

Does PMS rule your life?

During the childbearing years, a female “flowers” once a month. Your body prepares for the enormous task of growing another human. Whether you are trying to have babies or not, your body prepares as if you are.

When your body is well fed and rested and disease-free,when your muscles are toned and strong from being used regularly,when your lifestyle is balanced and stress levels are not overwhelmingTHEN the cycle of fertility flows smoothly and without problems.

Many things can upset the delicate hormonal balance: mineral and protein deficiencies; lack of B vitamins; lack of regular exercise; too much salt, red meat, sugar and caffeine; stress and emotional tension. Our foods and environment are full of chemicals that clearly disturb healthy hormonal balances.

When estrogen and progesterone balances are disturbed, our bodies put out clear signals. If you regularly experience some of the following symptoms during the two week period before menstruation, you are one of millions of women who have Pre-menstrual Syndrome (PMS).

- food cravings
- breast tenderness
- water retention and bloating
- unstable blood sugar level and fatigue
- mood swings or temporary depression
- argumentative, aggressive behavior
- irritability
- migraines/headaches
- backache
- uterine cramping
- acne

PMS symptoms may be worse for women in their late thirties and older, after pregnancy, just before menopause and for women on birth control pills. Some women say that cyclic up's and down's make them feel out of control all month!

There is no one cause of PMS and no one treatment. A holistic approach, tailored to individual needs is most beneficial.

Caution: Symptoms such as fatigue, abdominal bloating, headache, nausea, and depression may be caused by other health conditions. Consult a qualified healthcare practitioner about any chronic or recurring symptoms.

Take a natural approach.....

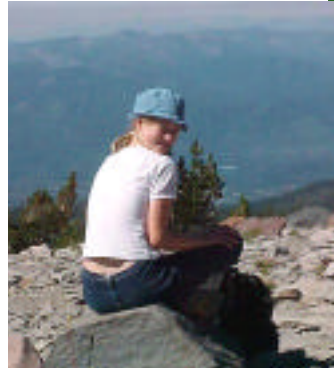


Listen to your body.

Nurture your Self.



Take control of your diet.



Fertility cycles are a natural part of our lives. They do **not** have to be **problematic**.
Learn the natural ways to respond to PMS “signals”

LISTEN TO YOUR BODY.

Uncomfortable pre-menstrual and menstrual symptoms are a sign that the ideal conditions for childbearing and sexual health are not being met.

Food cravings indicate that you need something you are not getting. Unfortunately, the cravings often are for sweets, dairy products, or salty foods—the very foods that worsen PMS symptoms.

Yes, you DO need plenty of calcium, but too high intake of dairy products (especially milk) can block magnesium absorption. It's best to get calcium from a variety of sources. Green vegetables, sea greens, tofu, molasses, shellfish, nuts and seeds provide easily absorbable calcium.

Cravings for sweets may be your body's desperate attempt to correct flagging blood sugar levels. But too much sugar upsets essential mineral balances and interferes with transport and metabolism of many other nutrients. Sugar splurges increase bloating, headaches and irritability.

Avoid the up's and down's—and unnecessary weight gain—by eating smaller, more frequent meals. When you find yourself heading for the kitchen to satisfy the sugar demon, grab a potassium-rich piece of fruit first. Cravings disappear!

Cravings for salt follow indulgences in meat and sweets. Salty foods increase water retention



premenstrually and increase likelihood of headaches and cramps. Resist the urge for salty chips; find saltless varieties and keep carrots, celery and lettuce wedges on hand for crunching.

NURTURE YOURSELF.

Premenstrual symptoms are your body's way of telling you to nurture yourself. Take a nap or a relaxing hot bath. Eat right. Remember your supplements. Get to bed on time. Just say "no" to unreasonable demands on your energy. You don't have to be rich to get a good massage: Take those shoes off and grab a bottle of lotion. Work out the tender spots on your feet and pay extra attention to the liver and sexual organ pressure points.

Exercise is the ultimate nourishment for your body!

TAKE CHARGE OF YOUR DIET.

Minimize cravings by providing your body with the nutrients it needs for sexual health.

Eat a high-fiber, low-fat diet with plenty of fruits, vegetables, whole grains, beans, nuts, seeds, and fish. Eat brown rice often for B vitamins.

Add soy foods and cruciferous vegetables to reduce excess estrogen linked to PMS.

Cut out any refined sugar, salt, caffeine, or alcohol for two weeks before your menstrual period.

Eliminate dairy products during PMS days.

Drink 6 glasses of water daily.

Plan small, frequent meals to keep blood sugar levels in balance.

Use only non-hydrogenated vegetable oils and avoid saturated fats found in animal products.

Nutritional Therapy can:

- ▶▶ help you identify specific hormonal imbalances by tracking PMS symptoms
- ▶▶ recommend nutritional and time-honored herbal supplements to address specific imbalances
- ▶▶ identify nutritional deficiencies and recommend safe ways to fill them.

Homeopathic Treatment can:

- ▶▶ correct hormonal imbalances
- ▶▶ relieve or abort migraine headaches and menstrual cramps
- ▶▶ address the underlying causes of premenstrual tension
- ▶▶ reduce irritability and inflammation

**Ellen Coleman, CN, HMC
Certified Nutritionist and
Homeopathic Master Clinician
P. O. Box 124
Mt. Shasta City, CA 96067
By appointment.
Phone: 530/859-2703
ellenbc11@hotmail.com**