



# Natural Relief from PMS

## Herbs and Supplements to Ease a Woman's Monthly Cycle

PMS is short for *premenstrual syndrome*. A syndrome isn't a disease; it is a collection of symptoms with no distinct cause. So, both symptoms and therapy for a syndrome like PMS will vary from one situation to the next. However, the most typical symptoms of PMS are irritability, emotional instability, insomnia, fatigue, anxiety, depression, headache, bloating, fluid retention, sugar craving, and abdominal pain. Also, while specific supplement needs will vary, Magnesium Complex, Vitamin B6, and Super GLA will help a wide variety of PMS symptoms.

PMS is generally connected with nutritional imbalances, toxicity, and hormonal imbalances. While a certain degree of hormonal fluctuations and mood changes is natural in women, serious symptoms are an indication of general health problems, and are best treated with dietary and lifestyle changes, supplements and herbs, instead of drugs.

The specific supplements and changes needed will vary depending on the type of PMS symptoms involved. There are four main types of PMS—A, C, D and H. The following is some basic information about each type.

Type A PMS is associated with anxiety. Symptoms include nervous tension, irritability, mood swings and anxiousness. In this type, estrogen levels are high, while progesterone levels are low. This is often due to congestion in the liver, which is responsible for breaking down excess estrogen.

Helps for PMS Type A include reducing consumption of fats and dairy foods, and using liver cleansing herbs to clear congestion from the liver. Liver formulas helpful here include Enviro-Detox and Blood Build. Because progesterone levels are low, Pro-G-Yam cream may also be beneficial. The basic PMS supplements—B6, magnesium, and Super GLA—are also helpful.

Monthly Maintenance combines magnesium, B6 and other nutrients helpful for PMS with a Chinese herb formula that eases PMS symptoms. It is taken during the last ten days of the period (the ten days prior to menses) and is particularly helpful for PMS Type A.

Type C PMS is associated with food cravings, especially cravings for chocolate and sugar. This type is linked with hypoglycemia and may involve symptoms such as headache, fatigue, dizziness, heart palpitations. Prostaglandin production is low in this type.

Remedies for hypoglycemia are helpful for PMS Type C. These include licorice root, Super Algae, or HY-A, which help stabilize blood sugar levels and reduce sugar cravings. Cravings for chocolate often indicate magnesium deficiency and essential fatty acid deficiencies, so be sure to use Magnesium Complex and Super GLA. It is also helpful to avoid salt.

Type D PMS is associated with depression. This type of PMS is caused by the opposite problem as the A type—estrogen is low and progesterone is high. Magnesium levels tend to be very low in with this type. Heavy metal toxicity from lead may be another factor. Symptoms include depression, crying, forgetfulness, confusion and insomnia.

Magnesium Complex is critical with this type of PMS. Black cohosh is very helpful. Other sources of phytoestrogens such as Phyto-Soy and Breast Assured may be helpful, too. The essential oil of clary sage is also useful because it raises estrogen levels. Nutri-Calm, an antistress vitamin supplement in an herbal base, can support the nerves and supply essential B-vitamins. Chinese Mood Elevator can be helpful for easing depression and feelings of sadness, while the amino acid L-tyrosine can help to lift the mood by helping to increase the levels of the neurotransmitter dopamine.

The final type of PMS is the H type. This is associated with hyper-hydration or fluid retention, caused by elevated levels of the hormone aldosterone. Symptoms include abdominal distention, breast tenderness, swollen hands and feet, and weight gain.

Diuretics, such as Kidney Activator or JP-X are helpful for easing fluid retention. Vitamin E and Super GLA are also helpful for this type PMS. Magnesium and phytoestrogenic substances like black cohosh and Phyto-Soy may be helpful.

It is possible to obtain relief from PMS symptoms with natural remedies. For help in selecting the supplements that are right for you, consult a qualified herb specialist.

### Selected References

- The Complete Woman's Herbal* by Anne McIntyre
- Herbal Remedies for Women* by Amanda McQuade Crawford
- Balancing Hormones Naturally* by Kate Neil and Patrick Holford
- Hormone Replacement Therapy: Yes or No?* by Betty Kamen, Ph.D.

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