

M e n s e s



Most women suffer from mild pain and cramps as their period begins, often combined with low back pain. The pain may vary in intensity from one month to the next and may be accompanied by other symptoms such as nausea, diarrhea, pelvic soreness, urinary frequency and headache, as well as feelings of depression and irritability. The pain typically comes in waves. These seem to be synchronized with strong contractions of the uterus and with a slight dilation of the cervix. It is not abnormal to have such pains for a day or two each month. A few women have severe pain with each menstruation period, a condition that is known as dysmenorrhoea. Primarily dysmenorrhoea usually starts in the early teens and becomes less severe after mid-twenties, often disappearing completely after childbirth. Secondary dysmenorrhoea is associated with problems such as pelvic infection or endometriosis (a condition in which segments of the uterine lining lie outside the uterus).

What causes Menstrual Pain?

Menstrual pain is produced by contractions of the uterus, which are much stronger during menstruation than at other times of the month. These contractions are caused by the release of prostaglandin hormones from the inner lining of the uterus. It is believed that primary dysmenorrhoea is the result of either excessive production of the prostaglandins or the abdominal sensitivity to them. Secondary dysmenorrhoea may be caused by a wide range of disorders.

Symptoms of Menstrual Pain

- Mild pain or cramps just before and during menstruation
- Pain, which comes and goes in waves
- Low back pain
- With secondary dysmenorrhoea, pain often starts several days before a period and continues throughout it
- Severe pain may be combined with nausea, vomiting and diarrhoea.

TCM Drug Free Pain Control

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

masters of TCM Pty Ltd

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