



THE NATURAL APPROACH TO

**P.M.S.**

# WHAT IS P.M.S.

P.M.S. IS CATEGORIZED AS THE PHYSICAL, EMOTIONAL, AND PHYSIOLOGICAL SYMPTOMS WOMEN EXPERIENCE PRIOR TO MENSTRUAL BLEEDING

~40% OF WOMEN OF CHILD BEARING AGE EXPERIENCE P.M.S.

~70% EXPERIENCE DYSMENOREAH: PHYSICAL PAIN EXPERIENCED DURING MENSTRATION CAUSED BY THE HORMONE PROSTAGLANDIN

~5% EXPERIENCE P.M.D.D (PREMENSTRUAL DYSPHORIC DISORDER): SEVERE IMPAIRMENTS WITH SIMILAR SYMPTOMS AS P.M.S.

# WHAT IS P.M.S.

CAUSED BY:

- ABNORMAL HORMONE RESPONSES
- ABNORMAL SERATONIN ACTIVITY AFTER OVULATION

## PHYSICAL

TENDER BREASTS  
BLOATING  
SWELLING  
HEADACHE  
BACK PAIN  
MUSCLE ACHES  
JOINT PAIN  
BREAK OUTS  
CONSTIPATION  
AND/OR  
DIARREAH

## PHYSIOLOGICAL

MOOD SWINGS  
IRRITABILITY  
ANGRY OUTBURSTS  
SLEEPLESSNES  
FEELIN TENSE  
CRYING  
DIFFICULTY FOCUSIN  
TIRED/LATHARGIC  
DEPRESSION  
CRAVINGS  
CONFUSION  
ANXIETY  
SOCIAL WITHDRAWL

# SYMPTOMS & SUPPLEMENTS

## CALCIUM:

- FLUXUATIONS IN CALCIUM LEVELS PAIRED WITH LOW VITAMIN D INTAKE = HIGH RISK OF PMS SYMPTOMS
- 1,000-1,300MG CALCIUM EVERY DAY WILL ALLEVIATE THE MAJORITY OF PMS SYMPTOMS, ESPECIALLY CRAMPING AND IRRITABILITY

## VITAMIN B-6:

- HELPS WITH THE PRODUCTION AND REGULATION OF DOPAMINE AND SEROTONIN AKA WILL HELP WITH MOOD REGULATION (IRRITABILITY, DEPRESSION, ANXIETY, ETC.)
- SERATONIN FLUXUATIONS=CARB CRAVINGS
- 100MG EVERY DAY WILL HELP

# SYMPTOMS & SUPPLEMENTS

## MAGNESIUM:

- HELPS REGULATE EMOTIONAL STATE INCREASING FEELINGS OF CALMNESS, WILL ALSO AID WITH MENSTRUAL MIGRAINES, CRAMPS AND BACK PAIN BY REGULATING PROSTAGLANDIN AND HELPING MUSCLES RELAX
- 200MG EVERY DAY

## IRON:

- AS YOU ARE MENSTRATING (BLEEDING) YOU ARE LOOSING IRON, IT IS IMPORTANT TO BE EATING IRON RICH FOODS TO KEEP YOUR STORES REPLENISHED AND TO PREVENT ANEMIA

# SYMPTOMS & SUPPLEMENTS

## EFA'S (ESSENTIAL FATTY ACIDS):

- OMEGA-3 & OMEGA-6
- HAS BEEN SHOWN TO HELP REDUCE INFLAMMATION THROUGHOUT THE ENTIRE BODY

## CHASTEBERRY

- AN HERBAL REMIDY THAT HAS BEEN SHOWN TO REDUCE SYMPTOMS OF BREAST TENDERNESS, BLOATING, DEPRESSED MOOD, AND IRRITABILITY
- 20MG/DAY

# MORE WAYS TO IMPROVE SYMPTOMS...

## SUBSTITUTE SIMPLE CARBS FOR MORE COMPLEX CARBS

- COMPLEX CARBS CREATE A STEADIER SUPPLY OF ENERGY THAT CAUSES A LESS ABRUPT SPIKE OF INSULIN IN YOUR BODY. SHARP INSULIN SPIKES CAN CAUSE CRASHES IN BLOOD SUGAR AND ENERGY AND SIMPLE CARBS (LIKE SUGAR) CAN ADD TO BODILY INFLAMATION

## AVOID EXCESSIVE SODIUM INTAKE

- SODIUM CAN CAUSE WATER RETENTION TO BECOME EXASBERATED. WHILE SOME FLUID RETENTION IS NORMAL EXTREME FLUCTUATIONS ARE USUALLY SINGS OF LARGER IMBALANCES

# MORE WAYS TO IMPROVE SYMPTOMS...

## LIMIT ALCOHOL AND CAFFINE:

- ALCOHOL AND CAFFINE BOTH DISRUPT SLEEP AND CAN CAUSE AN INCREASE IN INFLAMATION IN THE BODY AS WELL AS BE HARMFUL TO YOUR GUT ENVIRONMENT IN WHICH 90% OF YOUR SERATOIN IS PRODUCED

## PROPER NUTRION FOR YOUR LIFESTYLE AND NUTRITIONAL NEEDS

## REGULAR EXERCISE

- INCREASED LEVELS OF ENDORPHINS WILL DECREASE THE AMOUNT AND SEVERITY OF THE PMS SYMPTOMS YOU EXPERIENCE





IF YOU ARE STRUGGLING WITH YOUR LIFESTYLE, DIET/NUTRITION, EXERCISE ROUTINE OR ARE SIMPLY LOOKING FOR GUIDANCE TOWARDS YOUR OVERALL OPTIMAL WELLNESS PLEASE CONTACT PETRA VIA INSTAGRAM DIRECT MESSAGE. MENTION YOUR POSSESSION OF THIS PDF AND YOU WILL BE CONSIDERED FOR A SIGN UP DISCOUNT ON YOUR FIRST 3 MONTHS OF 1:1 COACHING.

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