P M S (PREMENSTRUAL SYNDROME)

This affects 75% of women to some degree over several days preceding a menstrual period, and includes physiological and psychological symptoms. Many women continue to lead more or less normal lives despite feeling glum and irritable, for in 10% of cases, symptoms are seriously debilitating.

Physical symptoms include:

- **tender, swollen breasts and abdomen**
- **fluid retention**
- **minor period type pains**
- **Irritable, grumpy, overly sensitive**
- **Cravings for sweets or junk food**
- **Poor memory**

PSM may be exacerbated by hormonal or nutritional imbalances, stress, overwork, allergies and psychological factors such as depression.

DIET:

- **Several studies indicate that PMS is greatly increased by SUGAR intake. Refined sugar increases the urinary excretion of magnesium (cramping, nerve conductivity, renal function (edema).**
- **Decrease intake of fats, esp. saturated. Increase intake vegetable oils rich in linoleic and linolenic acids (flaxseed, evening primrose oil, borage oil, black currant seed oil).**
- **Decrease salt intake.**
- **Avoid junk foods, fatty foods.**
- **Eat regular, small, protein-rich snacks, but reduce meat intake.**
- **All caffeine beverages and foods, fruit juice, alcohol, refined foods and sugar aggravate PMS symptoms. Increase water/exercise/raw fruits and vegetables etc.)**
- **Eat vegetables, fruits, seeds, chicken, fish**
- **Collard leaves, salmon, shrimp, blackstrap molasses, sesame seeds, broccoli, bok choy (for calcium: cramps)**
- **Salmon, chicken, tuna, soybeans for B6: irritability, mood swings, fluid retention, breast tenderness, bloating, sugar cravings, fatigue.**
- **Sweet red peppers, collard greens, sorrel, kale, strawberries, oranges, grapefruit: Vit. C.**
- **Wheat germ, beet greens, apples, turnip greens, brussel sprouts, sweet potatoes: Vit. E - anxiety, irritability, depression, food cravings**
- **Chicken, rice bran, black-eyed peas, garbanzos: for zinc to help control acne, counterbalance copper, regulate moodiness and estrogen levels.**
- **Soybeans, beet greens, black-eyed peas, shrimp, salmon and tofu: for magnesium, aids in calcium absorption, menstrual cramps**
- **Fruit, vegetables, seeds, nuts for potassium to help reduce fluid retention and bloating.**
- **Eat lots of small meals a day rather than a few large ones.**
- **If you get sweet cravings and you give in to them, choose healthy alternatives like fruit juice unsweetened candies, carob instead of chocolate, sweet alternatives in moderation, honey.**

OTHER:

- **Do a parasite cleanse every spring eg. April or May**
- **One of the biggest causes of PMS is candida albicans overgrowth from taking any of: antibiotics, birth control, steroids. Keep Candida under control - this can take several months to several years. Avoid sugar, alcohol, white flour products, white rice products, fermented products (pickles, wine, beer), and eat only small amounts of fruit.**
- **Get 30 minutes of outdoor exercise daily**
- **Practice relaxation techniques or meditation.**

- **If you smoke, stop.**
- **Pace yourself in order to avoid stress.**

Homeopathy for PMS: *(remedies are taken sublingually/under the tongue, on empty stomach)*

With Homeopathic remedies, if you have not had an improvement after taking the remedy 3 times, try a different remedy.

