

## Help My Premenstrual Problems!

**Q:** I suffer from acne, bloating, food cravings and mood swings before my period. How can I feel better during this horrible time of the month?

**A:** Premenstrual syndrome (PMS) is a common condition that affects every woman differently. The symptoms, which also can include depression, weepiness, nausea, breast tenderness and fatigue, can occur anywhere from a few days before your period to 2 weeks prior. Balancing your hormones is key to reducing these uncomfortable symptoms. Naturopathic Medicine uses herbs which balance hormone function and certain nutrients, such as vitamin B6 and magnesium, which can be low in PMS sufferers. It is also important to examine causes of hormone imbalances, such as the birth control pill, excess body weight, stress, and digestive disturbances. Some patients find relief from eliminating food sensitivities, which can exacerbate PMS symptoms. Acupuncture is also useful to treat emotional disorders and other various symptoms associated with PMS. It is important to recognize that a Naturopathic Physician treats each individual with the cause of the symptom in mind. I will devise a treatment plan specifically to meet your health concerns, with long term great health in mind. Most extended health plans cover Naturopathic Treatments!