

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

PMS - Premenstrual Syndrome

By Lee Mellott

PMS - Premenstrual Syndrome

by: **Lee Mellott**

Millions of women experience symptoms of PMS every month. Crying spells, nervousness, anxiety, depression, bloating, headache, fatigue...The list goes on. Each woman is unique as to the degree of severity and discomfort she will experience and this will vary from month to month.

One symptom common to many women, is an increase in appetite – food cravings. There is a strong urge to gobble chocolate, cheese, sweets or other goodies (usually not fresh veggies and steamed fish!).

Though the exact cause of PMS is unknown, hormonal changes such as estrogen levels appear to play a part. One report I read, revealed that many environmental estrogens such as those from toxic fumes, pesticides, pollutants and hormone fed cows infiltrate our body.

These are often carcinogenic and compete with a woman's natural estrogen, resulting in estrogen overload. This may impair the woman's ovulation cycle causing the symptoms mentioned earlier.

There are some simple things you can do to help with your PMS symptoms, exercise and a healthy diet are chief among them.

Exercise lifts the mood. It reduces stress, tension and anxiety. By adding in a 30 minute brisk walk or other activity several times a week, you are ahead of the game! Stretching also helps the muscles relax. Try to stretch each day in the am and pm.

What you eat is a major factor in how you are going to feel. PMS may be helped by following the healthy diet of The Path. By eating whole natural foods you eliminate many of the problems associated with processed goods, fast foods etc. PMS symptoms tend to appear about 2 weeks before menstruation. This of course will vary from one individual to the next.

PMS – Premenstrual Syndrome

During this time if you cut back on caffeine, alcohol, salt and sugar you can reduce the discomfort you'll experience. As a follower of the FatFallacy plan you will most likely be eating smaller portions of these items anyway and find your symptoms have lessened since following the lifestyle.

If you still have uncomfortable PMS try to cut back a bit more on the salt and sugar. Up your intake of fresh veggies and lean proteins. Make sure you eat plenty of carbohydrates - like good grains to keep your serotonin levels elevated.

At one time women were thought to be unstable when PMS occurred. Thank goodness science now recognizes that PMS is real and women experiencing it are not crazy! Eat a healthy diet and exercise to help relieve the symptoms. And don't forget to eat a little chocolate too. Just make sure you reach for the high quality bon-bon!

Lee Mellott is the webhost for The PATH Weight Loss:

. She holds a Masters

degree in Education from Hood College. Born in England, she spent most of her childhood in France and Germany. Lee resides with her husband Rusty and their two daughters Katie and Jessica in Maryland.

Eat More Leafy Greens To Reduce Pms Symptoms

By News Canada

(NC)—Eating foods that are high in sugar and saturated fats, along with too much caffeine and alcohol can trigger premenstrual syndrome (PMS) in many women. PMS is controlled by the hormone estrogen – too much or too little causes moods to fluctuate, depression, anxiety, food cravings and bloating about a week before a period begins.

To help keep estrogen levels balanced, avoid cravings for sweet and salty foods since they will magnify PMS symptoms, notes Sam Graci, nutritional researcher and author of the new book – *The Food Connection: The Right Food at the Right Time*. Stay away from dairy products and meats that are high in saturated fats, as well as caffeinated beverages, which raise the blood levels of estrogen and cause headaches, irritability and anxiety.

To help reduce symptoms of PMS and balance estrogen levels, eat at least two to three servings of colourful fruit and a large leafy green salad, along with whole grains such as oatmeal or seven-grain cereal. These foods are high in fibre, which helps keep estrogen levels balanced. In addition, start each day with a nutritional supplement such as greens+™, a balanced formula of 23 vitamins, minerals, organic and nutrient-rich foods. One serving of greens+ is the equivalent of six organic salads. The nutritional supplement also packs plenty of natural soy ingredients, which contain phytoestrogens to keep estrogen levels balanced.

PMS – Premenstrual Syndrome

In addition to fibre and soy, eat plenty of "good" fats – Omega–3 Essential Fatty Acids (EFA). Fish such as salmon or tuna are the best source of these EFAs, which are said to help reduce headaches, irritability and anxiety.

For more information about greens+, call 1–877–500–7888, or visit the web site at

.
provides a wide selection of current, ready–to–use copyright free news stories and ideas for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready–to–use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not–for–profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready–to–use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

Related Content:

Eat More Leafy Greens To Reduce Pms Symptoms
Taking the pimples out of PMS
You Don't Have To Suffer With PMS
Top Ten Reasons Natural Hormone Replacement Therapy Works
Premenstrual Symptoms - A Bane Of Every Woman

Read more Content at

Related Products:

Stretch Assistant Software
Natural Pain Management
Use and Abuse of Steroids

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!