

Females

There are many health problems which are primary only to the female. These involvements, of course, correlate with the complex nature of the female reproductive system.

Most of these health problems respond very nicely to natural health approaches. However, there are times when a natural approach cannot be used for correction, because the condition has been allowed to advance to an irreversible disease state. The key is to find the cause of the problem as soon as possible, to avoid this irreversible state.

Dysmenorrhea

The term dysmenorrhea literally means “difficult menstruation”. The woman who experiences dysmenorrhea knows all too well the significant symptomatic picture, and begins to dread “the time of the month”.

Hormone Balance

Dysmenorrhea is frequently involved with hormone imbalance. Estrogen, the female hormone, is present in both males and females. The nature of the hormone is exactly the same in both; however, the concentration is much higher in the female. This hormone gives secondary sex characteristics, and is very important in many aspects of the female reproductive function. Estrogen is the hormone responsible for the uterus preparing for a pregnancy. Should the ovum become fertilized and pregnancy begins, it is progesterone that keeps menstruation from starting and prevents further pregnancies while this pregnancy is developing.

In absence of pregnancy, it is very important for estrogen and progesterone to be in the proper ratio. Each hormone has its role to perform. Excessive estrogen in the estrogen-progesterone ratio inhibits the action of progesterone. On the other hand, the effects of estrogen are blocked by progesterone. You can see that this intricate, fluctuating ratio is very important for normal build-up and discharge of the uterine lining, which is normal menstrual cycle.

Sometimes, as the hormone imbalance is treated by nutrition and other procedures, there is a disturbance of the normal menstrual cycle while the body re-balances its hormones.

Liver

The liver is of prime importance in the maintenance of the estrogen-progesterone ratio. It is responsible for deactivating estrogen, and it also has a role in regulating progesterone. If the liver is not functioning at its peak level of performance, the estrogen-progesterone ratio will

probably be off; an improper build-up and discharge from the uterus will develop, manifesting itself in dysmenorrhea. The liver involvement may be the result of dietary problems, blood-sugar handling stress, or dysfunction of body control mechanisms, and/or many other causes.

Glands

The adrenal glands are very important in the reproductive organ hormone balance, as is the thyroid. These glands pay a very intricate role in the total balance of the endocrine system. The pituitary gland is the “master gland”, and is important in its role of controlling the ovaries by the production of the gonadotrophic hormones.

This is just a small discussion of a very complex subject. The important point to be made is that reproductive hormone imbalance can be, and usually is, the result of involvement somewhere else in the body. The simple administration of estrogen in the form of medication does not get to the basic underlying cause of the problem. In fact, prolonged administration of estrogen will ultimately cause the ovaries to become atrophied – in other words, reduce in size. This happens because estrogen, whether it is natural in the body or comes from medication, is an inhibitor to the gonadotrophic hormones which stimulate ovary activity. The lack of this stimulation causes the body to say, in essence, “we don’t need the ovaries anymore”, and they quit working. It’s just as if you put your arm in a sling and kept it there for two years. The arm would wither and become inactive.

Structural Balance

Another primary cause of dysmenorrhea is structural imbalance. The uterus can be tipped or dropped, creating a mechanical problem. This often correlates with muscular weakness, primarily of the major muscle of the floor of the pelvis, called the levator ani. Your doctor may also use some treatment techniques for lifting the uterus and returning it to normal position. It is possible for this situation to be so advanced that surgical intervention may be necessary; your doctor of natural health may make a surgical referral.

Severe menstrual cramping is sometimes the result of nutritional deficiency, such as calcium and/or other factors. Regaining normal nutritional balance and adequate nerve and energy control of the reproductive organs yields good results.

Amenorrhea

The word amenorrhea means “lack of menstruation”. This, of course, is normal after menopause, prior to puberty, and during pregnancy.

When amenorrhea is present for some reason other than one of the normal physiologic reasons, a general health examination should be performed. The condition can be the result of anemia, lack of protein, overactive thyroid, and many other general health involvements.

Hormone imbalance can also be the cause of amenorrhea. Sometimes the hormone imbalance is the result of tumor formation. Your doctor will evaluate you for this; here again, a surgical referral may be necessary.

It is difficult to determine exactly when menstruation will develop after successful treatment has been administered for amenorrhea. Because the body works in a cyclic manner and your natural health approach gives nothing to force the body into menstruation, we must wait for normal build-up and finally a discharge from the uterus. Sometimes normal menstrual cycles begin immediately after treatment is started; in other causes it takes up to three months to regain normal menstrual cycles.

Libido

There are many reasons in the complex female hormone system that causes lack of desire for sexual activity. The answer to the problem is to thoroughly evaluate the individual on a natural health basis, including a thorough physical examination. This problem, as well as most health problems significant to females, responds very well to natural care if treatment is sought before irreversible pathologic conditions have an opportunity to develop.

Menopause

Unfortunately it seems to be the general consensus of opinion that women are going to have trouble when they go into menopause. The normally functioning female does not have significant problems in the menopausal period of life.

Under normal circumstances the adrenal glands mature in their process of forming the female hormones at the time when the ovaries cease functioning. Although the adrenals do not produce the female hormones in nearly the same concentration as the reproductive system, they are adequate for the maintenance necessary. The hormones for the adrenal glands take over the function as the reproductive organs cease functioning. If an individual has a prolonged functional hypoadrenia – in other words inadequate function of the adrenal glands – the severe symptoms of menopause, such as irritability, hot flashes, etc., develop.

If menopausal symptoms develop, a woman should obtain natural health care as soon as possible. Preferably, a woman uses a maintenance health approach designed to keep her

body functioning in an optimum manner before such symptoms ever develop.

Vaginitis

Vaginitis is an inflammation of the vagina, usually as a result of either bacterial invasion or molds which tend to grow in the vagina. Most often the involvement here is the lining of the vagina having inadequate health; consequently it lacks resistance to invading microorganisms.

The problem can correlate with a sugar handling stress, which can cause an excessive amount of glycogen (a type of sugar) to be released from the uterus and the vaginal walls. This, in turn, sets up a fertile field for the many microorganisms to grow and thrive.

Frequently there are colon health problems when vaginitis is present. The colon is supposed to have bacteria for normal function. Sometimes, however, especially with sugar handling stress, the colon bacteria is improper in nature and can easily transfer from the anal area to the vaginal area. The colon should be examined and treated; the woman should use good hygiene methods to avoid any fecal transfers to the vaginal area. It is also recommended that during this time she is recuperating from vaginitis she take showers instead of baths, to help avoid this contamination.