

# Women's Health Issues: PMS

## Harmony & Health

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Quality Products for Health

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During the time between ovulation and menstruation, many women experience dramatic changes in their health and mood called Pre-Menstrual Syndrome (PMS). These health issues and their causes vary from woman to woman. Estrogen (1st half of menstrual cycle) and progesterone (during 2nd half) are the hormones involved.

**Causes of PMS:** (along with lack of sleep or exercise)

- **Nutrition** - Avoid vegetable oils, caffeine, simple sugars and processed foods. Eat good protein & veggies!
- **General Toxicity** - Can be a sign of weakened liver and digestive tract. Try a **Tiao He Cleanse**.
- **Yeast Infections** - Antibiotics and birth control pills can kill good bacteria and allow yeast overgrowth. **Probiotic 11** will help build up friendly flora (Microbiome). Packaged cleanse for this is **Candida Clear**.
- **Thyroid Problems** - Signs are irregular periods & extra bleeding. Try **Thyroid Support & Liquid Dulse**.
- **Adrenal Fatigue** - Caused by stress. Try **Adrenal Support** and **Nervous Fatigue Formula**.

**Symptoms of PMS:**

1. **Mood swings** caused by estrogen levels being too high (from fat in commercial meat, dairy and plastics) and progesterone too low. Try **Wild Yam and Chaste Tree** to increase progesterone. Other helpful products are: **Indole-3 Carbinol**, **Chinese Liver Balance or Blood Build**, **Vitamin B6** and the essential oils, **Changes & Clary Sage** which can be misted or applied to pulse points.
2. For **Cramps** add **Cramp Relief**, an antispasmodic formula that eases cramps (also in muscles and colon).
3. **Cravings** for chocolate and sugar is caused by a drop of blood sugar levels. Eliminate carbohydrates like refined sugar, white flour, white rice and corn syrup. Eat good quality protein & healthy fat. Try **Licorice root** and **Super Algae** to stabilize blood sugar. Also, **Evening Primrose Oil**, **Magnesium Complex** (also required for muscles to relax), **Vitamin B6** and **Zinc** may be helpful for this symptom.
4. **Depression** is caused by too much progesterone and often a high level of lead. **Mega-Chel** helps the body get rid of lead. **Magnesium Complex** is also good. For depression, try **St. John's Wort** (but not while on birth control pill and other medications), **Black Cohosh or Chinese Mood Elevator**. Eat soy & green veggies.
5. **Bloating** involves fluid retention leading to weight gain and puffiness. It is caused by too much aldosterone, an adrenal hormone. Helpful supplements are **Kidney Activator (Chinese)**, **Magnesium Complex** and **Vitamin B6**.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Help Your Body Stay Healthy with Natural Remedies.*

