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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Painful Periods Or Dysmenorrhoea**

**By Kadence Buchanan**

I have a friend that has to stay indoors, specifically in her bed during the first day of her period

every single month. The pain she experiences and the fact that she cannot move without anguish have caused a number of problem in her social and business life over the years. But my friend is not alone. In fact, according to researchers, it is estimated that between 50 and 70 percent of women endure some degree of period pain and cramping. Of those women, approximately ten percent experience contractions of such extreme levels that are one and a half times more powerful than labor pains. This is a pretty bad deal, right?

Most women, from the time they were teenagers to the time their period stops, have to encounter every single month a number of symptoms and overcome pain associated with the time their periods come. But the unfortunate thing is that for some women the pain can be so debilitating that they are forced to take time off work, just like my friend, or can only get through their periods by dosing themselves with painkillers. Everyone remembers from early childhood that pain is normally considered to be a message produced by the human body in order to signal that something is wrong and that an investigation should follow to remedy the uncomfortable situation. However, painful periods are viewed somewhat differently by the medical profession and a lot of women, who complain of period pains, are advised to take a painkiller and endure the pain until their periods are over. But this should not be the case. Every individual has a different pain threshold and thus, it is important for women that suffer during their monthly periods to investigate their specific case.

Every one of us has a different pain threshold, so it is impossible to imagine what another person might be experiencing while in pain. Only the one enduring such a situation knows whether or not period pains are unacceptably high and if the pain is affecting the quality of her life. If this is the case, then it is time to do something about it. Visiting a specialized doctor, performing a number of tests and taking some kind of medicine, can be some of the first tactics a woman suffering from dysmenorrhoea can perform. But, it is important during those medical sessions to explain and describe the symptoms, their duration and frequency. Some of the most common symptoms women have reported during their periods are nausea, vomiting, diarrhea or constipation, fainting, dizziness, headaches, exhaustion and lethargy. In addition, it is important to know that pain varies from case to case and women might experience a constant low back ache like a dull ache, which is called "congestive dysmenorrhoea"

and/or cramping pains like contractions, which are named "spasmodic dysmenorrhoea."

However, period pains can be unusual and there may actually be nothing medically wrong with the suffering woman. These pains are considered simply an abnormal functioning of the woman's body around the time of a period. Since this is the simpler and most common explanation, women tend to think that a painkiller will bring balance back into their lives, as long as they are able to get rid of the pain and prevent it from returning. But this is just a temporary solution. The results can last longer and the situation improved considerably, if women consult an expert and then follow a healthy lifestyle that will treat the condition and not simply mask the pain or ruin their cycle.

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### **Can Heel Pain Be Cured?**

**By Darry J.Oswald**

Most heel pain goes away in a short period of time, either on its own or after treatment. Without treatment the pain will usually spread around the heel. Treatments that are used to reduce heel pain seem to bring only marginal gains over no treatment and control therapies such as stretching exercises. The pain in your heel should go away by itself with time, but until then you might want to seek treatment for the pain. Treatment of heel pain starts with resting the foot. Conservative treatment of plantar heel pain: long-term follow-up.

There are numerous sock supplies for people suffering from heel pain. The patented sock supplies support for the treatment of plantar fasciitis, commonly referred to as heel spurs or heel pain syndrome. The clear polymer gel self-adjusts to fit your unique foot contour, absorbing the painful foot shock that aggravates heel pain and heel spurs. If, after several months of non-surgical treatment, you continue to have heel pain, do discuss the situation with your doctor, because your heel pain may be caused by other factors and surgery can be considered.

#### Self Care Steps for Heel Pains

Self-Care Several steps can be taken to care for a painful heel at home. Most painful heels spurs

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resolve without surgery. Swelling of the heel is not common and, when associated with painful medial–lateral compression of the calcaneus, may suggest a stress fracture. At that point, you will likely agree that it is better to be a heel than to have a painful one. If you follow these steps carefully, most painful heels will clear up.

The heel spur is a–symtomatic (not painful), the pain arises from the inflammation of the plantar fascia. The Merck Manual says a true heel spur "tends to be painful during its early development, when little or no x–ray evidence is present. It is recommended that you get an over–the–counter product that support the arch of the foot or help support and comfort painful heels.

Some things you can do to prevent painful heel syndrome: Watch your walk.

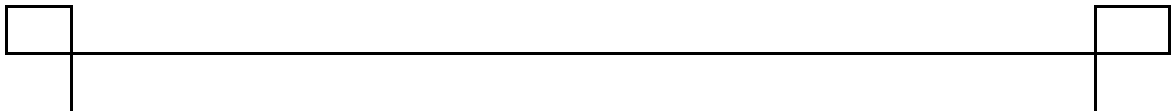
Many things can slow down your active lifestyle, but heel pain can definitely bring it to a stop. Come Find out More about Heel Pain at

<http://HeelPain.eabout.info>

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