

# PMS

## Harmony & Health

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Quality Products for Health

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During a woman's cycle, hormones rise & fall, which if out of balance can lead to unpleasant emotional & physical symptoms called Premenstrual Syndrome (PMS). It is estimated that three of four women experience symptoms; possible factors include cyclic hormonal changes, fluctuations in brain chemicals (ie serotonin) and vitamin/mineral deficiencies.

Symptoms can include bloating, mood swings, breast tenderness, digestive issues, irritability, appetite changes, &/or crying spells, as well as changes in menstrual flow.

Conventional treatments may include medications, including antidepressants, ibuprofen, Midol, diuretics, & oral contraceptives, which can have side effects. For this reason, you may choose to try natural treatment to reduce or eliminate symptoms, and correct underlying hormonal and dietary causes to prevent symptom recurrence.

**Causes of PMS:** (along with lack of sleep or exercise)

- **Nutrition** - Avoid vegetable oils, caffeine, simple sugars and processed foods. Eat good protein & veggies!
- **General Toxicity** - Can be a sign of weakened liver and digestive tract. Try a **Dieter's Cleanse or CleanStart**.
- **Yeast Infections** - Antibiotics & birth control pills can disrupt good bacteria and allow yeast overgrowth.  
**Probiotic 11** helps build up friendly flora (Microbiome), add in antimicrobials, such as **Yeast Fungus Detox**.
- **Thyroid Problems**- signs are irregular periods & extra bleeding; try **Thyroid Support, Dulse, or Tri-Iodine**.
- **Adrenal Insufficiency** - **Adrenal Support** and **Nervous Fatigue Formula** are good choices to support.

**Symptoms to support:**

1. **Mood swings** — often due to elevated estrogen (from fat in commercial meat, dairy, plastics) or low progesterone. Try **Wild Yam & Chaste Tree** to increase progesterone. Other helpful products are: **Indole-3 Carbinol, Chinese Liver Balance or Blood Stimulator, Vit. B6**
2. **Cramps** — **Cramp Relief**, an antispasmodic formula that eases cramps (helps many forms of cramping).
3. **Cravings** for chocolate and sugar - reduce refined sugar, white flour, white rice and corn syrup. Eat good quality protein & healthy fat. Try **Licorice root** and **Super Algae** to stabilize blood sugar. Also, **Evening Primrose Oil, Magnesium Complex** (helps muscles to relax), **Vitamin B6** and **Zinc** may be helpful for this symptom.
4. **Depression**- **Magnesium Complex & NutriCalm** is a good start. For depression, try **St. John's Wort** (can interfere with birth control and other medications) or **Chinese Mood Elevator**. Also **Vit D3** may help.
5. **Bloating** involves fluid retention leading to weight gain and puffiness, often caused by too much aldosterone, an adrenal hormone. Helpful supplements are **Kidney Activator (Chinese), Magnesium Complex & Vitamin B6**.
6. Topically, essential oils such as **Changes Blend** or **Clary Sage** have been helpful.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*