

ABDOMINAL PAIN MENSTRUAL CRAMPS

Testimonial to the use of the Bioptron Light

In March 2003 I was admitted into hospital with the cause of pain unknown. After hours of being in the Emergency Dept, I had been booked in to have a scan as the hospital staff suspected an Ectopic pregnancy. They said I needed to have emergency surgery as I was also bleeding internally. After waking from my surgery, I was told that it was not an Ectopic pregnancy but a ruptured cyst on my ovary which was causing the internal bleeding. It took me some time to fully recover and in fact months later I was still experiencing pain and could not understand why. After trialling a number of options from painkillers to changing my contraceptive pill, and after talking to other people, it appeared from my symptoms that there was a possibility that I could have Endometriosis. After seeing my specialist a number of times, in September 2003 it was decided that I would have a Laparoscopy, this was exploratory surgery to see exactly what was happening for me internally and also to see if there were any signs of leftover scar tissue from my previous surgery in March. After the laparoscopy, it was discovered that I indeed did have Endometriosis on the lining of my uterus and it was removed during the surgery. Once again it took a while to recover and trialling of options. My dose of contraceptive pill was increased as I was experiencing breakthrough bleeding when I wasn't menstruating and my monthly menstruation was painful.

It was a very difficult time for both me and my husband and in fact our whole family. I felt like I had spent the whole year in pain and it had affected me in a lot of areas of my life and the relationships I had with my family. The other difficult thing was that because the pain was internal, no one could see anything and I felt like people didn't understand what I was going through, and I'm sure people got sick of me always being in pain! Being in pain affected me in that I was always grumpy, I was sick and tired of being in pain and generally didn't have the energy to do anything or even contribute to housework or cooking. I was very grateful and blessed that I had the support of my husband throughout that challenging time.

In May 2004, my husband was a stall holder at the Women's Lifestyle Expo here in Palmerston North and he saw the stall that had the Bioptron light. He went to talk to Cynthia and he explained what I had been experiencing and made a time for her to come to our home for a demonstration. It just so happened that on the night that Cynthia came, I was in a lot of pain and very uncomfortable. Cynthia did a schedule on me with the lights and within minutes the pain had reduced, it was amazing. I had been backwards and forwards to my specialist and I was informed of some other options in the hope of

stopping the pain. A couple of those options were 1) to go onto a Hormone pill, which had a number of possible side effects that were not desirable and 2) to have a Hystorectomy, which was not a favourable option for me. So when Cynthia came to us, we saw the Bioptron light as an alternative to having those options. My husband and I discussed the possibility of purchasing a Bioptron light as a solution to ending the way I had been living. The bonus was that it would not only be me that would benefit from using the Bioptron but we could use it for the whole family. It has been well worth the investment and has made a huge difference to my quality of life, it was truly a blessing! In previous months I have used the Bioptron light during menstruation to ease the cramps and can honestly say that I have not had a need to use the light for a few months. I can't express how much of a difference it has made to my daily life, and indeed to my husband and family! I would strongly recommend the Bioptron light as an alternative treatment!

Yours in health,
Dana Kunaiti
Palmerston North
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