

PMS Types

Most women experience some form of PMT in our modern world. It is due, I think, to busy schedules, poor diet, stress and lack of quality individual self-care time. Cyclic behavior is simply not acknowledged in this male dominated world so it can be difficult to give yourself the rest and time out that you need in the pre menstrual phase.

For information on looking at PMS from an emotional or metaphysical point of view go here <http://www.menstruation.com.au/periodpages/pms.html> - it will change the way you look at the pre menstrual phase.

There are generally about 5 different sorts of PMS. Type A, B, C, D and H.

The general Health Guidelines to assist with PMT discomfort are;

Include Vitamin B6, Zinc, Magnesium, and Essential Fatty Acids. (taking a good multi with regulating herbs often covers many of these)

Avoid caffeine and alcohol - try herbal teas or dandelion coffee

Eat natural whole foods.

Avoid sugary refined foods.

Drink lots of water.

(Refer to last Newsletter or these links for more general food rules <http://www.menstruation.com.au/periodpages/foods.html>)

TYPE A (high oestrogen : low progesterone ratio)

Nervous tension, weepiness, anxiety, mood swings and irritability. Periods start suddenly and are heavy with clots.

Extra help - Vit E,

TYPE B (high progesterone:oestrogen ratio)

Stress is a big factor in this type and the mood changes and irritability will lean more towards aggression than depression. Aggression or depression is just energy (which we have labelled as negative) which is either directed outwards - aggression, or directed inwards - depression.

Weight gain, swelling of hands and feet and breast tenderness.

Extra help - Vit C with bioflavonoids.

Reduce salt. _ On this note _ What sort of salt do you use? Throw out your table salt because it is harmful and only buy Sea Salt, which is more beneficial containing important trace minerals. Be aware that processed foods often have high amounts of salt in them - You will get more than enough salt even if you don't add extra salt to your food.

Include a natural diuretic such as celery or Juniper in your diet. Drink more water not less, as this will flush your system out. Your organs of elimination including your kidneys work better when the fluid intake is high.

TYPE C

Often associated with fluctuations in blood sugar levels can include headache and fatigue, moodiness and irritability due to drops in blood sugar level.

Extra Help - Magnesium is very important as it assists in insulin metabolism.

Eat smaller meals frequently and include starchy and complex carbohydrate foods like pasta, potatoes, vegetables and quality proteins (lean meat, fish etc). Avoid sugar and refined foods.

TYPE D (low oestrogen: high progesterone ratio)

Emotional changes like depression, forgetfulness, insomnia, confusion, and teariness.

Extra Help: Kelp, spirulina, and potassium oxide. Eat simple foods that are easily digested.

TYPE H

Water balance symptoms - fluid retention, bloating, breast tenderness, swollen hands and feet related to high sodium and alcohol intake.

Reference website: <http://www.menstruation.com.au/periodpages/pmstypes.html>