

Monthly Pains Relieved Without Medications

Menstrual irregularity or cramping plagues many women on a regular basis often interfering with their daily activities and can be debilitating for days on end. Many sufferers turn to over-the-counter medications (which are insufficient in most cases) or prescription medications, such as birth control pills, and both resources, often unsuccessful, can bring other negative ramifications.

For many years, Debbie B. suffered with painful periods, accompanied by severe headaches, and used drugstore medications to respond to her distress. She thought after having children these issues would subside, but to no avail. She visited her primary care doctor who suggested she see her gynecologist to rule out pathological issues, but no physical abnormali-



Dr. Rochelle Bien & Dr. Michael Goldstein

ties were detected. She was advised to go on the birth control pill, but had tried that route in the past with no success. She hit another dead end.

A colleague suggested she make an appointment with Dr. Bien at The Holistic Center at Bristol Square. Upon an exam, Dr. Bien determined that Debbie had a severe Can-

didia issue that had gone undiagnosed for years which was contributing to her symptoms. After following a suggested change in diet, a supplement regimen and weekly visits to Dr. Bien, her menstrual issues disappeared.

Debbie is beyond happy that she no longer has to live with the monthly pain and discom-

fort. To ensure her discomfort does not return she visits The Holistic Center at Bristol Square for maintenance appointments. If you are suffering from menstrual issues, do not hesitate to schedule an appointment with Dr. Bien at The Holistic Center at Bristol Square, 1426 Main Street, Walpole, (508) 660-2722.