



PMS – That Hormonal Havoc!

Q: I don't want to have to deal with PMS every month. Any suggestions?

A: Premenstrual syndrome (PMS) is a medical condition that affects about 40% of women in their reproductive years. As many of you women know, symptoms of PMS are breast tenderness, bloating and water retention, upset stomach, food cravings, headache, irritability and mood swings that can generally occur 1 to 14 days before your period. These symptoms are caused by hormonal imbalances of estrogens and progesterones. A simple salivary hormone test can determine what your hormone balance is. There are many options for helping to treat these imbalances. Did you know that caffeine can deplete the body of B Vitamins and contribute to your symptoms? You may want to think about your caffeine intake, especially during this phase in your menstrual cycle. A great supplement for most female hormonal conditions is high doses of Vitamin B6. Common herbs that also help are viburnum, caulophyllum, and mitchella. Most often I find that women are deficient in progesterone. Vitex is a wonderful herb to naturally raise progesterone levels in the body. Let's not forget about your liver. As the liver metabolizes the female hormones in your body, it should be supported. Great liver support foods are lemons, beets and artichokes. Milk thistle is a herb that can also protect and support the liver. PMS need not wreak havoc on your life. Come into A New Leaf and find out how we can help you feel great every day of your cycle!