



Does monthly suffering have to be the norm?

In 2010, there was a lecture at the SANUM conference on an important topic that affects many women: "Cycle complaints: Dysmenorrhoea - Hypermenorrhoea – PMS.

As the issue is still on topic, we are paying attention to it in our anniversary year, again.

Many women have to deal with abdominal pain and other various complaints during their monthly menstruation.

It is estimated that about one of 10 women suffer so much from primary dysmenorrhoea and/or abnormal bleeding that coping with normal daily life and workload regularly becomes impossible for a few days each month. Cramps and pain that can radiate to the legs or back or be accompanied by headaches and nausea, heavy bleeding and also psychological problems, such as depressive moods, can become a challenge again every month. Young women under 20 are affected more often than women over 40. Precise diagnosis is always necessary, as endometriosis, fibroids or other pelvic anomalies can also cause secondary dysmenorrhoea.

Tissue hormones called prostaglandins are responsible for the symptoms of primary dysmenorrhoea. The so-called series II prostaglandins are responsible for increased pain perception and inflammation. These are synthesised from arachidonic acid, which is supplied to the body primarily through animal protein from meat, eggs and milk. Series I and series III prostaglandins, on the other hand, are described as having more of an anti-inflammatory and anti-clotting effect. Their synthesis can be supported by the intake of evening primrose oil and omega-3 fatty acids, e.g. from fresh sea fish. In order to counteract the recurring female suffering, therefore, it is advisable to adjust the diet accordingly, as is possible, for example, within the framework of the [SANUM diet](#). The diet should be as fresh as possible, rich in vital substances, balanced in its fatty acid composition and alkaline, as hyperacidity can also lead to increased problems with menstruation.

As a supplement to the SANUM diet, the fatty acids in LIPISCOR® capsules (3x 2 daily) and EVENING PRIMROSE BLACK CUMIN OIL CAPSULES from Biofrid (2x 2 daily) can have an anti-inflammatory effect and also contribute to pain relief. SANUM therapy also offers two myco-preparations for the supportive treatment of abnormal bleeding, such as menorrhagia or metrorrhagia: USTILAKEHL® (corn blight fungus = *Ustilago zeae*) and CALVAKEHL® (giant bovist = *Calvatia gigantea*).

The main medicinal effect of the corn blight fungus is on the uterus. USTILAKEHL® D5 (1-2x 5 drops daily) can be used supportively for bright red, oozing uterine bleeding and membranous dysmenorrhoea. The vascular and capillary-active components of giant puffball are also already known from folk medicine as haemostatic agents. CALVAKEHL® D3 (1-3x 5-10 drops daily) is an effective support for all forms of bleeding tendency, i.e. also for increased, dark red menstrual bleeding or intermenstrual bleeding.



Finally, every woman can let herself be pampered with a gentle and relaxing abdominal massage.

[The essential oil blend "abdominal pain"](#) by Biofrid-Cosmetic made of jojoba, rosemary oil, lemon eucalyptus oil, mandarin oil red and lavender oil has a balancing, calming and harmonising effect.

Trading forms

CALVAKEHL® D3 Liquid dilution

10 ml dropper bottle, (also available in other dosage forms)

Dosage

1-3x 5-10 drops daily.

USTILAKEHL® D5 Liquid dilution

10 ml dropper bottle, (also available in other dosage forms)

Dosage

1-2x 5 drops daily

MUCEDOKEHL® D5 Liquid dilution

10 ml dropper bottle, (also available in other pharmaceutical forms)

Dosage

1-2x 5 drops daily

LIPISCOR® capsules

120 pcs,

Recommended dosage

3x 2 capsules daily with a meal.

EVENING PRIMROSE OIL-BLACK CUMIN OIL CAPSULES,

100 pcs,

Recommended dosage

2 x 2 capsules daily with a meal

For further product information, please refer to the respective instructions for use.



+++ NEW +++

Explanatory film on SANUM therapy

SANUM therapy uses the power of microorganisms to regulate the various body systems and the immune system. The medicines consist of specific components of bacteria and fungi, which are processed in a unique manufacturing process and made available as homeopathic deep potencies.

[SANUM therapy - simply explained in two minutes.](#)
