

PMS syndromes can be helped naturally

Question: I get severe migraine headaches just before menstruation every month. I hate taking drugs and missing work because of the severity. Is there anything natural I can do to help with this syndrome?

Answer: Both premenstrual and postmenstrual syndromes are commonly caused by an imbalance in hormones. Lack of exercise or over exercising both can contribute to these syndromes also. Poor diet, emotional and/or chemical stress can always be factors. When I evaluate female patients with PMS I review their histories to discover if there was ever any falls onto the buttocks, or tailbone or history of whiplash type injuries to the low back. I find that many women have had problems since childhood or from their first period onward in life. I believe all the above mentioned factors of stress play a roll but the greatest cause of PMS problems are structural, musculoskeletal, and neurological in nature. Once neurological function is restored back to the reproductive region and structural stressors are minimized to the body's glands and they can start to properly secrete more balanced levels of progesterone and estrogen.

There is an abundance of theories suggesting which herbs and nutrient supplements will restore balance back to suffering women with these syndromes. Some herbs and supplements include black cohosh, yams, vitamin E, valerian root, multiple B vitamins, iron, calcium, magnesium, passion flower extract, rescue remedy, Bach flower remedies, chamomile, and many more. Many are geared to reducing the intensity of the menstrual syndrome symptoms but few actually correct it.

A combined effort by your chiropractor to balance all pelvic misalignments and restore proper blood and nerve supply to the reproductive region along with regular exercise, proper diet, and plenty of water intake, should normalize most female PMS syndromes.

Quote of the week: *“It was a women that drove me to drink—and, you know, I never even thanked her.”* - W.C. Fields