

NEWTON
LABORATORIES, INC.



HOMEOPATHICS

PMS & THE MENSTRUAL CYCLE

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Fibroids in the uterus are typically benign in the beginning and can disappear easily with good care. Homeopathic treatment has been known to help the body expel fibroids.

Normal, healthy periods are regular, every 28 days, give or take one day. They are scanty and short (maximum 3 days) and they are not accompanied by heavy bleeding or cramps. The color of a normal discharge is dark red. Bright red is the sign of bleeding, generally caused by a uterine fibroid. Fibroids in the uterus are typically benign in the beginning and can disappear easily with good care. Brown or black discharge may be an indication of inflammation of the uterus.

DYSMENORRHEA OR PAINFUL MENSTRUAL DISCHARGE

DEFINITION: Menstrual discomfort, such as uterine cramps, usually occurs on the first day of the menses, but sometimes lasts several days, or starts in the premenstrual days of the cycle. Premenstrual nervousness and depression are sometimes accompanied by severe mood swings, tears and irritation. Further indications include painful breasts, exhaustion, nausea, bloating, headache, food cravings, and hot flashes. The cause is usually inflammation or irritation of the ovaries, the presence of uterine fibroids and digestive problems such as liver insufficiency and pancreatic problems. Most important are hormonal imbalance and hypoglycemia, resulting from liver toxicity and poor digestion.

HOMEOPATHICS: Take 6 drops or pellets of #12 MENSTRUAL-PMS complex on the tongue or in some well or spring water every morning. Take 6 drops of #1 DETOXIFIER every night. As problems increase before the period, start also taking #12 MENSTRUAL-PMS complex in the afternoon between 4:00 and 6:00 PM. If pain persists, it is safe to take the #12 MENSTRUAL-PMS more often for relief.

MENORRHAGIA

DEFINITION: Extensive bleeding during or between periods or after the onset of menopause.

SYMPTOMS: Bright red discharge instead of the normal dark red, too heavy, with clots and cramps, often extending beyond the normal three-

day period.

CAUSES: The presence of a fibroid tumor which injures the uterine wall and causes bleeding. The blood is bright red instead of the normal dark red from the uterine lining. Inflammation of the uterus may also cause excessive bleeding, but here the blood is very dark or black, or a mixture of very dark and bright red. Fibroids cause cramps with the periods. Homeopathic treatment has been known to expel fibroids. A person under treatment for such a condition should check the clots for stringy tissue or for hard pieces from the fibroids. For the treatment of Menorrhagia, see a health practitioner to acquire the **Newton RX #61 MENORRHAGIA** formula. This complex is not available over-the-counter.

PREMENSTRUAL TENSION

DEFINITION: A number of nervous and physical symptoms that occur before the menstrual period. These may include depression, irritability, bloating, headache, sore breasts, and food cravings. Cramps may also appear.

CAUSES: The symptoms often resemble those of hypoglycemia and hormonal imbalance combined. It is known that women having premenstrual tension often suffer from inflammation or irritation of the ovaries, fibroids of the uterus or digestive problems such as liver insufficiency and pancreatic troubles.

HOMEOPATHICS: Take 6 drops or pellets of #12 MENSTRUAL-PMS complex on the tongue or in some well or spring water every morning. Take 6 drops of #1 DETOXIFIER every night. As problems increase before the period, start taking #12 MENSTRUAL-PMS complex in the afternoon between 4:00 and 6:00 PM also. When the signs of PMS are severe, also use #35 THE BLUES complex or the #23 NERVOUSNESS-INSOMNIA complex several times during the day (a dose is 6 drops or pellets on the tongue). As with any condition, if symptoms persist, please consult your health practitioner.

• Consult a health practitioner if symptoms of extensive bleeding persist during or between periods or after the onset of menopause.