

# PMS Relief

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Over **29** Tips  
to Stop

- 🌸 cramps
- 🌸 headaches
- 🌸 tearfulness
- 🌸 and more



# PMS Relief

Have you been living with PMS symptoms, just assuming that it's your lot in life and there's nothing you can do but take pain relievers and live with your mood swings during that "time of the month"? Maybe your doctor put you on birth control pills because your cramps were so bad, but now you want to get pregnant, and you've stopped taking your birth control, only to realize that your cramps are back with a vengeance.

I'm guessing you've likely experienced some degree of PMS. You know, the times when you have to get out the pants that are one size up from your normal size because you're bloated, the days when you feel like staying in bed, the times when you reach for the pain pills because your tummy hurts so much, or your head aches...those times when you bark at your husband for no understandable reason or those days when you cry at the littlest things.

Have you ever wondered what is causing all of this? PMS is caused by hormonal imbalance (surprise!) and the good news is that as you correct the hormonal imbalance that is causing your PMS symptoms, you'll also be correcting the hormonal imbalance that could be keeping you from getting pregnant.

Wouldn't it be great if we women had some easy methods for reducing or even eliminating PMS symptoms? If there was just a pill I could take to relieve all of this, you'd take it, right?

Well the good news is...there are some tried and true natural remedies including vitamins, minerals and supplements you can take that have eliminated the uncomfortable symptoms of PMS for many women.

PMS symptoms are greatly affected by hormones. When we don't eat healthy, and regularly, we have cravings which cause a drop in our blood-sugar levels. These drops

in turn affect our hormones and everything that is dependent on these balances.

To help maintain your blood sugar level throughout the day, try to eat several small meals or snacks every few hours. Make sure they are foods like organic vegetables, fruit, unprocessed meat and whole grains. You want to avoid fast foods and processed foods. Prepared meals and convenience foods are laden with unhealthy additives that strip the foods of their natural nutrients, and you cause hormonal havoc every time you indulge.

Many women may be producing adequate progesterone throughout the month, but if blood sugar levels are low, the progesterone cannot be utilized by the body (which produces symptoms caused by low progesterone). There is no need to deny yourself a piece of dark chocolate or a treat now and then, but do try to eat as healthy at every meal as you can. There is never a reason to beat yourself up if you eat fast food now and then but try to pick the healthiest thing on the menu, or even 2 hamburgers instead of 1 hamburger and fries. (I give lots of tips on how to eat healthy when eating out in the [“Creating A Baby Friendly Body”](#) course)

Let's take a look at the most common symptoms and some very easy remedies for each.

### **Cramps:**

- Take Evening Primrose Oil until ovulation, then switch to an Omega 3 oil such as flax oil, fish oil, or krill oil to balance hormones.
- Reduce your intake of saturated fats (like in these fried foods: french fries, potato chips, fried chicken)
- Bake instead of fry with seasonings, but steer clear of coatings with unnatural fillers.

- Reduce your intake of refined foods especially those made with sugar and white flour which are the major fillers in premade cookies, muffins, and cakes. Fresh fruit or canned fruit in its own juice (not syrup) are much healthier options. Even a dark chocolate bar rich in cacao (high content of cocoa) is a much better alternative and has proven health benefits. Who can turn down chocolate!!
- A heating pad or hot water bottle across the area while you are resting for a half hour.
- Add more calcium and magnesium to your diet with herbs, yogurt, and leafy greens. Try to stay away from those gas producing veggies during this time however which can cause more cramping and bloating.

### **Headache:**

- Take Evening Primrose Oil until ovulation, then switch to an Omega 3 oil such as flax oil, fish oil, or krill oil. These oils are great for many symptoms as you will see.
- Reduce saturated fats like those in fried foods. Bake, steam, or broil instead. Use sauces and seasonings to spice up your foods for a better taste.
- Eliminate your intake of refined foods like pre-packaged sweets. Buy fresh fruit, clean, store in small containers, and enjoy these sweet treats with no guilt.
- Avoid alcohol which contributes to dilation of blood vessels – causing headaches and migraines.

### **Bloating and Water Retention**

- Take the Vitamin B6 which is a natural diuretic to reduce the water retention that makes up wear our “comfy” pants!

- Reduce salt intake. Dopamine, aided by magnesium, is natural in our bodies to rid excess salt and water, so an increase in magnesium throughout our diets or with supplements is helpful.
- 10-20 drops of Dandelion root tincture in a cup of water with meals and before bed.
- Brew 1 oz. of the dried herb Stinging Nettle in 1 qt. of boiling water to drink daily.

All of these can be found in the vitamin section of most health food stores or natural product stores.

### **Swelling of Face, Hands, Ankles, etc.**

- Take Evening Primrose Oil which lowers Prolactin levels – a known PMS culprit.
- Reduce sugar and salt intake. Buy lower sodium foods and use that shaker less often, unless you have low blood pressure, Adrenal Fatigue Syndrome or something else that warrants the need for salt (check with your doctor).
- Eat more pineapple. It contains Bromelain which has been shown to block enzymes that generate inflammatory chemicals in our bodies. Be sure to buy the pineapple fresh or frozen for the most benefit. You can also take a bromelain supplement with your meals to help you digest your food and increase the nutrients your body can absorb.

