

## PMS and Wellness Chiropractic

Premenstrual syndrome is often talked and joked about even by the very women who suffer from it. It is marked by unexplainable and unpredictable symptoms in women from mood swings to murder. PMS is a serious problem and should be taken seriously. Four out of ten women of childbearing age experience PMS symptoms. Researchers describe PMS as an abnormal response to normal hormonal changes producing a host of symptoms including irritability, mood swings, tension, ineffectiveness, lack of motor coordination, mental fog, altered eating habits, variations in sexual drive and social impairment. Most women decide either to suffer with it or to take prescription drugs with potential serious side effects. Few women consider chiropractic as an option for care.

Studies show surprising benefits from chiropractic care for women who suffer from PMS. In one study, women with PMS histories were given chiropractic adjustments. The care continued for four menstrual cycles and consisted of 5-7 adjustments per month. They were evaluated in ten different categories of symptoms (irritability, mood swings, tension, ineffectiveness, lack of motor coordination, mental/cognitive functioning, eating habits, variations in sexual drive, overall physical symptoms and social impairment). The subjects showed improvement in all ten categories with significant improvements in the areas of sexual drive, social impairments and mood swings. In an article published in the Chiropractic Journal of Australia titled Premenstrual Syndrome: a clinical update for the chiropractor, Dr. Walsh states, "A Holistic chiropractic management regime offers the possibility of a safe, effective method of reducing many of the symptoms of PMS."



It is important that [any woman suffering from PMS consider a Wellness Chiropractic evaluation](#) to determine if chiropractic care may benefit. This may be the natural solution for you or a loved one.

Call Kay Harris Chiropractic & Wellness Centre and schedule an evaluation, (519) 641-5995



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