

Meet our Expert



OGI RESSEL, DC

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Chiropractic for Menstrual Cramps

My daughter has terrible menstrual cramps. Is it true that chiropractic might help?

OGI RESSEL, DC: Chiropractors have been helping women with menstrual difficulties for years. I recently saw a 19-year-old young woman with such terrible menstrual cramps that she required hospitalization a number of times. Her pain was nothing short of excruciating. I am happy (and so is she) to report she no longer suffers from menstrual cramps and now leads a normal life. You may find this surprising because, like many Canadians, you probably thought that chiropractics deal only with conditions such as back pain, neck pain or headaches. That perception is beginning to change.

To understand how chiropractic can help with menstrual cramps, it is important to understand that chiro-

practic health care is based on four principles: The body is a self-regulating organism designed to heal itself; the nervous system is responsible for running all body functions; any interference to the normal function of the nervous system will affect the way the body functions; and, as chiropractors, our mission is to restore normal nervous system function, thereby restoring health.

Menstrual cramps are just one signal the body produces to let you know when something isn't right. There



are others, including low-back ache, tingling in the legs, bowel problems, urinary difficulties and leg cramps. Dealing with these symptoms without determining their root cause is like placing a bucket under a leaky ceiling without repairing the roof!

In the case of menstrual cramps, it is important to find out *why* your daughter is suffering. There *is* a reason. Your chiropractor is there to help, and can provide recommendations. In the case of the young woman I mentioned, she had a vertebral subluxation at the bottom of her spine that affected the way her nervous system controlled her reproductive functions. Such a subluxation is somewhat like a misalignment of one of the vertebrae of the spine, affecting the delicate nerves responsible for menstrual functions. By correcting this, normal nerve function is restored and symptoms disappear. ■