3</sup>

In another study, researchers wanted to observe the effects of chiropractic adjustments on the incidence of PMS symptoms. Twenty-five patients were divided into two groups, with one group receiving adjustments two to three times in the week prior to menses, for a total of three cycles. The other group received a faux adjustment for the same number of treatments during the study period. Then, the two groups were crossed over so that all individuals received chiropractic adjustments. In both groups, symptoms were significantly better following a trial of chiropractic therapy, yet for one group there was no significant difference between receiving placebo treatment and the actual adjustments.<sup>4</sup>

## How Chiropractic Helps with Menstrual Pain

Chiropractic adjustments are designed to remove subluxations from the spine. These are areas of vertebral restriction and/or malposition. A subluxation located in the areas of the spine where the nerves to the uterus originate (primarily the thoracolumbar and lumbosacral sections), can disrupt the normal blood flow and nerve supply to this important organ. Without nutrients, oxygen and coordinated nerve-muscle control, the uterus is prone to painful spasms in its muscular walls. Restoring proper spinal alignment and movement can help prevent or correct these problems.



The next time you hear one of your girlfriends complaining about discomfort during “that time of the month” give her your chiropractor’s phone number!

### Quote to Inspire

*“A loving heart is the truest wisdom.”*

*- Charles Dickens*

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