

PMS



Estimates suggest that up to 90% of women suffer from some form of PMS with 10-20% experiencing severe or disabling symptoms. If you're resolved not to give in to menstrual or premenstrual discomfort, and you want a natural solution that avoids drugs, many women turn to chiropractic.

Your nervous system controls and regulates every cell, tissue, organ and system of your body. The spine, especially in the lower back, can impair nerves that direct and monitor the reproductive and hormonal system. Could undetected subluxations be involved in other female health issues? More research is needed. However, our experience suggests that this would be fertile ground for more investigation.

We typically see three types of effects which may be symptoms of nervous system irritation.

- * Over activity— such as heavy bleeding or severe cramping
- * Under activity— Missed periods or infertility
- *Distorted activity-Cells that normally line the uterus, implant elsewhere causing bleeding, pain and reduced fertility.

Start chiropractic care today Great things are waiting for a healthier you...