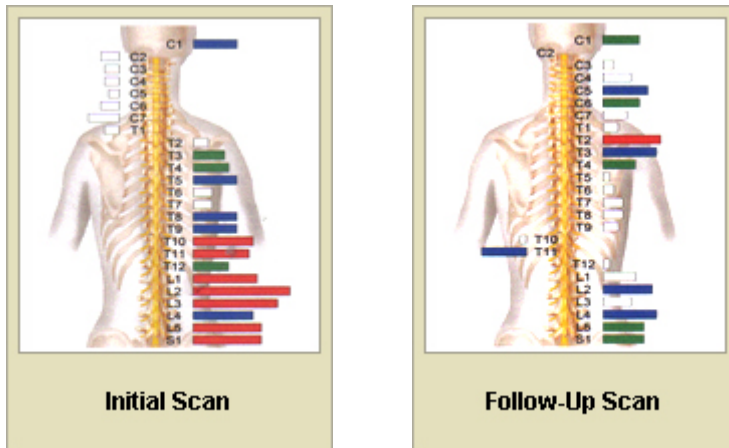


## ❑ 29 Year old female with menstrual pain and fatigue

This patient presented with back pain, severe menstrual pain and fatigue. Pain medications weren't working anymore, so she was running out of options. She was referred to us by her friend, a patient of ours.



Since beginning care, no more medications are needed. She can now enjoy a 'normal' life and no longer loses 2-3 days a month with pain.

This patient also reported these benefits since beginning her adjustments:

- Better co-ordination
- Less fatigue
- Greater flexibility
- Less depression/moodiness
- More energy/vitality
- Better able to handle stress
- Less colds
- Better emotional control

*This is what she had to say:*

*When I met Dr. Jon he explained to me how the body worked...it made perfect sense to me. Since I've been adjusted regularly, I cannot believe the difference in my life. I feel like a new person and cannot imagine being how I used to be. I had been to a chiropractor before and was not sure what to expect with Dr. Jon. His techniques are so gentle – no twisting or cracking! It still amazes me how gentle the adjustments are, yet how good I feel after. Thanks Dr. Jon!*

*-P.R.*

❑ **Want Research?**

***A randomized, placebo-controlled clinical trial on the efficacy of chiropractic therapy on premenstrual syndrome. Walsh MJ, Polus BI Journal of Manipulative and Physiological Therapeutics 1999;22(9):582-585***

This is a study of 25 subjects suffering from PMS. Sixteen of the patients received chiropractic care and nine received 'placebo treatment.'  
A little over half the women in the study reported "significant" improvement in symptom levels after chiropractic care.

***Chiropractic approach to premenstrual syndrome. Wittler NA. Chiropractic: The Journal of Chiropractic Research and Clinical Investigation. 1992; (8): 22-29.***

Eleven women with histories of PMS symptoms that had occurred regularly for more than 4 months were given chiropractic spinal adjustments. The care continued through four menstrual cycles and consisted of 5-7 spinal adjustments per month.  
The subjects were given questionnaires at the beginning and end of the care. They evaluated changes in irritability and mood swings, tension, ineffectiveness, lack of motor coordination, mental/cognitive functioning, eating habits, variations in sexual drive and activity, overall physical symptoms, and social impairment.  
The subjects reported improvement in all ten categories with the greatest improvement of symptoms relating to variations in sexual drive (70.7%), social impairment (64.5%), and mood swings (60.8%). The overall average improvement in all symptom categories was 44.2%.