



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

PMS Linked to Spinal Problems that Indicate Vertebral Subluxation

The May, 1999, issue of the Journal of Manipulative and Physiological Therapeutics reports that women who were diagnosed with premenstrual syndrome (PMS) had a higher incidence of spinal problems that indicate vertebral subluxation than women who did not have PMS.

The randomized clinical study was done at the Royal Melbourne Institute of Technology in Melbourne, Australia. The study evaluated 54 women who had been diagnosed with PMS and compared them with 30 women without PMS.

The authors report that the women with PMS had a higher percentage of positive responses in 11 out of 12 measured areas of spinal dysfunction which indicate the presence of vertebral subluxation. The areas that measured the highest in the PMS women were neck, mid-back and low-back tenderness, lowback orthopedic tests, low-back muscle weakness and the neck disability index.

By way of commentary, this report highlights the fact that vertebral subluxations cause the body to malfunction. In this study, malfunction that < shows up as symptoms of PMS was studied.

By correcting the vertebral subluxation, chiropractors don't cure disease but allow the body to function at a higher level of health and wellness. The body is then better able to heal itself of all manner of problems.

**** Who do you know that could benefit from Chiropractic Care? ****

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▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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