

Case Study
Endometriosis (Menstrual Disorder)
by James Henry, D.C

Patient Profile

The patient is a 26-year-old female. She weighs 146 pounds and is 5'3" tall. Her pulse was 70 bpm with oxygen level of 96. Axillary temperature 97.2°F. Her major complaint was painful menses with excessive cramping and abnormally prolonged. In addition, menses was less than 30 days most of the time. During menstruation she also had painful breasts, extreme fatigue, and depression. Birth control pills were prescribed without success, and the next medical procedure recommended was a biopsy.

NDIS (Nutritional deficiency identification system)

The NDIS Test was performed, and the recommended nutrients are reported below. Also included is a brief description of each supplement. Nutrients have multiple applications and sometimes we do not fully understand how they all fit to solve a specific health problem.

Supplement Recommendations

Possible uses of **Burdock Root** (source of zinc copper and iron): a natural antibiotic, anti-inflammatory.

Possible uses of **Calcium Orotate**: helps muscle contraction (cramping) and nerve conduction, supports blood coagulation.

Possible uses of **Adrenal tissue**: hormone balance, chronic fatigue, stress, food/environmental hypersensitive, allergy, hypoglycemia, addresses both fatigue from acute and chronic infections.

Possible uses of **Cyrua** (source of buckwheat): improve capillary fragility, chronic headaches, promotes the formation of blood calcium, helps to stop bleeding (hemostatic).

Possible uses of **Black Currant Seed Oil** (source of unsaturated fatty acids): inflammation, endometriosis, muscle cramps, helps blood clot (hemostatic), improves calcium absorption.

Possible uses of **Mammary Tissue** (source of bovine breast tissue): hormone balance, breast pain at menses, cystic breast, inability to lactate or excessive lactating, premenstrual syndrome (PMS).

Possible uses of **Hops**: gastric spasms due to nervousness, muscle relaxant, sedative for anxiety, promotes restful sleep, estrogen properties.

Possible uses of **Sesame Seed oil** (source of unsaturated fatty acids): anti-inflammatory, enhances vitamin E activity, helps relieve chronic pain.

Possible uses of **Cytozyme PT/HP** (source of ovine pituitary and hypothalamus tissue): hormone balance supports both the adrenal and thyroid glands.

Discussion

The patient's boyfriend referred her for NDIS testing. They were in their twenties and looking forward to their soon to be wedding. I explained to them that pregnancy was once considered to be a cure, but they didn't think it was a good idea at the present time. Chronic ovarian endometriosis can lead to infertility and a higher risk for carcinoma.

The patient's body wisdom naturally selected nutritional choices to correct the situation. These selections were multifractal, aiming to balance hormones, correct calcium absorption issues, reduce inflammation and increase blood clotting factors.

Conclusion

All health conditions and diseases have nutritional essentials and finding them is paramount to regaining health. A holistic approach and structural adjustments were recommended along with her nutrients.

References

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