

Natural Help 4...

Amenorrhea



What is Amenorrhea?

Amenorrhea is the term used to describe the condition where menstrual periods are absent. When you miss a period, your first thought may be that you are pregnant. However, there are actually **several factors that may cause or contribute to the absence of menstruation**.

Menstruation refers to the shedding of the lining of the uterus (the endometrium) each month, and it is also **commonly known as the menstrual period**.

Menstrual periods usually last for five to seven days. In order for a woman to have regular **menstrual cycles**, her hypothalamus, pituitary gland, ovaries and uterus must be functioning properly. Her **cervix and vagina must also be structured normally** to allow for menstrual blood to pass through.

Types of Amenorrhea

Amenorrhea is classified into two types – primary and secondary **amenorrhea**.

Primary Amenorrhea - Primary **amenorrhea** occurs when a woman has not yet had her first menstrual period by the age of 16. This delayed period is usually due to late puberty, most common in teenage girls who are either very thin or very athletic. When young women are underweight, their bodies have yet to experience the normal puberty-related rise in body fat that sparks off the beginning of menstruation. On the other hand, the **delay of menstruation may also be as a result of abnormal female reproductive organs or a genetic disorder** involving the sex chromosomes, such as Turner's syndrome.

Secondary Amenorrhea - Secondary **amenorrhea** is a condition in which a woman who previously had normal, regular **menstrual cycles** experiences **irregular or absent periods**.

Amenorrhea affects **2% to 5% of all women of childbearing age** in the United States. Secondary **amenorrhea** can affect all women who have begun menstruating. Young women who are involved in sports where intense exercise is required like ballet, long distance running or gymnastics are more likely to be affected with **amenorrhea**.

Amenorrhea is a symptom in itself. Depending on the cause of **amenorrhea**, you may experience the absence of periods together with various symptoms of hormone imbalance such as breast milk secretions, headache, **weight gain**, acne, altered sex drive **low libido**, lowering of the voice, excessive hair growth on the face

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

and body, and [vision changes](#).

Diagnosing Amenorrhea

The diagnosis of [amenorrhea](#) is based on your medical history, physical examination, as well as a pelvic examination. Your health practitioner has to rule out other menstrual disorders, medical conditions, as well as medications in order to determine a proper diagnosis of [amenorrhea](#).

Whether you are pregnant or not has to also be determined - a woman has to have **missed at least three consecutive [menstrual cycles](#)** without being pregnant to be classified as having [amenorrhea](#).

A young woman 16 years of age or older who has not yet had her first menstrual period should be evaluated immediately so that an early diagnosis can be made and treatment started. In addition, other tests may be performed to determine the underlying cause of the absence of periods.

Tests for Amenorrhea

Blood and urine tests are able to detect the imbalances of female hormones caused by problems with the ovaries or pituitary gland. Additional tests may also be performed to check levels of thyroid and adrenal hormones.

Pelvic ultrasound uses sound waves to detect problems or abnormalities in the structure of your uterus and ovaries.

A progesterone challenge test is done to evaluate your estrogen status. You may be treated with the hormone progesterone to see whether this brings about a menstrual period.

What Causes Amenorrhea?

There are several possible causes of primary and secondary [amenorrhea](#), and they include:

Primary Amenorrhea

Ovulation Abnormality


Certain ovulation or chromosomal abnormalities can cause the eggs involved in ovulation and menstruation to be prematurely depleted.

Genital Abnormalities

The absence of a uterus or vagina, vaginal septum, or imperforate hymen present since birth can also result in the absence of menstrual periods.

Hypothalamic Problems

The hypothalamus is a gland at the base of the brain that acts as the control center for the body and regulates your [menstrual cycle](#). A disorder of the hypothalamus causing an absence of menstruation is known as **functional hypothalamic [amenorrhea](#)**. Strenuous exercise, excessive weight loss as a result of [anorexia](#)



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

[nervosa](#), [bulimia](#) or [stress](#) may also contribute to interference in the normal functioning of the hypothalamus.

Pituitary Disease

The pituitary gland is also responsible for regulating the [menstrual cycle](#). A tumor or invasive growth may hinder the pituitary gland's ability to perform this function.

Obesity

Females who are obese often experience [amenorrhea](#) as a result of excess fat cells interfering with the process of ovulation.

Thyroid Disease

An underactive thyroid causing [hypothyroidism](#) or an overactive thyroid causing [hyperthyroidism](#) may also be responsible for absent [menstrual cycles](#).

Secondary Amenorrhea

Pregnancy

Pregnancy is the most common cause of [amenorrhea](#) in women of reproductive age. Women do not ovulate when they are pregnant, thus menstruation stops.

Birth Control

Often contraceptives such as birth control pills or hormonal injections can interfere with the menstrual cycle. If oral contraceptives are discontinued, regular ovulation and menstruation may take between 3-6 months to resume.

Excessive Exercise

Athletes or women who participate in strenuous physical training can experience absent [menstrual cycles](#). There are many factors such as stress, low body fat and increased energy expenditure that contribute to athletes not having their periods.

Medical Conditions

Medical conditions such as traumatic brain injury, tumors of the brain, ovary, or adrenal gland, ovarian cysts, overproduction of prolactin by the pituitary gland, hypothyroidism and hyperthyroidism, chronic illness, and Asherman's syndrome (scarring of the uterine lining caused by infection or surgery) can also cause secondary [amenorrhea](#).

Premature Menopause

Menopause that occurs before age 40 is considered premature menopause. It is also associated with secondary [amenorrhea](#) and may result from genetic factors or an autoimmune disease.

