

Period pain – oh no! Not again!



If the hot water bottle, pain relief tablets and the couch are your best friends each month, then it's time to break the debilitating pain cycle known as Period pain. Pain lets your body know that something is amiss and should not be ignored or band-aided if it keeps occurring.

There are two main types of period pain:

Firstly **crampy pain** which often doubles a person forward is a sign that muscles are locking up or cramping. This is very common with young, growing women and can indicate a mineral deficiency which makes muscles and nerves malfunction. During the growing and developing years of a teenager, minerals such as magnesium and calcium are in high demand for bone and muscle growth. Sporty teens will also use minerals magnesium and potassium. Stressed, moody or academic teens will use vitamin B which assists these minerals to absorb and reach areas in the body where they are needed most. A Naturopath will guide you to the best combination to top these nutrients back up and ensure you are eating well enough to maintain healthy levels.

The second common pain type is a **full, congested, bloated pain** which may be accompanied by constipation. Any pressure applied to the belly makes it worse. Sometimes the pain feels like it is dragging down into the pelvis and legs. The period bleed may have a delayed start and then can be heavy and clotted. This type is a little more complex as other organs may be involved such as the liver, the hormone balance glands, the bowels or the lymph system. Most often these organs are running sluggish or out of balance. In some severe cases, an ultrasound is recommended to rule out endometriosis which can cause extra bleeding and pain. If this is all clear, Naturopaths focus on increasing energy flow through the pelvis to help blood move and not stagnate, move constipation and rebalance the hormones if there is excessive bleeding. Exercise and stretching is often a good helper too.

Period pain can be helped and the cycle of pain most often only takes up to 3 months to resolve if treated correctly in most cases. The bottom line is, don't suffer unnecessarily!

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