

Menstrual Cramping

Menstrual cramping:

For one month, follow strictly the following diet:

- Eat only organic meats and organic vegetables.
- Do not eat more than 5 slices of bread per week.
- No candy, sugar (honey and organic maple syrup are okay) or beverages other than raw milk (if it is available), organic orange juice, water, organic tea.
- Limit fruits to 5 per week. Berries are okay if organic.
- Avoid potatoes, pasta and breakfast cereal other than organic oatmeal.

Extra help for cramps (see info below)

Black cohosh

Camomile tea

Bromelain

Evening Primrose Oil: 8 capsules a day

Coconut Butter (organic only): 1 1/2 T per day (can be spread on food, mixed with butter)

Research Notes:

- Black cohosh — "German studies show it is better at treating hot flashes than dummy pills, and Commission E, a German panel of scientific experts, recommends black cohosh for menopause and menstrual cramps." (mercola.com)
- Wheat Germ Oil (for its vitamin E content) — "Vitamin E could help ease the pain of menstrual cramps, recent study findings suggest. High levels of hormone-like substances called prostaglandins have been implicated in dysmenorrhea, or painful menstruation. Because vitamin E can help block prostaglandin formation, researchers decided to test the vitamin as a treatment for dysmenorrhea.

Researchers studied 100 high school students aged 16 to 18 who reported experiencing mild, moderate or severe pain during menstruation. Half of the students took five vitamin E tablets per day for 2 days before and 3 days after they began menstruating, while the other half, the comparison group, took five inactive placebo tablets. At the 2-month follow-up, individuals in both the vitamin E group and the comparison group reported experiencing less menstrual pain than they did at the start of the study. Students in the vitamin E group, however, reported slightly less pain than those in the comparison group. (British Journal of Obstetrics and Gynaecology 2001;108:1181-1183)

- Bromelain (an enzyme from pineapples) – 500 milligrams, 3 times per day between meals on days when symptoms are present.
- Eating light meals on the 3 days previous to the menstrual period and throughout it may, in these cases, greatly relieve cramping.

HERBS USED FOR MENSTRUAL CRAMPS:

The following 3 herbs are used in combination, starting about 2 days before the cramps usually appear: Cramp Bark, Wild Yam, and Black Cohosh. Simmer 1/2 ounce of each in 3 pints of boiling water for 15 minutes. You can grate and add a small piece of Ginger Root, and you can also add honey and lemon for taste. Cool and drink 1 cup at least 3 to 6 times a day. If these herbs are used as a tincture, which is a liquid herbal extract, take 1/2 teaspoon of each 3 to 6 times a day.

A gynecological examination may be suggested for severe symptoms which may be linked to:

- A ruptured or twisted ovarian cyst or twisted ovary (ovarian torsion).
- Uterine fibroids.
- Pelvic infection.
- Endometriosis.

The above symptoms require some important nutrients as well, including Calcium for infections, healing, nerve transmission; CodLiver oil for vitamin A in case of fibroids; InflaPlex for inflammation; essential fatty acids (Evening Primrose Oil, coconut oil); SuperGreens PhytoFood powder for multiple nutrients.



Vic Shayne, PhD

Suggested Nutritional Adjuncts

CalMag Balance: 6 tablets/day

CodLiver Oil capsules: 4 /day

BFood Complex: 6 tablets/day

Wheat Germ Oil: 4 capsules per day

GreenNutrients: 4 tablets/day

FemPlex: 3 per day

Problem foods:

- oils (mayo, fried oil)
- refined sugars (soda, desserts, ice cream)
- junk food (chips, fast foods)
- peanut butter, tomato sauce
- margarine, hydrogenated, partially hydrogenated oils
- coffee (robs body of calcium & B vitamins)

"Women who eat more sugary foods appear to have an increased risk of PMS. Alcohol can affect hormone metabolism, and alcoholic women are more likely to suffer PMS than are non-alcoholic women. In a study of Chinese women, increasing tea consumption was associated with increasing prevalence of PMS. Among a group of college students in the United States, consumption of caffeine-containing beverages was associated with increases in both the prevalence and severity of PMS. Moreover, the more caffeine women consumed, the more likely they were to suffer from PMS." (*The Natural Pharmacy: Complete Home Reference to Natural Medicine*, Healthnotes, Inc., 2000)