

## ■ Women under Chiropractic Care experience less menstrual distress

The June, 1992 issue of the Journal of Manipulative and Physiological Therapeutics reports that women suffering from recurring menstrual pain experienced much less pain after being adjusted.

This pilot study (Pilot studies are preliminary studies done to determine if there is a need to expand the research to a larger group), was conducted at the National Chiropractic College clinic in Chicago, Illinois. The Researchers concluded that Chiropractic may be an effective and safe non-drug alternative for relieving the pain of primary dysmenorrhea (painful menstruation).

When your body loses the ability to function as it was designed, pain oftentimes results. Chiropractic care helps restore your body's natural, innate function as well as the ability to repair and maintain itself. ▲

## ■ PMS patients have more spinal problems

The May, 1999 issue of the *Journal of Manipulative and Physiological Therapeutics* reports that women who suffer from PMS are more likely to have spinal problems.

The study involved 84 women, 54 who had been diagnosed with PMS and 30 without PMS. The goal was designed to determine whether or not chiropractic may help ease PMS symptoms.

A thorough chiropractic exam on both groups revealed that the PMS group was more likely to experience spinal problems such as spinal tenderness and disability and muscles weakness. So much so, that the researchers concluded that the correction of the spinal problems by a chiropractor may well be an effective way to relieve the symptoms of PMS.

This study focuses on the concept that the chiropractic correction of spinal problems allows your body a better chance to correct organ and system malfunction. Proper organ and system function allows your body to regain and maintain its health on every level. Regular care by your chiropractor will help make sure that your body stays as healthy as possible, functioning the best it can.