

[IMAGE]

Chiropractic for PMS

No one's completely certain what causes premenstrual syndrome (PMS), but there's no denying the pain and distress millions of women suffer 7-10 days before menstruation every month. Different doctors have different recommendations for treating PMS, and there's one perspective you might be hearing more about soon -- Chiropractic.

A study involving 84 subjects (54 with diagnosed PMS and 30 without) evaluated the potential for chiropractic to help relieve PMS symptoms. Complete chiropractic examinations revealed that the PMS group was more likely to show signs of spinal problems (i.e., spinal tenderness, muscle weakness, neck disability, etc.) than the non-PMS group.

The study authors suggest that chiropractic care to correct these spinal problems may be an effective way to reduce some of the symptoms of PMS. If you're still searching for relief from the pain and frustration of premenstrual syndrome, make an appointment with your local chiropractor. A complete spinal examination could be an important step toward finding a solution.

Reference:

Walsh MJ, Polus BI. The frequency of positive common clinical findings in a sample of premenstrual syndrome sufferers. *Journal of Manipulative and Physiological Therapeutics*, May 1999: Vol. 22, No. 4, pp216-220.

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