### **Breast Swelling, Pain and Tenderness**

- Add more calcium and magnesium to your diet with herbs, yogurt, and leafy greens.

- Take a calcium/magnesium supplement (look for a chelated form when possible for better absorption).
- Avoid caffeine. Coffee, some teas, some sodas and chocolate all have caffeine in them.

### **Dizziness / Lack of Coordination**

- Reduce sugar intake which affects your blood sugar level causing hypoglycemia.
- Be sure to drink plenty of pure water to stay well hydrated. Dehydration can cause dizziness and headaches.

### **Nausea / Vomiting**

- Eat 1 cup of plain yogurt mixed with fresh berries or jam sweetened with fruit juice (no sugar) in the morning. This helps to keep the good bacteria at a high count which helps with digestion.
- Ginger is a tried and true helper for nausea, so add it to your recipes. You can often find ginger tea in health stores.
- Add a Calcium supplement because it has a soothing effect on your tummy.
- Peppermint tea, or sucking on a peppermint can soothe nausea.

## **Food Cravings**

- Eat small meals or snacks every 2 or 3 hours instead of the standard “3 meals a day”. This is good for overall basic health anyway, but to help with PMS this method restores energy levels and therefore keeps you from craving junk because the blood sugar level has dropped. A fruit smoothie with a scoop of protein powder (no sugar) in the afternoon, around 3PM can help keep your energy levels high.
- Eat complex carbohydrates but keep them minimal. (Like whole grains, beans/ legumes, fresh fruit and starchy vegetables like yams, sweet potatoes, corn, peas and carrots. Keep away from the simple carbohydrates like sweeteners used in cookies, candy and ice cream. The simple carbohydrates will contribute to food cravings and make other PMS symptoms worse.
- A Calcium/Magnesium supplement (try to find one that is chelated for better absorption) which are co-factors for many body functions. A lack of these two minerals can cause many PMS symptoms.

## **To help with feelings of anxiety, irritability, anger, stress, depression, and crying spells:**

- Maintain regular sleep patterns. Although this is one of the most difficult things we all have to do in life it is very important to make it a priority. We will function better for our families, our careers, and ourselves. We will also feel more refreshed each day and good sleep promotes balanced hormone production.
- Vitamin B6, Vitamin C, Vitamin E, and a Calcium/Magnesium supplement can be taken for balance and brain health.

- Try aromatherapy baths, candles, and room scents with chamomile, lavender, peppermint, rose, rosemary, and sandalwood to promote relaxation.
- Take 20-30 drops of Motherwort tincture (found in health food and natural stores) 2x a day for a month to help stabilize these feelings if they are overwhelming.
- Spend some time doing something for YOU. This might be underrated in our busy lives. It is proven that if we women take time for ourselves once or twice a week to do something we enjoy we are better mothers, better wives, and it promotes fertility by reducing our stress levels.
- Eliminate caffeine when at all possible as it affects the brain and causes anxiousness and irritability.

## Sleep

- [Melatonin](#) occurs naturally in the body and can be taken in supplement form. It is known to increase sleepiness to fall asleep quickly, lengthen the hours of sleep, give you a better quality of sleep, and reduce fatigue during the day.
- Exercise regularly. Even if you can't make it to a gym there are plenty of other ways to get your body moving for a half hour every day. You can take a walk or bike around your neighborhood, follow an exercise program on a dvd (the library may have one you like), or sign up for a membership at your local Athletic Club.
- Practice relaxation techniques like prayer and thoughtful meditation, [yoga](#), or deep breathing exercises.
- Take a hot bubble bath with some soothing scents such as chamomile and lavender before retiring for the evening.

- Do not, and I repeat do not, balance your check book, pay bills, or anything else stressful before bedtime. Sometimes we are tempted because the day's distractions have subsided enough to do these things, but they will only bring your stress level up and that is the last thing you want when trying to get a good night's sleep.

Because many PMS symptoms are caused by hormonal imbalance, it's important to adopt a healthy diet and lifestyle to eliminate your symptoms and create higher fertility as quickly as possible. If your body has too much estrogen, as compared to progesterone, you'll likely experience sore breasts and other PMS symptoms. Taking a quality multi-vitamin supplement or prenatal vitamin that has a variety of B vitamins can be very helpful. Vitamin B6 is especially important so be sure you're getting enough of that nutrient.

Increasing your fiber intake will also move old hormones and an over abundance of hormones out of the body more quickly which will help in balancing hormone levels, reducing PMS and increasing fertility. Be sure you're eating at least one green salad a day, whole grains and other foods which increase your fiber intake.

Thyroid dysfunction, adrenal exhaustion, and yeast overgrowth (candida) can also cause PMS. If you find that you have multiple PMS symptoms and no remedies seem to work, it may benefit you to talk to a naturopathic doctor regarding these other possible causes. Never just let things go because that leads to extra stress over things that can be overcome with proper attention.

Balancing hormones has helped many women to become pregnant faster than expected when trying to conceive. If you're experiencing PMS it's a good indication that your hormones may be out of balance to some degree so try one or more of these remedies and see if it makes a difference for you.



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