

Regimen for menstrual cramps and heavy menstrual bleeding

The following regimen effectively treats menstrual cramps and bleeding 90% of the time. It also helps with migraine headaches related to the menstrual cycle. There is no need to take oral contraceptives.

- Take 800 mg of Magnesium starting 7 days prior to your period and end the last day of your period.
- Take 1,000 mg of Calcium starting 7 days prior to your period and end the last day of your period.
- Take 3-4 (ibuprofen) Advil with meals starting on the first day of your period. If you are not sexually active, start them 3-4 days prior to your period.
- Take Pepcid AC (famotidine) on each day that you take the Advil.
- Let your doctor know what you are taking.