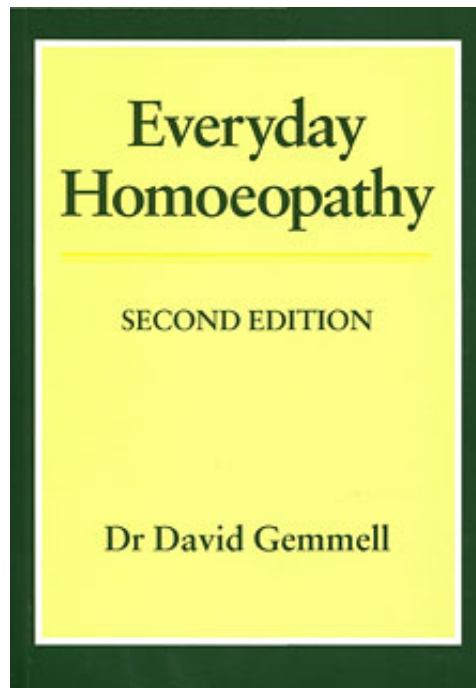


# David Gemmell Everyday Homoeopathy

Reading excerpt  
[Everyday Homoeopathy](#)  
of [David Gemmell](#)



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*Problems of*

*Women*

### **LATE PERIODS**

Some women have a natural menstrual cycle which is longer than the average of twenty-eight days. This is normal for them and should not cause concern, provided that they remain well and happy.

However, some women develop delayed periods and this may make them unwell. These periods may be painful and abnormal, as a result of hormonal imbalance. This itself may arise from emotional causes, the use of the contraceptive pill, or the onset of the menopause.

Premenstrual tension occurs or increases sometimes, and this is dealt with separately (see pages 50—1).

One of the remedies on the opposite page may be helpful, but the picture may be complicated by emotional problems, different types of pain, and feelings of malaise before, during or after the bleeding. If this is so, consult the other relevant pages in this section of the book and try to form a composite picture. If this fails, seek the advice of an experienced homoeopath.

*Menstruation*

**LATE PERIODS**

|   |  |
|---|--|
| Late - after fright or chilling, (especially in young girls whose periods are not properly established).  | <b>Aconite 30c</b>                                     |
| Blood pale. Painful colic. Generally unwell and constipated. 'Morning sickness' during period. Black, tarry blood. Flows lying down and stops flowing on walking about. Heartburn and belching. | <b>Graphites 6c</b><br><b>Magnesium Carbonicum 30c</b> |
| Suppressed due to shock or grief.   |  |
| Thick, dark and clotted. Intermittent flow. Painful pressure downwards. Gentle, yielding; highly emotional; loves sympathy; weepy, changeable; easily discouraged; feels better in open air.    | <b>Natrum Muriaticum 30c</b><br><b>Pulsatilla 30c</b>  |
| Hot, flushing skin, rashes and spots. Faint feeling in late morning.  | <b>Sulphur 6c</b>                                      |

Dosage. All the remedies for this condition may best be given as three doses, one morning, evening and the following morning, starting on day twelve of the menstrual cycle.