

Women's Health Issues: PMS

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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 & birth control pills kill good bacteria & allow yeast growth. **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 meat, dairy and plastics) and progesterone too low. Try **Pro-G-Yam Cream** to increase progesterone. Other helpful products are: **Indole-3 Carbinol, Chinese Liver Balance or Blood Build, Vitamin B6** and essential oils, **Changes & Clary Sage**.
2. For **Cramps** add **Cramp Relief**.
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 & fat. Try **Licorice root** and **Super Algae** to stabilize blood sugar. Also, **Evening Primrose Oil, Magnesium Complex, 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), **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, Magnesium Complex, & Vit B6**.

Important: The 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 treat-

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