

## “PMS” ANSWERS...

Australian women may have a natural alternative to enduring the painful symptoms of Pre-Menstrual Syndrome: **The positive effects of chiropractic care on this debilitating condition have been measured with research.**

**It is estimated that up to 90% of women can suffer from some form of PMS with 10-20% experiencing severe or disabling symptoms.**



While chiropractors and their patients have long known about the positive effects of chiropractic on PMS, this is the first Australian research study undertaken to prove that it can relieve the difficult suffering many women experience each month.

The research showed that the severity of PMS symptoms was lessened for some women who received chiropractic adjustments. Women between the ages of 25 and 44 completed the trial and received chiropractic treatment for a minimum of three cycles followed by a mock chiropractic treatment for a further three cycles. **Each of the women recorded their major symptoms on a daily basis and found that symptoms were lessened.**

**PMS refers to a wide range of symptoms women experience during the premenstrual phase of their cycle: They may suffer physical, psychological, and behavioural symptoms;** some of the most common being mood swings, food cravings, joint tenderness, and abdominal cramping. Women who suffer severe PMS often seek relief from medications, vitamin supplements, diet control and exercise programs: Based on these research findings the natural treatment of chiropractic is one of the best options.



**Dr Nick Hodgson**  
**2005 Victorian Chiropractor of the Year**  
**Health and Wellness Coach**  
**Practice: 186 High St Belmont 3216**  
**Phone: 0419 104 076**  
**Online: [www.superhealthy.com.au](http://www.superhealthy.com.au)**

# FREE HEALTH TIPS

## HEADACHES – NATURAL RELIEF...

**Headaches and Migraines are not normal, should not be ignored, and can be treated effectively, safely, and naturally: They afflict our culture in epidemic proportions and are one of the main reasons people visit their medical practitioner. They are also one of the most common reasons people seek Chiropractic treatment.** What has Chiropractic got to offer someone with a headache or a Migraine? Scientific research has linked the neck as a causative mechanism in producing head pain and also in triggering the development of Migraines.

According to Dr Nick Hodgson of Super Healthy in Belmont, Geelong, **“Chiropractors are the ideal health care professional to consult about these problems, because we can determine if there is a cause and effect relationship between the function of your neck and your headaches.** In addition, with the five years of University training and specialist natural approach of Chiropractic, we can also provide nutritional and exercise advice to help you help yourself. It may be important to consult your medical doctor to rule out the rare diseases and pathologies that can also cause headaches, but make an appointment to see your Chiropractor as soon as possible to get your spine sorted out.”



**There have been a large number of scientific studies that have measured the effectiveness of Chiropractic treatment in reducing the severity and regularity of headaches and migraines.** “I still get really excited when we see great improvements in a client with debilitating headaches and/or migraines. Even after eighteen years of chiropractic practice, I love to see people recapture their energy and enthusiasm once they are not losing days of their life trying to sleep off the effects of a regular migraine, or struggling to function normally under the influence of pain dulling drugs,” says Dr Hodgson.

**Download FREE “Headaches – Natural Relief” Manual from our web-site.**

## ARTHRITIS ALTERNATIVES...

"Wear & tear", "Osteoarthritis", "Degenerative joint disease", "Arthritis", "you're getting old Mrs Jones": No matter what you call it, **the pain and suffering caused by joints of any part of your body wearing out can be debilitating.**

Progressively losing the abilities to participate in the activities we all love is no easy path to walk: Loss of productivity in the workplace; restricted ability to maintain and clean your own house and garden; reduction of sporting prowess; difficulty participating in social and family activities; or loss of general mobility and fitness. **When we start to lose the ability to be involved in our most fulfilling roles in life then our quality of life and state of wellbeing deteriorate proportionately.**

**Arthritis:** The cartilage joint linings thinning and cracking; bony joint edges calcifying and thickening; inflamed, fibrous and shortened ligaments; movements becoming painful and restricted; muscles initially in spasm and shortened; then reaching the point of fatigue



and weakness! As things progress it gets harder to get out of bed in the morning, and can take longer and longer to get moving each day. Eventually the pain becomes more and more severe, and activities that once relieved and improved the problem, now seem to be the very things that aggravate!

**There are natural strategies that have been utilised by Chiropractors for decades! Here's some general advice for living with arthritis:**

**CHIROPRACTIC CARE:** Chiropractic Adjustments can be very effective in reducing one of the primary issues in developing arthritis – loss of movement! Adjustments help to stretch tight ligaments and muscles and produce a relaxation effect in the nervous system increasing mobility.

**EXERCISE:** a) Weight-bearing: Encouraging steady rhythmic movement in worn joints helps to nourish and repair the damaged tissues, increases the body's "endorphins" and promotes general fitness and feelings of wellbeing. If excess weight is an issue then exercise is the key to shedding some pounds.

b) Non-weight-bearing: Movement without the stresses of gravity can be very beneficial in getting stiff, painful and tired joints moving again.

**DIET:** A healthy and nutritious diet will help to: Reduce weight, improve circulation, provide correct nourishment to muscles, bones and joints, and minimise inflammation in the body: Decrease sugars, decrease saturated fats while increasing "good oils", increase complex carbohydrates, increase fresh and "live" foods.

**SUPPLEMENTS:** A well chosen mixture of dietary supplements can help to naturally stimulate healing, reduce inflammation, and modulate pain: Vitamins and Minerals, Omega 3 and 6 Oils, Glucosamine and Chondroitin.

**ATTITUDE:** Stress leads to tense muscles as well as exhausting our natural painkillers, suppresses the immune system and generally wears down the body's coping mechanisms. Positive attitude and effective stress management strategies can play a significant part in living with arthritis.

**FOOD ALLERGIES:** The presence of allergies or intolerances to certain foods has been implicated in the aggravation of pain, inflammation and the progression of arthritic conditions. Some of the most common suspects are dairy, wheat, and deadly nightshades. Exclusion, elimination and/or rotation diets can be used to determine which foods are aggravating the condition:

**Changes in any one of the above areas can make noticeable improvements for sufferers of arthritic conditions: Changes in all of the above areas can lead to massive breakthroughs in pain relief, affected joint function, and overall quality of life enjoyment.**

So don't lose it – move it! And see your Chiropractor to help get you moving...

### **FREE SECOND OPINION**

**Could your health problems be helped by a more natural approach? What sort of shape is your body really in right now? What can you do to help yourself? Would you benefit from Chiropractic Treatment and/or Wellness Coaching?**

**Call now to book in for a FREE no-obligation consultation, assessment and opinion. Vacancies are limited each week so don't wait till it's urgent – arrange for a Super Healthy opinion with Dr Nick right away...**