

# PMS

Premenstrual syndrome is a condition in which various troublesome physical and emotional symptoms arise during the week or two before menstruation begins. Some women have symptoms for two weeks or longer

## **Conventional Treatment**

Some conventional doctors focus on psychosocial issues such as family stress, a type-a personality, or clinical depression as a cause of PMS. They advocate the use of counseling, and self-help groups, anti-anxiety drugs, antidepressants, or synthetic hormone therapy. This approach may or may not be beneficial for any individual woman.

## **The Better Alternative**

The appropriate treatment for PMS depends on the precise nature and cause of the symptoms a woman is experiencing. There are many proven and successful recommendations that we will list as follows. You may speak to Randy about any of the following suggestions.

## **Dietary Guidelines**

High fiber diet  
Lots of vegetables, especially leafy greens  
Increase protein such as legumes, soy foods, and fish  
Limit refined carbohydrates  
Reduce dairy, hydrogenated fats, and salt  
Avoid caffeine, alcohol, and tobacco

## **Nutritional Supplements**

Many PMS-related symptoms are caused by deficiencies of the nutrients the body requires for hormonal regulation. These are:

High-quality multi-vitamin and mineral supplement (sometimes this alone can improve symptoms)

**Acidophilus**.....Decreases the reabsorption of estrogens from the intestines  
**Evening primrose oil**.....Helps ease symptoms. Take 1,000 milligrams twice daily  
**Calcium**.....Minimizes symptoms. Take 800 -1200 daily in divided doses  
**Magnesium**.....For fluid retention and handling stress. Take 400-800 milligrams daily  
**Soy isoflavones**.....Provide phytoestrogens that help to balance hormones. Take 500 milligrams twice daily  
**B vitamins**.....For nervous system. Take a b-complex supplying 25 milligrams of each major B vitamin 2 or 3x daily, plus an additional 50-100 milligrams of vitamin B6  
**Vitamin C**.....Rids the body of excess estrogen. Take 500 milligrams with bioflavanoids 2 or 3x daily  
**Vitamin E** .....For nervous tension, fatigue, breast tenderness, depression, headaches and insomnia. Take 200-400 units daily  
**Zinc**.....Controls acne. Take 15 milligrams 1 or 2x daily  
**Bioflavanoids**.....For anxiety. Take 500 milligrams 2x daily  
**Chromium**.....Helps normalize blood sugar levels, which controls food cravings and mood swings. Take 100 micrograms 3x daily (with 500 milligrams of evening primrose oil)  
**Bromelain**.....Helps smooth muscles relax and aids in balancing prostaglandins. Take 250-500 milligrams 3x daily, between meals, for one week prior to menstruation  
**Tyrosine**.....For depression. Take 500-1000 milligrams each morning starting one week before menstruation and continue thru the end of menstruation

### Herbal Treatments

**Damiana**

**Dong quai**

**Chase tree berry**.....**Take two weeks before onset of menstruation**

**Kava Kava**

**Milk Thistle**

**Red raspberry leaf**

### Other Recommendations

Randy also recommends exercise, checking for hypoglycemia, homeopathy by means of the electro-dermal screening he does here in the office and Bach flower remedies

Please feel free to inquire with us regarding any of these recommendations.