

## **Family** Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### **PMS**

It's "that time of the month" right before your menstrual cycle begins and you feel crampy, achy, bloated, depressed and your back hurts. You have limited control over your moods or behaviour – loved ones, co-workers, and even people in the grocery store steer clear of you. You're downright miserable and you don't want to be in your own body. What can you do?

Pre-menstrual syndrome, or PMS, affects 85 per cent of women, especially between the peak child-bearing years of 20 and 40, with symptoms that can range from very mild to severe.

Physical symptoms include headache, bloating, water retention and weight gain, food cravings, cramps, tender breasts, acne and fatigue.

Emotional symptoms, which can be far more severe, include mood swings, irritability, anxiety, depression, crying spells, memory/focus problems, withdrawal from others and, in extreme PMS cases, panic attacks and suicidal thoughts that make it impossible to function normally.

Maybe you've tried a number of treatment solutions, including over-the-counter pain relievers and prescription medications (i.e., anti-depressants, mood stabilizers or birth control pills) or herbal remedies. Maybe they've helped to a certain degree or maybe not at all.

Chiropractic care has also had some amazing results in helping women to reduce or even eliminate the symptoms of PMS, without potentially harmful side effects. The research shows the nerves in your lumbar spine (lower back) control all the reproductive organs. If you have a subluxation (vertebral misalignment which causes nerve interference) in your lumbar spine, chances are it may be causing the reproductive organs to malfunction, resulting in symptoms in the form of PMS each month. Chiropractors correct subluxations in order to restore proper nerve function, allowing affected organs to heal and function properly.

Got PMS? Try chiropractic – you might just find yourself skating right past that time of the month in the future!