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# Women's Wellness



**F**or over a century women have turned to the safe, natural, non-surgical and drug-free chiropractic approach for their health-care concerns. How does chiropractic help with gynecological problems such as premenstrual syndrome (PMS), menstrual discomfort, cramps, pain, bloating, menopause symptoms, poor sexual response, infertility and other reproductive concerns?

Any woman **suffering from gynecological problems** needs a **chiropractic** examination.



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Chiropractic

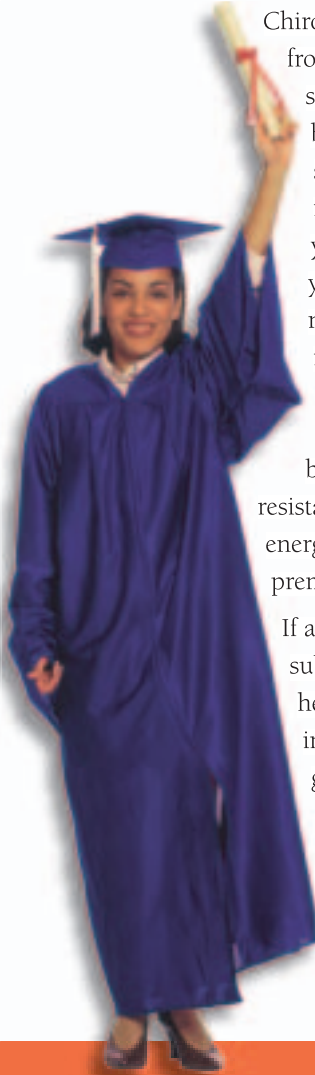
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## Spine, Nerves & Sexual Organs

For a woman's reproductive system to be healthy, her ovaries, uterus, oviducts (tubes), cervix, vagina, glands and related structures need a healthy nerve supply from the brain and spinal cord.

Other organs, in addition to the sexual ones, are important for reproductive health and need a healthy nerve supply from the spine. For example, the liver produces hormones and other chemicals that are essential for proper uterine and sexual health.

## What Chiropractors Do



Chiropractors free you from a severe form of stress locked up in your body called a vertebral subluxation (VS). A VS is a distortion inside your spine affecting your brain, spinal cord, nerves, joints, ligaments, muscles, internal organs and other tissues. A VS can cause disturbed body function, lowered resistance to disease, lack of energy, loss of height and premature aging.

If a woman has vertebral subluxations in her spine, her internal organs, including the sexual organs, may not function properly and her body chemistry, including hormone production that is so vital for reproductive health, may be affected. In



**To ensure a healthy body, every woman needs periodic spinal checkups.**

In addition, the physical relationship between the ovaries, tubes, uterus and other body structures may be altered, having the potential to disturb proper function.

Chiropractors are the only health professionals who specialize in the location and correction of vertebral subluxations.

## Hysterectomy

Hysterectomy, the amputation of the uterus (the ovaries may also be removed), is performed on over 600,000 American women each year (many of them under 30) for various gynecological problems.<sup>1</sup> The average age of hysterectomy in the US is 42 and, according to the National Uterine Fibroid Association, for every 10,000 operations performed 11 women die.<sup>2</sup>

## Unnecessary Surgery

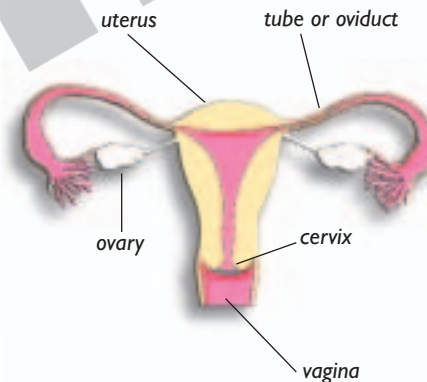
"These operations are almost always unnecessary," says Nora W. Coffey, president of the Hysterectomy Education Resources and Services Foundation (HERS).<sup>3</sup> Stanley West, MD writes, "More than 90% of all hysterectomies are unnecessary. Worse, the surgery can have long-lasting physical, emotional, and sexual consequences that may undermine... health and well-being."<sup>4</sup>

Ms. Coffey: "The HERS Foundation has referred 16,000 women...who...had been told they needed hysterectomy [and] 98% of these women were told they did not need hysterectomy. They were treated either medically or by reconstructive surgery, and quite often no treatment was needed." "Hysterectomy should have been abandoned in the Dark Ages," she says.<sup>5</sup>

## Post-Hysterectomy Changes

Most women are not told that after a hysterectomy their pelvis and hip bones gradually widen increasing their pants and skirts by up to two sizes. This changes the alignment of the entire skeleton, often resulting in lower back, hip and knee pain. Other symptoms may be loss of stamina, loss of libido (sex drive) and sexual response, urinary incontinence, bowel problems, icy feet and toes, diminished tactile sensation from the waist down, bone and joint pain, memory loss and depression.<sup>6-7</sup>

### Female Reproductive System



**All sexual organs and organs of reproduction need a healthy nerve supply to function properly.**

Doctors too, are often unaware of post-hysterectomy problems. One MD (undoubtedly speaking for many) says: "I was taught that castration (removal of ovaries) does not affect a woman's sexuality, but women tell quite another story."<sup>8</sup>

## Menopause & HRT

Because some doctors consider menopause a disease instead of a normal physiologic state, women are often subjected to potentially dangerous drug therapies such as synthetic hormone replacement therapy (HRT). Robert Mendelsohn, MD, said: "If you must go to a doctor, remember that you are receiving experimental drugs whose side effects become more visible year after year."<sup>9</sup> This became sadly obvious when HRT was found to increase breast cancer, heart disease, Alzheimer's, dementia and stroke<sup>10</sup> among women taking these drugs.

## Chiropractic For Women

Over the years, many women suffering from gynecological problems have turned to chiropractic care for problems such as infertility, pelvic pain, irritability, depression, hot flashes, back or joint pain, headache, fatigue, lack of menstrual function<sup>11-13</sup> and other conditions<sup>14-17</sup> One researcher observes: "Various disturbances in pelvic organ function have been successfully managed by chiropractic...symptoms [include] bladder, bowel, gynecologic, and sexual dysfunction..."<sup>18</sup>

## In Conclusion

A healthy spinal column is essential for a healthy reproductive system. It is vital for all women to have routine spinal checkups by a doctor of chiropractic to ensure reproductive health.

For more information contact:  
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