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# THERAPEUTIC NOTES

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## Therapeutic Report: BHI Feminine

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### BHI SCIENTIFIC DEPARTMENT

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Menses irregularity is one of the most frequent complaints from female patients which confronts practitioners. The treatment of such cases is many times complicated by intermittent symptoms and the combination of physical complaints with mental and emotional disturbances associated with PMS and menopause.

The following clinical example is typical of many of these cases:

"...a 39 year old female, J.M., was essentially well until 3/19/84 when she presented pain at the lower abdomen associated with "pink" vaginal discharge continuing one week after menses ordinarily would have ceased. She indicated this had occurred the three previous cycles. The present menses flow should have completed 3/4/84 and was continuing slightly on 3/19/84. Physical exam revealed tenderness in right suprapelvic area but no masses palpated. Pelvic exam was not done by this examiner. In a Dermatron evaluation (part of a research project) using acupuncture, the patient showed resistance measurements which indicated inflammations of ovary-adrenal points.

She was treated with Sepia 6x alone and was referred to Ob-Gyn for pelvic exam and pap smear. Follow up 5/14/84, pelvic exam and pap smear gave negative findings for usual pathology.

Patient gradually improved on increasing potencies of Sepia but intermittent symptoms continued until 7/10/84.

At this point, she was changed to BHI Feminine tablets, three times daily. This was followed by complete relief of symptoms and the dose was reduced to one tablet daily (9/24/84) and then gradually discontinued. She remained free of symptoms until 2/20/85 when slight abdominal discomfort recurred. This cleared in a few days on a dosage of three tablets a day. She has remained well to this date."\*

The effectiveness of BHI Feminine in the treatment of feminine disorders and menses irregularity is due to the broad and at the same time, mutually supporting ingredient combination found in this formula:

#### Focusing Ingredient:

*Oophorium 12x:*

Climacteric disturbances; ovarian cysts

#### Accompanying Ingredients:

*Pulsatilla nigricans 4x:*

amenorrhea; furthers suppressed menses from wet feet; leukorrhea acrid, burning, creamy; pain in back

*Sanguinaria canadensis 4x:*

leukorrhea fetid, corrosive; offensive, profuse menses; uterine polypi

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\*reprinted from *Biological Therapy, Vol. III, No. 2, July 1985*  
by Clyde Hawley, M.D.

*Lilium tigrinum* 5x:

Early, scanty, dark menses; sensation of heavy weight in uterine region as though all organs could escape through the vagina

*Apis mellifica* 6x:

ovaritis, worse in right ovary; suppressed menses with cerebral and head symptoms in young girls especially

*Cocculus indicus* 6x:

menses dark, profuse; dysmenorrhea; early clotted menses with spasmodic colic; leukorrhea

*Palladium* 10x:

prolapse and retroversion of uterus; menorrhagia; right-sided pain and backache

*Sepia* 10x:

pain in the uterus; sensation of bearing down in all pelvic organs; dryness of vulva and vagina especially after menses

*Sulphur* 10x:

pudenda itch; vagina burns; menses late; leukorrhea profuse; yellowish, corrosive

*Lachesis mutabile* 12x:

climacteric troubles; hot flashes; metrorrhagia; pain aggravated by pressure of clothes; menses irregular

BHI Feminine lends itself very well to the treatment of amenorrhea and metrorrhagia. Inflammation of the uterus

and ovaries, ovaritis and cases where ovarian cysts are present respond well to administration of BHI Feminine which acts on both the involved tissues as well as the endocrine system in the regulation of functional disturbances. In addition, menopause with its many associated symptoms may be treated with BHI Feminine.

Normally, administration of 3-4 tablets daily is sufficient to reduce inflammation and begin to provide symptomatic relief. A maintenance dosage of one tablet daily is recommended until symptoms subside completely. Recurring symptoms of the original condition are usually less severe, respond more quickly to treatment and may be relieved with less frequent doses administered for shorter time periods.

BHI Feminine may be used in conjunction with several other BHI remedies when multiple conditions occur:

BHI Calming:

PMS, depression, irritability, hypersensitivity, menopause

BHI Menstrual:

menstrual discomforts, vaginal discharges

BHI Spasm-Pain:

abdominal pains

BHI Inflammation:

tissue inflammation and sensitivity