

Regulating the Menstrual Cycle: Addressing Amenorrhea, Dysmenorrhea and PMS

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5:00 PM – 6:30 PM PST | 8:00 PM – 9:30 PM EST

This presentation will cover therapeutic support for a variety of symptoms associated with these common women's health conditions.

Amenorrhea can occur for a variety of reasons. Some are part of the normal course of a woman's life, while others may be a side effect of contraceptives, medications or lifestyle and can encompass a complex set of hormonal problems.

Dysmenorrhea may be caused by identifiable problems, such as Endometriosis, Uterine fibroids, Pelvic inflammatory disease (PID). Treating the underlying cause is key to reducing the pain.

Premenstrual syndrome (PMS) has a wide variety of symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability and depression. Symptoms may be particularly intense some months and lesser in others. An estimated 3 of every 4 menstruating women experience some form of premenstrual syndrome which tends to peak in the late 20s and early 30s.

TREATMENT GUIDELINES PROVIDED FOR

- Amenorrhea (primary & secondary)
- Dysmenorrhea
- PMS (subtypes A,C, D, & H)



KEY LEARNING HIGHLIGHTS

- Brief overview of common etiologies and assessment of Amenorrhea, Dysmenorrhea and Premenstrual Syndrome (PMS)
- Rebalancing HPA axis supporting ovaries, thyroid and pineal gland
- Treatment protocols using Unda Numbered Compounds, Organotherapies, Complex homeopathic remedies, Botanical preparations, Glandular remedies, Gemmotherapies, Phyto-gens, Nutritional support, and Gammadyns
- Clinical approach for patients on BCP/HRT

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