

PMS Misunderstood and Mistreated

Premenstrual syndrome, or PMS, is one of the most common manifestations of hormonal imbalance, affecting over half of all women. As recently as the 1980's PMS was hardly recognized by the medical profession. Today, PMS is still often misunderstood and mistreated.

There are a wide variety of underlying causes of PMS including poor liver function, stress, adrenal fatigue, neurotransmitter imbalances, hypothyroidism, progesterone deficiency, estrogen dominance and poor nutrition to name a few. Discovering and treating the underlying cause is the only way to achieve true hormonal balance.

Each woman tends to follow a pattern of symptom development and relief that is consistent from cycle to cycle. For some women, however, there is a tendency for PMS to worsen over time, sometimes reaching the point where they are symptom-free only a few days a month. Fortunately, most women can alleviate PMS with the proper steps.

PMS symptoms can range from mild to severe. Symptoms may include:

- Breast Swelling and Tenderness
- Dizziness
- Headache
- Cramps
- Nausea and vomiting
- Food cravings

- Abdominal bloating
- Weight gain from water retention
- Stomach upset
- Swelling of the face, hands, ankles
- Depressed mood
- Crying spells
- Anxiety, irritability, anger
- Trouble falling asleep (insomnia)
- Appetite changes or food cravings
- Fatigue

Top 5 PMS hormone balancing strategies:

1. Eat clean! Eliminate saturated fats, refined sugar, processed foods and caffeine. Decrease animal protein, dairy and salt consumption. Increase fiber by consuming fresh fruits and vegetable and whole grains.
2. Take 400iu of Vitamin E daily
3. Take 50mg of Vitamin B6 two times per day
4. Take 1000mg of Evening Primrose Oil per day
5. Take 1000mg of a Calcium/Magnesium citrate blend

If your symptoms are severe or long-term, consider a Female Hormone Panel to uncover hormone imbalances Testing is available – give us a call!