



What is Menorrhagia?

Menorrhagia is the medical term used to define **heavy or prolonged menstrual bleeding** every month. It occurs along with other menstrual symptoms such as headaches, cramps, pain, muscle aches, nausea and vomiting. Heavy menstrual bleeding can often be so severe and persistent that your daily routine is disrupted.

The amount of **blood lost in each period varies from woman to woman**. While some women may only lose a small amount of blood, others may lose large quantities. A normal menstrual flow occurs every 28 days, or can range from 21 days to 35 days. It usually lasts about 4 days, with total loss of blood = 30 to 40 milliliters = 2 to 3 tablespoons.

Women with menorrhagia lose 80 milliliters of blood or soak 16 sanitary products during their menstrual cycle – sanitary products may also be soaked every 2 to 3 consecutive hours. Some women also experience **prolonged bleeding, bleeding for longer than seven days** (known as hypermenorrhea). If menorrhagia is left untreated, complications such as anemia, toxic shock syndrome (TSS) and infertility may develop.

Menorrhagia can develop in any woman of childbearing age. Young adolescent or pre-menopausal women tend to also be affected more by menorrhagia. Other factors that may also place you at risk of developing menorrhagia includes being overweight, using certain medications such as blood thinners and having a **hereditary bleeding disorder** can also influence heavy menstrual bleeding.

The most common symptoms and signs of menorrhagia include:

- Changing sanitary products every hour
- Changing sanitary products during the night
- Bleeding is prolonged – menstrual period lasts longer than seven days
- Using double sanitary protection to control menstrual flow
- Bleeding and spotting between menstrual periods
- Continuous cramping during menstrual period
- Short or irregular menstrual cycles
- Bleeding or spotting during pregnancy
- Heavy bleeding interferes with daily life
- Fatigue, low energy levels and shortness of breath (anemia)

What Causes Menorrhagia?

There are several conditions that may contribute to menorrhagia and these include:

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Hormone imbalance
- Uterine fibroids
- Pregnancy complications (miscarriage or ectopic pregnancy)
- Endometriosis
- Anovulation (lack of ovulation – when ovaries fail to produce and release eggs)
- Polyps
- Changes in birth control or estrogen use
- Use of an intrauterine device (IUD) for birth control
- Pelvic inflammatory disease
- Bleeding or platelet disorders
- Thyroid problems
- Liver or kidney disease
- Endometrial cancer
- Medications such as steroids, blood thinners, anti-inflammatories or anticoagulants
- Stress
- Change in exercise routine or diet
- Recent weight loss or weight gain

Diagnosing Menorrhagia

The [diagnosis of menorrhagia](#) is based on your symptoms, a review of your medical history as a physical examination including a pelvic exam. Your doctor will enquire about your menstrual cycle and you may be asked to keep a **record of your blood flow**, particularly how heavy it was.

In order to rule out other menstrual disorders and medical conditions, certain tests have to be performed. Tests such as **blood tests, pap smear, endometrial biopsy and ultrasound** scan may be ordered. Additional tests such as a sonohysterogram, hysteroscopy and dilation and curettage (D and C) may also have to be performed.

Help for Menorrhagia

[Treatment options for menorrhagia](#) are usually determined by the cause of the problem. Over-the-counter medication such as ibuprofen and acetaminophen may help to **decrease blood flow and alleviate menstrual cramps**. Your health practitioner may prescribe iron and folic supplements if you are anemic.

Hormonal birth control (low-dose oral contraceptive pill) may help to **regulate your menstrual cycle and make periods lighter**. Progesterone therapy may also be recommended if you are experiencing [prolonged heavy bleeding](#). In cases where [menorrhagia](#) is severe, surgical options may be required. These procedures include a hysterectomy, endometrial ablation (intense ultrasound waves kill endometrial lining) or dilation and curettage (cervix is dilated and tissue is scraped from the lining of the uterus).

Natural remedies

Herbal and homeopathic remedies are a more natural alternative that can be used to **regulate the menstrual cycle**. These remedies are gentle and safe for the

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

body's system without the harsh side effects of conventional medications. Herbs such as *Artemisia vulgaris* and *Capsella bursa-pastoris* help to promote and support menstrual and hormonal health.

Calendula officinalis acts as a menstrual cycle regulator and provides a soothing effect while *Viburnum opulus* (Cramp Bark) helps to ease nervous tension and reduce menstrual cramps. In addition, homeopathic ingredients such as Calc. carb, Sepia and Belladonna **promote normal menstrual flow and a balanced mood** while China encourages healthy levels of iron in the blood and increases energy levels.

More Information on Menorrhagia

In order to ease the discomfort of menorrhagia, follow these useful guidelines:

- Incorporate more iron-rich foods such as red meat, dark, green vegetables, eggs, sardines and raisins
- Exercise regularly by participating in gentle activities such as walking, yoga or pilates
- Reduce your intake of caffeine, sugar and salt a week before your period is due – this will help reduce the severity of cramps
- Add vitamin supplements to your diet such as zinc, calcium and vitamin B6
- Keep a record of your menstrual flow – make notes of your bleeding and non-bleeding days, how heavy your flow was and how much sanitary protection was needed
- Apply a heat pack or hot water bottle to your lower abdomen or back to relieve cramps
- Always have an extra supply of sanitary towels and tampons on hand in case of an emergency
- Soak in a warm bath to release tension and relax muscles
- Massage lower back with arnica oil or aromatherapy oil to relieve pain
- Make yourself as comfortable as possible and get plenty of rest

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of

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treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In



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some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Mens-Reduce: Promote normal menstruation support female reproductive health

Mens-Reduce is especially formulated for women and contains a combination of herbal ingredients well-known for their positive and tonic effects on female hormonal balance as well as their benefits in **maintaining a regular menstrual cycle** with normal menstrual flow.

Mens-Reduce comes in a convenient and easy-to-use tincture form, ensuring optimal bio-availability as well as concentrated and therapeutic doses of all the ingredients in the formula.

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herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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