

Schüssler Express

#130



MENSTRUAL MOLIMINA

How to alleviate Period Pains

A tearing in the abdomen announces the menstruation. Followed by cramping sensations, and often also headaches? And then mood swings and a heightened sensibility give a signal? Many women suffer from discomforts around menstruation.

Period Pains

The monthly cycle usually takes 28 days but can be shorter or longer. During this time the body produces hormones that stimulate the release of an ovum from the ovaries. If the ovum remains unfertilised it is repelled together with the endometrium and menstruation starts. Period pains, also referred to as dysmenorrhoea, are pains and discomfort during the period.

Many women experience a tearing in the abdomen, pains, nausea, flu-like headaches and tiredness. How severe the afflictions are can vary individually and from month to month. Most women must battle with period pains during a lifetime. But with certain measures and treatments they can be alleviated. Let's have a closer look at the various kinds of menstrual problems, their causes and natural treatment options.

Discomforts shortly prior to Menstruation

PMS (premenstrual syndrome) is a frequent affliction that lots of women experience during their menstrual cycle. It incorporates a multitude of emotional and physical symptoms that usually appear before the start of menstruation and again subside within a few days after commencement.

Frequent Symptoms are:

- Mood swings such as irritability, anxiety, depression or sleeping problems
- Afflictions such as cramps, mammary- or limb pain, headaches or nausea
- Fatigue, change of appetite and fluid retention
- Weight gain
- Skin alterations
- Intestinal problems

The exact causes of PMS are not completely clarified but there is a string of factors that could contribute to its development, for instance hormonal changes during the menstrual cycles, genetic disposition, stress and nutritional habits.

Depending on the severity of symptoms, the PMS treatment can differ from person to person. However, gentle treatment methods such as Yoga, acupuncture, biochemistry, homoeopathy and a change of diet can contribute to the alleviation of PMS symptoms.

Afflictions during Menstruation

Period pains are a widespread problem that women must contend with during their period. Typically, they can be put into one of these categories:

Mood Swings

During the menstrual cycle lots of women experience mood swings. This is mainly due to hormonal changes that take place during this time. The menstrual cycle is

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controlled by the interaction of hormones like oestrogen and progesterone. In the first half of the cycle the oestrogen level increases, in the second half both hormone levels, oestrogen and progesterone, are increased. These hormonal fluctuations can affect the messengers in the brain and thus on the mood.

Cramps and Abdominal Pain

Abdominal pain and cramps belong to the most common afflictions during menstruation. They are caused when the uterus contracts to repel the uterine lining. Such contractions can cause abdominal pain in some women. Prostaglandins – hormones that are released by the cells of the endometrium – amplify these contractions and contribute to the pain.

Backaches, pain in the thighs, or aches in other body parts can also occur in some women.

Headaches

Science refers to this condition as menstrual migraine. This symptom occurs when the oestrogen level fluctuates. Oestrogen is known to increase the pain threshold and regulates the nervous system, among others the serotonin production – serotonin is a neurotransmitter that acts a vital part in the regulation of mood, sleep and pain perception. During menstruation a decline of oestrogen level can cause the serotonin level to reduce, which lowers the pain threshold and can trigger headaches.

Nausea and Vomiting

Other typical symptoms during menstruation are nausea and vomiting. A possible cause is the hormonal imbalance in the body. However, both can also be triggered by seizures – light to severe – and can result in dizziness and fatigue.

Diarrhoea

During menstruation the hormone level of oestrogen and progesterone declines which results in an increased production of prostaglandins. They are hormones that are involved in the regulation of inflammatory- and pain reaction in the body. A raised prostaglandin level can result in an acceleration of the intestinal peristalsis, which again can trigger diarrhoea.

Furthermore, the monthly period can affect the intestinal flora. A fluctuation of the hormone level can cause an imbalance of the intestinal flora, which can generate digestive problems like diarrhoea.

It is noteworthy that diarrhoea during menstruation is usually no reason for concern unless it is severe or accompanied by other symptoms.

Natural Options to deal with Period Pains

To alleviate period pains therapies such as biochemistry, homoeopathy, acupuncture, Yoga and massage can assist. Studies conducted in 2017 and 2018 revealed that Yoga led to significant improvements of pain, the mood and quality of life in women with menstrual problems.

There are several measures that women can embrace for the prevention of period pains. A healthy diet, regular exercise and adequate sleep can contribute to the equilibrium of hormonal changes and the risk reduction of menstrual problems. As stress is also a factor in disturbing the hormonal balance and can exacerbate period pains, it is important to avoid or reduce stress.

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Schüssler-Salt Nr. 7 Magnesium phosphate 6X

Facilitates relaxation in stressful situations and stress.

- Supports the function of nerves and muscles
- During particularly stressful times
- In sporting activities
- Apply cream to the abdomen and back

No. 7 Magnesium phosphate 6X is available in form of tablets, drops and globules.

Suggested Administration

3 days prior, throughout, and 3 days after the period, administer No. 7 Magnesium phosphate 6X in form of "Hot 7" – 10 tablets dissolved in hot water and sipped slowly (like a cup of tea). Administer ca ½ hour before sleep.

The Clinical Science of Biochemic Therapy

Dr W.H. Schüssler
<<Diploma Course>>

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Testimonial

Jenny, 32

I'd like to share my experiences with period pains. Every month I felt I was in a battle with my body. I suffered cramps, headaches, nausea and all the joys that the period has in store – but I wanted to avoid taking painkillers for several days. I am aware that I am not alone in this and there are many that face the same decision.

Instead of getting discouraged by the symptoms I have searched for natural options for their alleviation. In the end, Yoga has really helped me. I relax, stretch and strengthen my muscles but still come to rest. When practising Yoga I feel that I can handle my period pains and at the same time give my body and soul a treat.

Another tip that I like to share are the Schüssler-Salts. At the start I was sceptical, but I was surprised how well they worked for me. I regularly take No. 7 Magnesium phosphate 6X, also known as the "Salt for Nerves and Muscles".

At night I like to drink the No. 7 as "Hot 7", I simply dissolve 10 tablets in hot water and consciously sip the solution like tea. This has become a ritual which simply helps me to relax and compile positive energy.

This way I achieved to ease my period pains in a natural and positive way. Now I feel better and can appreciate this time of month much better.

I hope my experiences encourage you to self-experience this time of the month with more positivity and love. We are strong and can achieve anything that we set our mind to – including menstrual problems.

*The Institute of Biochemic Medicine
(Asia – Pacific)*

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