

How Can a Chiropractor help with PMS Part II

This topic really hits home for me. I use to not get really bad cramping, but I use to get bad migraines about twice a year with my cycle. Chiropractic really helped me with them, but the thing that I really give a lot of credit to chiropractic is when a student doctor was able to treat me and help dissolve an ovarian cysts.

I was diagnosed with having ovarian cysts right at the beginning of Chiropractic College. I had one ruptured on my left ovary and one on my right just hemorrhaged each cycle and ovulation for about six month. My OB/GYN told me that it was two inches in diameter judging from his exam and the ultra sound. He wanted me to come back in a month or two and be examined again; if it wasn't resolved he would have to remove the whole ovary. Well, I was 23 at the time and did not want to think about only having one ovary, plus I was a student without health insurance. I could not afford the surgery, so I lived with it. I had excruciating pains at each cycle. I could feel my abdomen and monitor the size of the cysts.

Final one semester I got a student doctor that actually addressed the issue of my ovarian cysts. I met this intern as an emergency patient because I was having unbelievable back pain on my right side. I could barely move because the back pain. The student doctor started adjusting me and the back pain when away after one treatment. Then she went farther into my health history and I explained that I had been living with an ovarian cyst for about six months. She examined me and I showed her where to feel the cysts on the abdominal exam. She then started adjusting me with Logan Basic, and contacted over the ovary and uterus. The third treatment, it had dissolved. I felt it and she quickly reexamined me. It was gone and with no pain. Now I told my OB/GYN this and he was happy for me, but some of his colleagues were a little bit doubting of the whole story. The other doctor's claimed that cyst naturally dissolved and that chiropractic had nothing to do with it. From my education I know that what these doctors claim is true, but I know what my experience what like. I know what I felt. Because of my case, Logan's research department then did a study on how Logan Basic technique can help with amenorasia (no periods) and dysmenoria (painful, irregular periods). It was a huge success. The women who were not having their cycles started having regular cycles and the ones who were having painful cycles stopped having pain and irregularity.

Chiropractic can help with PMS. It has been researched and I am a walking testimony for its success.

Next month I am going to write about how chiropractic can help decrease the amount of flues and colds a person can get.