

Alternativa menskunsaker

Här är länkar för mer information om de alternativa menskunsaker som tipsas om i metoden Alternativa menskunsaker.

- **Te och örter**

- <https://svenska.yle.fi/artikel/2013/10/09/kvinnoorter>
- <https://www.herbalista.se/3-vanliga-orter-som-hjalper-vid-mensvark-och-pms/>
- <https://kurera.se/orter-som-alternativ-behandling-av-depression-pms-och-somnbesvar/>
- <http://www.kinesiskmedicin.se/PMS/pms.html>

- **Zonterapi och akupunktur**

- <http://www.elvegard.se/aromaterapi/tips-r%C3%A5d/mensv%C3%A4rk-pms-20703711>
- <https://sv.stories.newsner.com/knep/tryck-pa-denna-punkt-i-2-minuter-du-kommer-bli-forvanad-over-vad-som-hander-i-kroppen/>
- <https://www.pankpraktikan.se/2017/04/10/akupunktur-och-zonterapi-punkter/>
- <https://www.forskning.se/2013/03/08/behandling-med-akupunktur-ger-mer-regelbunden-menstruation/>
- <https://sqakupunktur.nu/rubbningar-i-menscykeln/>
- <http://www.kinesiskmedicin.se/PMS/pms.html>

- **Probiotiska tamponger**

- <https://www.ellen.se/>
- <https://www.folkhalsasverige.se/kvinnors-halsa/ellen-tampongen/#>
- <https://news.cision.com/se/baltex-natural-ab/r/nya-ellen--probiotisk-tampong---mer-an-bara-ett-mensskydd,c9365911>

- **Livmodermassage**

- <https://www.ottar.se/artiklar/st-ndigt-n-ra-det-sjuka>
- <https://fittforfight.wordpress.com/2011/08/23/livmodermassage-try-it-you%c2%b4ll-like-it/>

- **Mat och dryck**

- <https://stegforhalsa.se/4-tips-att-motverka-mensvark/>
- <https://www.expressen.se/halsoliv/halsa/mage-1/pms--17-livsmedel-som-lindrar-smartan/>
- <https://www.lantmannen.se/bra-mat/matsamtalet-podcast/avsnitt-32-mensmat/>
- <https://www.vulverine.se/blogg/koffein-kaffe/>
- <https://www.ottar.se/artiklar/kan-du-ta-bort-din-endometriosis>
- <https://www.ottar.se/artiklar/f-dan-fertiliteten>
- <https://www.instagram.com/p/CUwkOaDD1IK/?igshid=YmMyMTA2M2Y%3D>
- <https://www.instagram.com/p/CRN4rstJcF7/?igshid=YmMyMTA2M2Y%3D>

- **Friblödning**

- <https://sverigesradio.se/artikel/metoden-free-bleedingsatter-miljoskadliga-engangsbindor>
- <https://www.womenshealthmag.com/health/a25781020/what-does-free-bleeding-mean/>
- <https://www.healthshots.com/intimate-health/menstruation/free-bleeding-a-menstrual-revolution-that-is-as-healthy-as-it-is-impractical/>
- <https://www.instagram.com/p/CeNht6gj3xC/?igshid=YmMyMTA2M2Y%3D>

- **Generellt om alternativa menskunskaer**

- <https://www.expressen.se/halsoliv/halsa/9-satt-att-lindra-pms-hemma-/>
- <https://www.libresse.se/myter-och-fakta/tonaren/mens-tips-hjalp/>
- <https://pablodigtallvar.se/hantera-hormonerna>
- <https://www.apohem.se/tips-rad/sjukdomar-besvar/pms-mycket-mens-mensvark>
- <http://liselottandersson.se/att-leva-med-pmds-och-pms-och-6-tips-som-kan-lindra-besvaren/>
- <https://www.ottar.se/ottar-klimattestar-mensskydd/>

- **Forskningsartiklar som undersökt alternativmedicin**

- Jing Lin, Wenyan Liao, Qiaoming Mo, Peng Yang, Xiaohong Chen, Xiongjiang Wang, Xian Huang, Dongming Lu, Mingchen Ma, Fengshi He, Pingting Wu, Kunyin Li, Wantao Liang & Hongliang Tang (2020). A systematic review of the efficacy comparison of acupuncture and traditional Chinese medicine in the treatment of primary dysmenorrhea. *Annals of Palliative Medicine*.
<http://dx.doi.org/10.21037/apm-20-1734>
- Dubravko Habek, Jasna Čerkez Habek & Ante Barbir (2001). Using acupuncture to treat premenstrual syndrome. *Archives of Gynecology and Obstetrics*. <https://doi.org/10.1007/s00404-001-0270-7>
- Carole Fisher, Jon Adams, Jane Frawley, Louise Hickman & David Sibbritt (2017). Western herbal medicine consultations for common menstrual problems; practitioner experiences and perceptions of treatment. *Phytotherapy Research*.
<https://doi.org/10.1002/ptr.6001>
- Jui-Fen Cheng, Zxy-yann Jane Lu, Yi-Chang Su, Li-Chi Chiang & Ruey-Yun Wang (2008). A traditional Chinese herbal medicine used to treat dysmenorrhoea among Taiwanese women. *Journal of Clinical Nursing*. <https://doi.org/10.1111/j.1365-2702.2008.02382.x>
- Asmaa Zki Bin Mahmoud, Alaa Naeem Makhdoom, Lujain Alaaldeen Mufti, Rasha Salem Alreheli, Rawan Ghazi Farghal & Sarah Ehab Aljaouni (2014). Association between menstrual disturbances and habitual use of caffeine. *Journal of Taibah University Medical Sciences*. <http://dx.doi.org/10.1016/j.jtumed.2014.03.012>
- Stephen D. Silberstein, Joseph J. Armellino, Howard D. Hoffman, Jean I Battikha, Sandra W. Hamelsky, Walter E Stewart & Richard B. Lipton (1999). Treatment of Menstruation-Associated Migraine with the Nonprescription Combination of Acetaminophen, Aspirin, and Caffeine: Results from Three Randomized, Placebo-Controlled Studies. *Clinical Therapeutics*. [https://doi.org/10.1016/S0149-2918\(00\)88303-4](https://doi.org/10.1016/S0149-2918(00)88303-4)

- Z. Ali, I. Burnett, R. Eccles, M. North, M. Jawad, S. Jawad, G. Clarke & I. Milsom (2007). Efficacy of a paracetamol and caffeine combination in the treatment of the key symptoms of primary dysmenorrhoea. *Current Medical Research and Opinion*.
<https://doi.org/10.1185/030079907X182239>
 - Laura Fenster, Chris Quale, Kirsten Waller, Gayle C. Windham, Eric P. Elkin, Neal Benowitz & Shanna H. Swan (1999). Caffeine Consumption and Menstrual Function. *American Journal of Epidemiology*.
<https://doi.org/10.1093/oxfordjournals.aje.a009851>
 - Monawara Begum, Sumit Das & H.K. Sharma (2016). Menstrual Disorders: Causes and Natural Remedies. *Journal of Pharmaceutical, Chemical and Biological Sciences*.
https://www.researchgate.net/publication/307572071_Menstrual_Disorders_Causes_and_Natural_Remedies
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