SEPIA. Take 30c twice daily up to 3 days, starting 1 day before PMS due

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Apathy, irritable and tearful	Greasy skin, perhaps acne Craving salty or sweet foods Weary, especially in morning Sensation of uterus falling out Possible sinus problems, sore throat, flashes	Irritable, tearful Poor concentration Desire to get away from it all Fits of anger and and screaming Reduction in sex drive	Eating Sleep Vigorous exercise Heat	In cold On exposure to tobacco smoke Mental exertion Early morning & early evening

CALC. CARB. 30C twice daily up to 3 days, starting 1 day before PMS due

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Swollen, tender breasts	Fluid retention that exacerbates any weight Problem. Swollen, tender breasts and painful joints. Lack of energy Possible vaginal discharge or yeast infection.	Irritable and tearful. Depression. Indifference. Poor concentration	In morning Slightly Constipated.	Drafts Cold, damp, Windy weather Overexertion. Between 2am - 3am

PULSATILLA. 30C twice daily up to 3 days, starting 1 day before PMS due

Ailment	Physical Symptoms	Psychological	Better with	Worse with
With self pity	Craving sweets Bloated stomach Swollen face, espec. Upper eyelids. Headaches, nausea, Dizziness. Yellowish vaginal Discharge	Self pity and depression Sudden tearfulness for no apparent reason. Apprehension about future. Anxiety in crowded places.	Crying Sympathy Exercise Fresh air Cold drinks	Warmth In sun Rich, fatty foods. In evening and at night.

DISCHARGE PROBLEMS:

This may be caused by deeper problems such as fibroids, candida overgrowth, or infection. It is good to be tested to eliminate worry about this. Here are a few things you can try to help.

Tissue Salts

deep-red or blackish-red: Kali Phos
scalding, smarting: Nat Mur
sickening: Nat Phos
sour-smelling: Nat Phos
thick, white, bland: Kali Mur
thin, with offensive odour: Kali Phos

General Herbal Help for Female Problems:

Female Formula:

2 parts Dong Quai
1 part Black Cohosh
1 part Blue Cohosh

1 part Blessed Thistle
1 part Cramp Bark

Identify the type of PMS you have:

Group	Symptoms	Mechanism	To Balance Use
A	Anxiety	High Estrogen	Vitex
	Irritability	Low progesterone	B6
	Mood swings		Magnesium
	Nervous tension		B/B Cohosh
C	Food cravings	Low prostaglandin	Wild Yam
	Headache	PGE1	Eve.Prim. Oil
	Fatigue		Magnesium
	Dizziness		Bromelain
	Palpitations		
	Increased appetite		
D	Depression	Low estrogen	B/B Cohosh
	Crying	High progesterone	Detox lead
	Forgetfulness	Elevated aldosterone	Magnesium
	Confusion	Low thyroid	L-Tyrosine
	Insomnia		Skullcap
F	Fluid retention	Elevated aldosterone	Uva Ursi
	Weight gain		Parsley
	Breast tenderness		B6, E
	Abominal distension		Magnesium
			Eve.Prim. Oil

Nutritional Guideline for PMS:

25,000 IU Vitamin A
100 mg B6 per day
200 - 400 IU Vit. E per day
200 mg -1,000 mg Calcium
25 mg Zinc per day
2 capsules lactobacillus acidolphilus morning and evening
50 mg B complex once a day
500 mg Vit C three times per day
30,000 - 50,000 IU Beta Carotene per day
400-500 mg Magnesium per day (1/2 as much as your calcium)
1-2 tbsp flaxseed oil per day

Subgroup recommendations (in addition to the above):

PMS-A
500 mg twice daily of Bioflavonoids
Herbs: Vitex, Black Cohosh, Blue Cohosh

PMS-C
500 mg Evening primrose oil twice daily
Follow hypoglycemic diet(6-8 small meals daily)
Herbs: Wild Yam, Bromelain

PMS-D
300 mg Tyrosine per day
Check for lead toxicity
Herbs: Black and Blue Cohosh, Skullcap

PMS-F
1,000mg Evening primrose oil or Borage oil daily
Licorice root taken three times a day:
For dried root or tea (1-2 grams). For freeze-dried root (500-1000 mg).
For tincture (1:5), 4-6 ml (1-1.5 tsp). For fluid extract (1:1), 0.5 to 2.0 ml (1/4 to 1/2 tsp)
For solid (dry, powdered) extract (4:1), 250 to 500 mg.
Herbs: Parsley, Uva ursi.