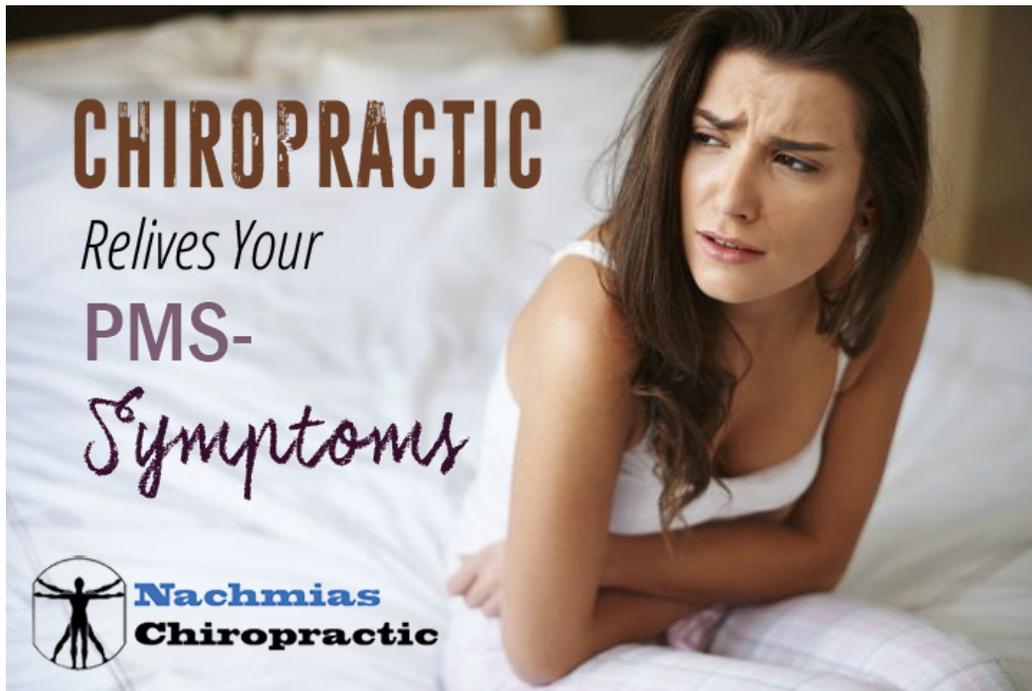


Reduction in Depression, Insomnia, Pre-Menstrual Syndrome & Dysautonomia in a Patient Undergoing Subluxation-Based Chiropractic Care



PMS-symptoms in women are common, but nothing we talk about on a daily basis. Some women suffer terrible pain-symptoms; like stomach pain and headache, in silence. What are even less acknowledged are the hormonal effects, like mood-swings and depression. This can drive any person crazy, and stop them from fully functioning in their every day life.

Since menstruation is a “normal” process for women, doctors do not seem to take these problematic symptoms seriously. However, Nachmias Chiropractic does!

Dr. Adam Nachmias has helped lots of women with their PMS-symptoms, and managed to help them coop much better. He has also been successful in getting women’s cycles more regular.

In this issue we want to highlight a case study by: Charles Daniel Vaden, D.C. & Ryan J. Pratt, D.C., of a 27-year-old woman suffering from extreme PMS, which is causing her depression, insomnia, headache, mood-swings and dizziness.

Abstract of Case Study

Objective: To report on the outcomes of chiropractic management of a patient presenting with cervical, thoracic and lumbar subluxations and suffering from depression, insomnia, severe effects from pre-menstrual syndrome and headaches.

Clinical features: The patient, a 27-year-old female, arrived to the chiropractic office with the chief complaints of depression, insomnia, severe effects from pre-menstrual syndrome and headaches. She also occasionally suffered from dizziness, mood swings, buzzing in ears, stiff neck, constipation, menstrual pain, irritability, back pain, urinary problems, nervousness, upset stomach, cold feet and heartburn.

Intervention and outcome: The patient was diagnosed with vertebral subluxation complex at: cervical, thoracic and lumbar spinal segments. The patient's management plan consisted of chiropractic adjustments delivered to the patient's spine. On each visit, analysis was performed utilizing the Torque Release Technique indicators for subluxation and then an adjustive thrust was performed at these levels, utilizing the Integrator adjusting instrument. After 3 months of chiropractic care, the patient's subjective and objective outcomes significantly improved. The regularity and severity of patient's depression-related symptoms improved from "moderate" to "mild".

Conclusion: This case report suggests that chiropractic care utilizing Torque Release Technique may be safe and efficient in the management of female patients suffering from depression and related symptoms, insomnia, headaches and PMS-related symptoms (source: vertebralsubluxation.sharepoint.com).

If you have experienced severe stomach cramps from menstruation, you know that hardly any pain medication works. Get natural pain relief instead! Try chiropractic adjustments, and you will not only get pain relief, but also help with possible depression and mood-swings.

Dr. Adam Nachmias – Nachmias Chiropractic – has over 26 years experience working as a chiropractor, and is definitely the doctor you should visit if you suffer from any pain or depression condition.

If you want to know more about Dr. Adam, and what his patients think about his expertise, check out his outstanding reviews here:

Reviews ZocDoc

<https://www.zocdoc.com/doctor/adam-nachmias-dc-49898>

Reviews Yelp

<http://www.yelp.com/biz/adam-nachmias-dc-new-york>

Reviews Facebook

<https://www.facebook.com/nachmiaschiropractic/reviews/>

Reviews Website

<http://calldradam.com/chiropractic/patient-reviews/>

To book an appointment with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

Or book your appointment online:

<http://calldradam.com/contact/book-online/>

Start living again with the help of chiropractic care at Nachmias Chiropractic!