



**AdvaCare Clinics**  
Advanced Healthcare Solutions

5001 American Blvd W. Suite 945  
Bloomington, MN 55437  
Phone: 952-835-6653  
Fax: 952-835-3895  
[drdennis@advacaremn.com](mailto:drdennis@advacaremn.com)

## **AdvaCare Clinics: PMS Symptom Relief through Chiropractic**

Every month like clockwork, some women come down with an odd collection of symptoms. You feel bloated and none of your clothes fit. I mean, overnight!! It is so bad that you feel like you're going to have to get a separate wardrobe and call it My "PMS" wardrobe. You crave salt and chocolate and you say things you really don't mean. You're tired, you cry, you rage ... ughhh. You try to push through it, telling yourself to quit being a whiner but have no tolerance for anything. It can be absolutely debilitating!

Ah yes, it's your favorite time of the month – PMS, premenstrual syndrome, is raging once again and your family has headed for the hills. What gives?

We are quick to give these symptoms a label: **premenstrual syndrome**, or **PMS**. But what is PMS? Some people dismiss it as "that time of the month" — an excuse that women give in order to eat tons of chocolate and get away with acting a bit cranky.

But doctors recognize PMS as a real medical condition, with real physical and psychological symptoms. For many women, the symptoms are debilitating enough to interfere with their lives.

### **PMS Premenstrual Syndrome**

Premenstrual syndrome (PMS) affects millions of women during their reproductive years. PMS can affect menstruating women of any age and the effect is different for each woman. For some people, PMS is just a monthly bother. For others, it may be so severe that it makes it hard to even get through the day. Up to 90 percent of menstruating women report having one or more premenstrual symptoms, and 10 to 20 percent report disabling, incapacitating symptoms.

Many women today, while needing to overcome the symptoms of menstrual or premenstrual discomfort, are unwilling to compromise their health to do that. They search for a natural solution that avoids drugs.

### **The Good News Is Chiropractic Care Can Help!**

Your nervous system controls and regulates every cell, tissue, organ and system of your body.

Your spine, especially your lower back, when out of whack, can impair the nerves that direct and monitor the systems controlling your bodily functions such as the reproductive and hormonal systems.

When a woman's reproductive system is disrupted by misalignment of the bones that make up her spine, several symptoms can occur:

- 1) Heavy bleeding or severe cramping
- 2) Missed periods or infertility
- 3) Cells that normally line the uterus travel and implant themselves elsewhere in the body (i.e. endometriosis) causing bleeding, pain and reduced fertility.

**While chiropractic care isn't a treatment for PMS**, many women with spinal distortions have seen an improvement in their reproductive health while under chiropractic care. Restoring a more normally functioning nervous system helps the entire body work the way it's designed to.

PMS was originally seen as an imagined disease, with women who reported its symptoms often being told it was "all in their head". If there's evidence of nerve compromise to your reproductive organs, chiropractic care may help.

Chiropractic care, shown to be helpful in relieving many PMS symptoms in several studies<sup>1,2,3</sup> when receiving two to three adjustments during the weeks leading up to the onset of the menstrual cycle.

As an alternative to drugs and surgery...chiropractic care may be just what you or someone you know needs if they're suffering the debilitating effects of PMS. We encourage you to come in for a thorough chiropractic examination.

Contact AdvaCare Clinic today to schedule an appointment at 952-835-6653.

<sup>1</sup>Thompson, P.R.,Fisher, B.L., Carpenter, P.A. et al. Effectiveness of spinal manipulative therapy in a treatment of primary dysmenorrheal: A pilot study. JMPT, 1979, 2,pp.140-145

<sup>2</sup> Liebel, N.A. & Butler, L.M. A chiropractic approach to the treatment of dysmenorrheal. JMPT 1990,13 pp. 101-106

<sup>3</sup> Stude, D.E. The management of symptoms associated with premenstrual syndrome. JMPT, 1991, 14, pp.209-216