

Ammenorrhoea

What is Ammenorrhoea?

Amenorrhoea is the absence of menstruation for more than 3 menstrual periods, or menstruation that has not yet begun in girls older than 16 years.

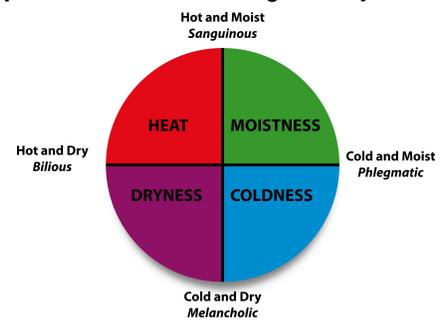
What causes ammenorrhoea?

There are numerous causes of amenorrhoea. Natural causes include pregnancy, breastfeeding and menopause. Women taking the contraceptive pill may also experience amenorrhoea. Certain medications, such as antipsychotics, antidepressants, chemotherapy and blood pressure lowering medication may cause amenorrhoea as a side effect. Lifestyle factors include high stress levels and excessive exercise. Hormonal imbalances from polycystic ovaries, premature menopause, tumours and thyroid disease can also lead to amenorrhoea. Structural abnormalities may prevent menstrual bleeding. These include uterine scarring, which may block the production of uterine lining, absent / underdeveloped reproductive organs, an obstruction of the vagina.

The Tibb View of Amenorrhoea

According to Tibb, these conditions are associated with **excessive qualities of coldness** generally throughout the body, specifically affecting the brain, pituitary gland, ovaries, uterus and thyroid gland. Amenorrhoea may either be linked to qualities of **coldness with moistness** which arises due to excessive intake of cold and moist foods, dairy and refined sugar products and a sedentary lifestyle. Amenorrhoea linked to **coldness with dryness** can result from excessive dieting, excessive weight loss and over-exercising.

Phlegmatic/Melancholic temperamental combinations are most predisposed to developing ammenorrhoea due to their innate coldness.



Treatment and Management of menstrual disorders

Treatment and management is aimed at **reducing the excess coldness** associated with amenorrhoea, by implementing Tibb Lifestyle Factors that will **increase the quality of heat**. This will assist Physis in addressing both the symptoms and the causes of amenorrhoea.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, oily fish, garlic and celery, **followed by Hot & Moist foods** – such as ginger, turmeric, spinach and black pepper.
- Eat **less of Cold & Dry foods** – like naartjies, oranges, beans and yogurt, and the **least amount of Cold & Moist foods** - such as milk, cucumber, broccoli, and rice.
- Avoid dairy products, carbonated beverages, refined sugar, white flour and chocolates.
- Eat one or two handfuls of roasted chickpeas for breakfast and 20 grams of walnuts or hazelnuts daily.
- Do not eat or drink foods that are cold. Allow them to reach room temperature before consumption.

Other Lifestyle Advice

- Exercise regularly. Partake in mild physical activities such as walking. Exercise increases heat in the body.
- Keep warm in cold conditions. Avoid the use of air conditioners.

Medication

Herbal Remedies

- Make a tea using 1 gram of cinnamon and 1 gram of cloves. Add 1 tsp of honey and drink daily.
- Mix together 25 grams each of the following – cinnamon, cloves, celery seeds and carrots seeds. Grind together to form a powder. Take 1 tsp of this powder 3 times daily 30 minutes before meals.

Tibb Medication

Gynaecare tablets or syrup - Restores hormonal balance in women with fluctuating hormonal levels. It also enhances fertility and regulates the menstrual cycle.

Livotibb tablets - Acts as a tonic to the liver which assists in the metabolism of hormones.

Haemoclear tablets or syrup - This blood purifier assists in managing menstrual disorders by stimulating the liver.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix