

HOW TO REDUCE YOUR PMS SYMPTOMS

If you suffer from PMS you're not alone, but it doesn't have to be that way! PMS is not "normal". Instead, it's a symptom of a deeper, underlying issue often related to estrogen dominance.

WHAT YOU CAN DO

There are lots of things you can do to decrease your PMS symptoms. Some suggestions are below. But note! Most of these won't work independently of one another. It's always imperative to balance your blood sugar levels and support your liver as well as decrease stress. Taking the supplements is a good idea, but supplements alone won't fix your PMS. Lifestyle is a huge factor when it comes to reducing or eliminating PMS symptoms.

LIFESTYLE AND DIET (this is a BIG one)

- When your stress levels are high your cortisol levels rise and this in turn drops progesterone, which ultimately makes PMS worse because progesterone helps you to feel calm and relaxed. Low progesterone is also a contributor to estrogen dominance. Do whatever you possibly can to reduce your stress levels whether it be yoga, walking in nature, reading a good book, meditation, massage – whatever works for you.
- Exercise! Make sure you're doing some form of exercise on a very regular basis; about 30 minutes four times a week at least. It may not be advisable to do intense exercise such as long runs or training for triathlons or marathons (especially if you have some adrenal issues). Frequency is much more important than intensity. Yoga, light jogs, walking, pilates etc would be beneficial to reducing your PMS symptoms.
- Balance your blood sugar levels. PMS is aggravated by imbalanced blood sugar levels. Be sure to eat some healthy fat, protein and fibre at every meal and snack.
- Loving your liver is important because your liver plays a key role in hormone regulation. It's imperative you address liver health in order to stabilize hormone levels and reduce PMS. Reduce your consumption of refined carbohydrates, sugar, processed foods, consume liver-loving foods such as Jerusalem artichokes, dandelion greens and beets and make sure you're having lemon water with MSM first thing in the morning.
- Give acupuncture a try. A review of 10 randomized trials showed acupuncture reduced symptoms of PMS by up to 55%.

REDUCE OR ELIMINATE

- Reduce or eliminate caffeine/coffee. Studies have linked caffeine to increased PMS symptoms. Try a matcha latte instead for it's wonderful health benefits.
- Reduce your alcohol intake. Alcohol wreaks havoc on your hormones and has been associated with premenstrual anxiety, headaches and mood disorders not to mention increased breast cancer risk.

SUPPLEMENT

- Take magnesium bisglycinate; 400mg /day. Up to 90% of the population are deficient in this mineral, and this is our "anti-stress" mineral that plays an important role in alleviating PMS symptoms.
- Take a B complex that has 100mg of B6 in it. Our B vitamins are our "anti-stress" vitamins and are important for anyone suffering from PMS.
- Try St John's Wort or saffron. These herbs have been shown to be very effective in reducing symptoms of PMS and depression. In fact, St. John's wort was found to be superior to placebo for depression, based on a review of 23 randomized trials of over 1,700 patients.
- If sugar cravings are a big problem for you during this time of the month try chromium; 200 – 400mcg daily along with a B complex.
- Chasteberry (aka Vitex) at 500 – 1,000mg / day might be very beneficial to you if you have low progesterone contributing to your PMS symptoms.

Of course, there are many other treatment options that might work for you. Contact me to find out how we can work together to tailor a protocol especially for your individual needs: 647 821 8217 or tarathorne@mac.com

* Always check with your doctor first before taking any new supplements, especially if you have a medical condition or are currently taking medication *

