

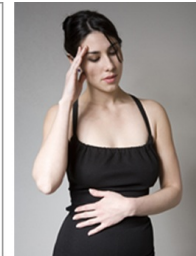
PMS

Patient Information Sheet

Causes & Mechanism of the Disease

Women who experience PMS (premenstrual syndrome) present a variety of physical and emotional symptoms 7-14 days before menstruation. PMS is the result of numerous imbalances and causative factors which may include: elevated estrogen to progesterone ratio, elevated aldosterone and prolactin levels, impairment of neurotransmitter synthesis and endorphin activity, hypothyroidism, impairment of vitamin B₆ action by estrogen, birth control pills, caffeine consumption, depression, lack of exercise, nutritional deficiencies, over-consumption of animal proteins, under-consumption of vegetables and fruits, etc.

PMS Symptoms
Cramps
Anxiety
Bloating
Lethargy
Back Pain
Irritability
Depression
Weight Gain
Breast Tenderness
Change in Appetite



Signs and symptoms may include: breast swelling and/or tenderness, bloating, edema of fingers and ankles, headache, backache, cramping, acne, mood swings, anxiety, depression, inability to cope, compulsive behavior, sugar cravings, increased appetite, altered sex drive, and lack of energy.

Pharmaceuticals such as diuretics, analgesics (pain relievers), beta blockers, calcium channel blockers, anti-depressants, prostaglandin inhibitors and progesterone may be prescribed to manage symptoms. These options fail to address the underlying cause and have the potential to cause serious side effects.

Suggested Dietary & Lifestyle Modifications

- Eat a predominantly vegetarian diet based on vegetables, fresh whole fruits, whole grains and legumes.
- Limit **refined** carbohydrates (sugar, white flour, white rice). Manage sugar cravings with whole fruit and small amounts of dark chocolate.
- Limit foods high in saturated fat (butter, cream, cheese, fatty meats).
- Limit dairy consumption (substitute rice or almond milk for cow's milk)
- Limit soy consumption (soy is estrogenic and depresses thyroid function)
- Organically grown fish or poultry eaten in moderation is preferable to red meat. Salmon is especially rich in Omega 3 fatty acids which have been shown to reduce PMS symptoms.
- Drink plenty of fluids (mostly purified water with fresh squeezed lemon juice added if desired).
- Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners (Nutrasweet/aspartame, Sweet N' Low/saccharine, Splenda/sucralose). Stevia is OK.
- Don't consume caffeine.
- Exercise at least 20 minutes three times per week.
- Reduce stress and anxiety.



Supplements That May Be Beneficial

- Ultra Preventive Capsules or Ultra Vites (high potency multi vitamin & mineral supplement)
 - Chaste Tree (Vitex agnus castus)
 - Nutri Flow* (Potassium, Calcium, Magnesium, Vitamin E)
 - Ultra Cal-Mag Chelate*
 - Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy, MT's with Lavender, Petitgrain, Bergamot)
 - PhytoCalm (california poppy, motherwort, melissa)
 - Custom tincture and essential oil blends as recommended by a trained Endobiogenic Consultant
- Note: Progesterone cremes and suppositories are NOT recommended



**Large amounts of supplemental magnesium may cause diarrhea. Reduce dose if diarrhea occurs. Individuals with kidney insufficiency should not take magnesium supplements.*

Complementary Treatments That May Be Beneficial

Composure Essential Oil Combination (one or more of the following methods)

- mix a few drops into a teaspoon of lotion or vegetable oil and massage on abdominal area, back and feet
 - mix 10 drops into a teaspoon of lotion or vegetable oil, massage on abdominal area, apply a hot compress, cover with a blanket and relax for at least 15 minutes
 - mix 10 drops into a teaspoon of natural bath gel and add to fully drawn bath
- *Ortho Flex Extra* essential oil combination diluted in a vegetable carrier oil or natural lotion and massaged on painful areas.

- Massage Therapy
- Chiropractic Care
- Reflexology
- Acupuncture or Acupressure
- Relaxation and mediation exercises
- Yoga



Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

References:

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