

Are you one of those unfortunate women who once a month feels bloated, has cramps, back aches, migraines or any other symptoms associated with PMS? Do you realize that chiropractic care can help alleviate these symptoms?

What does a doctor of chiropractic do that is so different from traditional medicine? A chiropractor gets to the root of the problem. All chiropractors start off each office visit by looking at the spine and pelvis. If there is a misalignment in the spine and/or pelvis this will cause improper nerve flow. Improper nerve flow can lead to headaches, migraines, mood swings, bloating and cramping. Chiropractic adjustments will remove the misalignment and restore proper nerve flow.

Another way chiropractic helps directly with decreasing symptoms of cramping is by properly aligning the pelvis. When the pelvis is torqued, it will cause the same thing to happen to the uterus. If the uterus is twisted, it cannot express all of the endometrial lining that gets built up during the month. The cramping that a woman feels is the uterine muscles contracting to remove all of the lining.

When a uterus is not functioning properly, it may not get all of the endometrial lining expelled with each cycle. This can cause build up and a thicker lining which then results in even worse cramping next month. If this continues on for an extended period of time, a woman can develop endometriosis and/or uterine fibroids. Endometriosis may result in infertility and uterine fibroids sometimes can result in a hysterectomy.

Now I am not saying that chiropractic adjustments can cure all of a woman's PMS symptoms because each woman is different. For most women traditional chiropractic may work, but for others, they may need something more. Some doctors may look at the woman's hormones by having the woman take a saliva hormonal panel. Others may think that the patient has too many toxins in her system and recommend detoxification programs and herbal remedies to help the woman. However the doctor chooses to approach the patient's PMS symptoms is at his/her discretion. Each case is different.

I have personally experienced many kinds of chiropractic techniques and treatment protocols and in the end they all got the job done: eliminating my PMS symptoms.

Next month I am going to write my own personal experience of how chiropractic helped dissolve an extremely painful 2 ½ inch ovarian cyst. In future months I will have an article devoted to headaches and migraines and why women are more likely to get them than men.