Hormonal Imbalance

Polycystic ovarian syndrome (PCOS) is a disorder associated with hormonal imbalances and may also result in a loss of periods, obesity, acne, and at times, excess facial hair.

Other causes of secondary [amenorrhea](#) may be related to breastfeeding, physical and emotional stress, depression, certain medications, malnutrition, or sudden weight loss or weight gain.

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Help for Amenorrhea

There are **various treatment options** depending on the cause to relieve the symptoms of [amenorrhea](#) and bring about a healthy, regular [menstrual cycle](#). Depending on your overall health, medical history, age, and the extent of your condition, medications, procedures or therapies may be used to treat [amenorrhea](#).

Common medications such as non-steroidal anti-inflammatory drugs, birth control pills and hormone replacement therapy can help to **encourage normal, regular menstrual cycles** - although these medications have the potential risk of side effects. In addition, dietary modifications that include increased caloric and fat intake may also be beneficial.

Natural Remedies

Although conventional medicine may help to alleviate the symptoms of [amenorrhea](#), they do not necessarily address the root of the problem. **Natural and holistic treatments** (from a reputable source) can help to **address the underlying physiological and nutritional imbalances** of the condition without the risk of harmful side effects, and promote harmony in a gentle yet effective manner.

Use herbs such as Vitex agnus-castus (Chasteberry) as an effective treatment to promote hormonal balance and health. Cimicifuga racemosa (Black Cohosh) contains phyto-estrogenic properties which are also effective in correcting menstrual irregularities. In addition, Eleutherococcus senticosus (Siberian Ginseng) is a highly respected Chinese herb that helps to restore vital energy and promote overall systemic functioning while also regulating the menstrual cycle and improving hormonal balance.

Reducing the Risk of Developing Menstrual Disorders

If you are [overweight](#) or underweight, try to maintain a healthy weight and level of body fat by making appropriate changes to your diet and exercise routine.

Often, **being underweight or overweight can cause menstrual disorders**. Consult a doctor or dietician to help you make necessary adjustments to ensure a balanced diet.

Eat healthy and incorporate lots of vegetables, fruits, carbohydrates and protein into your diet. Reduce your intake of saturated fats, refined sugar, salt and caffeine.

Exercise regularly by walking, swimming, cycling or doing yoga. However, it may be necessary to reduce your exercise routine if it is excessive – some women exercise compulsively because they may fear weight gain, while athletes also struggle to cut back.

If you feel that your eating is compulsive and out of control, you should also be assessed for eating disorders. Eating disorders such as [anorexia nervosa](#) and [bulimia nervosa](#) often contribute to [amenorrhea](#).



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Increase your intake of vitamins by taking vitamin B6, calcium and magnesium supplements to relieve cramping and PMS symptoms.

Reduce [stress](#) levels by relaxing and resting more. Practice relaxation techniques such as meditation, deep breathing, progressive relaxation, biofeedback and yoga to quiet the mind and relax muscles. [Detox](#) and [body cleansing](#) can also be beneficial to help balance body systems.

Limit alcohol consumption and stop smoking naturally, as both habits can cause problems with your [menstrual cycle](#).

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, **homeopathic, herbal and other natural medicines were commonly available – and freely used** even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned upon by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors, and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the **broad range of treatment options and approaches** that are to be found within the practice of natural medicine. Holistic medicine encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to **support health, relieve symptoms, and prevent future disease**. In fact, even the World Health Organization defines health as being "...more than simply the absence of illness. It is the active state of physical,

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emotional, mental, and social well-being." This is a wonderfully clear description of holistic or natural medicine, which **strives to support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction, and sacrifice to health so commonly associated with pharmaceutical drugs.

Contrary to common perception-- and provided that they are manufactured in the correct way-- **natural medicines can work quickly and safely to promote healing**. In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety**. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that like any medicine, **herbal and homeopathic medicines must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer the benefit of easy consistency of dosage (and cheaper production lines), they have grave disadvantages, including an increase in side effects-- as the **medicines produced in this manner lose the natural protective properties** of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the **Full Spectrum Method of extraction**, which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a **more complete treatment** as well as **superior protection against side effects**.

Whatever your choice, always choose wisely. **Research what is best for you**. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will **support patients who want to take responsibility for their own health**.

Related Natural Remedies:



[Read more about the Native Remedies Full Spectrum Approach™](#)

Fertile XX : Supports hormone balance, healthy uterus, ovaries, fallopian tubes and reproductive functioning.

Herbal fertility tonics have been part of traditional medicine all over the world for many thousands of years. Fertile XX is a 100% safe, non-addictive, natural herbal tonic containing a selection of herbs to **promote and support fertile conditions**.

Fertile XX has been used for many years to safely maintain harmony, health, and systemic balance in the **female reproductive system**. Fertile XX also supports a healthy uterus, ovaries, fallopian tubes, and **reproductive functioning**.

Regular use of Fertile XX **supports normal hormone balance** in the female body and encourages **healthy egg production** and regular ovulation, while also supporting overall systemic health.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fertile XX](#)

Dong Quai: Promotes a healthy reproductive system, as well as premenstrual, menstrual and menopausal health.

Dong Quai, one of the most important of the Chinese tonic herbs, is used as a nourishing blood tonic and to regulate the [menstrual cycle](#). Dong Quai has been used for centuries by Asian healers to balance female hormones and to prevent the troublesome symptoms of menopause and PMS. Clinical research has indicated that Dong Quai also contains antispasmodic compounds that aid in relaxing muscle tissue, explaining its effectiveness in treating menstrual cramps.

[Learn more about Dong Quai](#)

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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

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Massage Center, Holistic Center, Day Spa, or any type of Salon

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Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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