

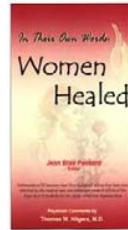
ovulatory phase of the menstrual cycle. It stimulates the production of both progesterone and oestrogen from the ovary during that phase of the menstrual cycle, correcting the underlying hormonal dysfunction.

In addition, there is a hormone called Beta-endorphin, which has also been shown to be decreased in these women. A medicine called Naltrexone has been shown to be very helpful in this group of patients.

The overall success rate of the Pope Paul VI Institute's treatment programme for Pre Menstrual Syndrome is in the 85 to 95 percent range. In some cases, it is almost miraculous as to the type of recovery that women experience."

Quote by Dr Thomas W. Hilgers,
M.D.

taken from: "In Their Own Words
Women Healed



Published in 2004, this book includes testimonies of women (and their husbands) whose lives have been enriched by the medical care, education and research efforts of the Pope Paul VI Institute for the Study of Human Reproduction.

It is edited by Jean Blair Packard with Physician
Comments by Thomas W. Hilgers, MD

<http://www.naprotechnology.com/womenhealed.htm>

The following quote is also taken from this book:

"Charting is Tool in Evaluations and Treatment of PMS Susan Loughnane My message to all women is to be informed and empowered. Learn to respect and appreciate your fertility with the Creighton MODEL FertilityCare™ System. Have hope that NaProTECHNOLOGY will continue to provide answers for reproductive issues that you may deal with in your lifetime. The charting is an excellent medical record and can be a valuable tool in the evaluation and treatment of PMS among other things."

**The Creighton Model System™
and NaProTechnology™**

offered by
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PRE MENSTRUAL SYNDROME



PMS: What is it?

Pre Menstrual Syndrome (PMS) is a condition in which a number of symptoms begin, four or more days prior to the start of the period. It occurs cyclically, can be debilitating and a lot of women suffer greatly as a result. We are unable to determine the actual number of women with this condition.

Usually it has been thought to be a Progesterone Deficiency Condition. (Progesterone is the dominant hormone in the Post-Ovulatory (After Ovulation) Phase of the cycle.) However, over the years, progesterone deficiency studies have been conflicting. There are other studies that show links with decreased Beta-endorphins (another hormone).

NaProTechnology™ has shown that women can be virtually cured of these symptoms with the use of Cooperative Progesterone Replacement Therapy (CRPT).

Symptoms

The presence of the following symptoms **seven to ten days before the period** is called PMS:

Irritability
Breast Tenderness
Bloating
Weight Gain
Teariness
Depression
Headache
Fatigue
Insomnia

These symptoms can also be present at the time of ovulation and again during the early days of the menstrual cycle. There are at least 150 to 200 different symptoms which are thought to be exacerbated during the premenstrual phase of the menstrual cycle.

Mild symptoms that occur a couple of days before the menses (period) can be considered normal and are not included in the definition of PMS.

Treatment

Women learn how to chart their own cycle using the Creighton Model Fertilitycare™ System.

NaProTechnology™ trained Doctor's can target the postovulatory phase of the cycle with an adequate hormonal evaluation. The Creighton Model Fertilitycare™ System and NaProTechnology™ have taught us how to measure these hormones during the course of the menstrual cycle, thus targeting the cycle at the right time to determine whether the hormone level is normal or abnormal. In women who have premenstrual syndrome, both progesterone and oestrogen levels, along with beta-endorphin levels, are decreased late in the cycle.

"Once that diagnosis is made, then a programme of treatment can be implemented, which is also used in a way which properly targets the cycle.

The most common treatment now used at the Pope Paul VI Institute is a hormone called Human Chorionic Gonadotrophin (hCG). This treatment is given during the post ...