

## Period Pain with bowel spasm, is it dietary or 'hidden' Endometriosis?

### What causes Period and Endometriosis Pain?

This is a huge subject, but let's try to look at what's happening and simplify the chemical processes that take place. During a menstrual period, the uterus contracts to help expel its lining. Local hormonelike substances called prostaglandins are released to assist this natural process.<sup>1</sup>



Unfortunately, the uterine cells responsible for the prostaglandin release cause inflammation which, along with the contractions, can trigger severe cramping pain.

A condition where uterine cells become implanted outside the uterus is called endometriosis.

These cells also release prostaglandins causing cramping pain in other abdominal areas from fallopian tubes and ovaries to the lining of the pelvis and the bowel.

Many women with endometriosis have large concentrations of uterine cells outside the uterus forming lesions. These lesions may have to be surgically removed in an effort to control the severity of the pain. However, symptoms may return due to remaining tissue growth and the fact that it is impossible to remove every cell of misplaced tissue.<sup>2</sup>

*Practitioners Caroline Robertson and Clare Barg discuss how effective for cramping and PMS symptoms, the New Plant-based Listed Medicine Khapregesic vs. pharmaceutical drugs and other herbal remedies.*

[Click here](#) to view the short video.



## Why does my bowel act up with my period (Dietary Inflammation vs. Undetected Endometriosis)?

There are two plausible reasons why women, without diagnosed endometriosis, suffer IBS-like symptoms during their periods (diarrhoea and/or constipation with bowel cramping).

One school of thought has a microscopic number of uterine cells attached to the bowel causing it to contract during menstruation (too small a number to be diagnosed as evidential endometriosis).

The other reason could be the pro-inflammatory diet of refined sugars and grains increasing the natural prostaglandin levels found in high concentrations in the gastric juices of our digestive system<sup>3</sup>.

Some women may experience a combination of the two during a 'normal' period resulting in excruciating pain, loss of balance and an inability to function normally during a period with self-esteem, anxiety and productivity loss being major impediments.

<sup>1</sup> Source: <https://www.mayoclinic.org/diseases-conditions/menstrual-cramps/symptoms-causes/syc-20374938>

<sup>2</sup> Source: <https://www.healthline.com/health/endotough/surgery-for-endometriosis#5>

<sup>3</sup> Source: Role of endogenous prostaglandins in gastric secretion and mucosal defence. <https://www.ncbi.nlm.nih.gov/pubmed/3040310>

## What's the answer to pain relief – non-tablet options vs drugs vs the New Plant-based Medicine Khapregesic®?

Before looking into treatments let's take a look at what's happening again. With inflammation and prostaglandin levels on the rise, we need to address *both* these factors.

Looking to non-tablet options, diet is an important place to start by reducing refined sugars and grains. Combinations of wholegrains, nuts and honey make for delicious alternative snacking.

It's equally important to be active. With exercise the last thing on your mind, getting out for a half hour slow walk or just gentle stretching on your yoga mat may help, as does plenty of rest, preferably sleep.

Lastly, the collective scientific wisdom is now advocating to reduce stress levels. Give yourself permission to curl up on the couch with a hot water bottle and your favourite book or old movie. You never know you may fall asleep!

Back to reality, for pain knows no bounds when you're in the middle of a spasm!

It is equally important to address prostaglandin release and inflammation as soon as painful symptoms occur. As the video points out the most effective for immediate pain relief are the known drugs, but the new fast-acting plant-based medicine Khapregesic® may be preferable as a natural alternative.

### **Drugs and their side-effects**

Drugs do provide most women with immediate relief. Until now women have had no option but to use anti-inflammatory drugs such as ibuprofen, naproxen<sup>4</sup> or aspirin for pain relief to suppress prostaglandin production and lower inflammation by being COX-2<sup>5</sup> inhibitors.

All of these drugs are in a class called NSAIDS<sup>6</sup> which most people know. Unfortunately, these drugs also promote GI side effects such as gastric ulceration and severe stomach cramping (the very thing we are trying to soothe). For example, naproxen is more likely than ibuprofen to cause GI side effects because it is longer lasting<sup>7</sup>.

### **New Plant-based Medicine addressing drug side-effects**

The newly approved listed medicine Khapregesic® on the other hand is a plant-based formula with prostaglandin suppression characteristics and a high COX-2 inhibitory score<sup>8</sup>.

The most important characteristic apart from the pain relief is that Khapregesic® combines the anti-inflammatory and pain-relieving properties with naturally high antioxidant levels and probiotics to foster a calmer gut and a more balanced microbiome. It seems to have the opposite effect on the gut to the aforementioned drugs – gut 'repair' instead of gut 'irritation'.

[Click here](#) to view this short video.



<sup>4</sup> Naproxen is sold under the product name Naprogesic

<sup>5</sup> COX-2: Cyclooxygenase-2 enzyme is responsible for inflammation and resulting pain

<sup>6</sup> NSAIDS: Non-Steroidal Anti-Inflammatory Drugs

<sup>7</sup> Source: <https://www.drugs.com/medical-answers/naproxen-ibuprofen-difference-3117722/>

<sup>8</sup> Source: Khaya senegalensis research paper featuring prostaglandin & COX-2 suppression: <https://www.ncbi.nlm.nih.gov/pubmed/16821623>

# Khapregesic® for **Period Pain 500 mg**

For professional reference only

The active ingredient in Khapregesic® is the recently rediscovered traditional medicine plant Khaya senegalensis which is the only plant-based medicine to possess all three gut calming characteristics of anti-inflammatory, antioxidant and prebiotics.

New evidence from recent Clinical Case Studies supports the use of khaya senegalensis in the treatment of acute menstrual symptoms. The khaya formula Khapregesic® was prescribed by a practitioner to 24 patients. Of those patients being treated for Period Pain and other related symptoms, 92% of patients experienced abdominal pain relief and 70% reported anxiety relief. There was also a significant improvement in sleep patterns and improvement in other gut related symptoms such as bloating and diarrhoea.

Many women are now NSAID free for the first time. However, some have reported where Khapregesic® does not provide total pain relief they are happy that their NSAID use has reduced significantly. They take Khapregesic® daily for the 7 days of their period<sup>9</sup> and only use NSAIDS when necessary.

The makers of Khapregesic® BioActive Natural Health, source their plant material from a Certified Organic Australian farm using sustainable harvest methods. It is available for purchase at [www.bioactivenaturalhealth.com.au](http://www.bioactivenaturalhealth.com.au)

Practitioner-only discount available by emailing [clare@bioactivenaturalhealth.com.au](mailto:clare@bioactivenaturalhealth.com.au)



<sup>9</sup> '7 days of their period', includes 2-3 days pre-menstrual