

PREMENSTRUAL SYNDROME (PMS)

Refers to a wide range of symptoms such as bloating, cramps, breast pain, headaches, migraines, insomnia, food cravings, and mood changes that typically develop between ovulation and menstruation.

POSSIBLE CONTRIBUTING FACTORS



- Estrogen dominance:
 - Estrogen is high (obesity, perimenopausal surges, cysts, steroid medications, estrogen supplements, over-aromatization from high insulin/inflammation)
 - Estrogen is normal, but progesterone is low
 - Estrogen is relatively higher than progesterone due to xenoestrogens or “estrogen mimickers” from outside chemicals (i.e. BPA, triclosan, phthalates, glyphosate) – cannot be measured in blood chemistry!
 - Lack of clearance of spent estrogen (i.e. poor liver detox, constipation, high beta glucuronidase from gut dysbiosis causing recirculation of estrogen)
- Estrogen-based oral birth control leading to higher estrogen
- Higher insulin and blood sugar levels leading to PCOS, anovulation, and low progesterone
- Hypothyroid function leading to low progesterone
- Stress leading to less progesterone production
- Perimenopause leading to a decline in progesterone and erratic surges of estrogen

LIFESTYLE & DIETARY RECOMMENDATIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Go organic; animal products & produce on the Dirty Dozen list
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour.
- Eliminate caffeine, alcohol and dairy foods
- Adrenal support: sole, stinging nettle tea, rosehip tea and other vitamin C rich foods
- Liver/gallbladder support: dandelion root tea or beet kvass. 1 cup cruciferous veggies daily.
- Focus on stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying ‘no’ more often, yoga
- Focus on sleep hygiene
- 1-2 Tbsp ground flaxseeds daily to fill estrogen receptors with weaker phytoestrogen
- Reduce xenoestrogenic chemicals in personal hygiene and beauty products. Select brands with toxicity score of 2 or less on EWG.org.
- Eliminate plastic bottles and containers. Switch to glass or stainless steel.

SUPPLEMENT CONSIDERATIONS



- For cramps: evening primrose oil (500mg 2 x per day)
- To boost low progesterone: chaste tree berry (Vitex) (1000mg, 1-2x per day in the luteal phase)
- Detox support: magnesium, B complex
- Adrenal/Thyroid nutrient support formula or glandular
- Blood sugar support formula
- Omega 3-6-9