

Premenstrual Syndrome

The Natural Holistic Approach

Maintain a simple diet: low in fat and high in fiber; decrease meat and sugar; increase soy, dark green vegetables. Increase fiber with beans, peas, whole grains. Use lots of Tofu in your diet, in sauces, soups and stews, it blends in nicely. Be very careful with dairy, many women have relief by eliminating it. Eliminate salt.

Take the following supplements the last 14 days of your cycle up to menses

1. Black Cohosh (Cimicifuga racemosa) one brand is Remifemin
1-2 caps per day
2. Chasteberry (Vitex Agnes castus)
400 mg/day
40 drops/day
3. Progestin Cream or other Wild Yam cream (talk to Dr. Green about this)
Remember: only from ovulation (day 14) to the day Before your period!!
Rub into approximately silver-dollar sized area, thinly (belly, inside of thighs, change location each day)

Take additional B6 50 mg-100 mg and Magnesium 300-500 mg when 1st PMS symptoms are noticed

Take the following supplements every day

Vitamin E 400 IU / day
Vitamin C 500-1000 mg/ day

Take your multiple Vitamin/Mineral Formula (1-a-Day and Centrum not good)
Da Vinci's OMNI, Spectra Woman OR equivalent 2-3 X/day WITH meals.

*The following **herbs** are generally useful; however, herbs are medicine (interactions are possible) and quality is important: talk to Dr. Green first:*

St. John's Wort can be useful for Depression, but must be taken longer to achieve results. (May interact with some medications)

Kava Kava has more immediate results but is designed for anxiety and similar states.

Panax Ginseng or Siberian Ginseng can also be useful as a tonic to help balance your energy and is least likely to interact with medications or foods..

Rescue Remedy or your **special formula Bach Flower** from Dr. Green can be useful and since they are homeopathic, they will not interfere with any medication or supplements you may be taking concurrently.

Women's Blend (Red Raspberry Complex) smooths hormonal imbalance.