

## Remedies for Menstrual Issues

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**PMS** = mood swings, sleeplessness, bloating, irritability, anxiety, depression, breast tenderness, acne, constipation, diarrhea

- PMS does not need to happen
- PMS symptoms are a manifestation of a hormonal imbalance during the luteal phase of your cycle (the 10-12 days leading up to menstrual bleeding)
- PMS symptoms indicate that there's a relative hormonal imbalance, where estrogen is too high and/or progesterone is too low
- PMS may also be caused by deficiencies in Vitamin B6, Vitamin B12, Vitamin D or magnesium, elevated cortisol, thyroid dysfunction or possible serotonin and dopamine imbalances
- It's important to address PMS, both to improve quality of life and to take care of our health. PMS is a manifestation of imbalance; the body is communicating that there is something we need to bring back into balance.

### Remedies for Menstrual Issues:

- **Tea**
  - o Nettles and red raspberry leaf tea daily
  - o Increase consumption during the week prior to menses and the week of bleeding
- **Supplementation**
  - o Ginger
  - o Chasteberry (*Vitex*)
  - o Crampbark – 1 dropperful twice a day beginning 2-3 days prior to menses and then 1 dropperful every 2-4 hours while bleeding
  - o Milk Thistle Yellow Dock Supreme by Gaia Herbs – every 3-4 months, take 1 dropperful twice a day for the duration of the bottle
  - o Take a good quality multivitamin (e.g., Restorative Formulations or Designs for Health Complete Multi)
  - o Calcium/Magnesium 500mg twice a day the week before your period
  - o Magnesium – Pure Encapsulations Magnesium Glycinate ~400mg at bedtime throughout the month
  - o DIM
  - o Liquid chlorophyll
  - o Turmeric (Seeking Health Liposomal Curcumin/Resveratrol)
  - o Maca (Nutiva brand)
  - o Melatonin – 2mg at bedtime 4-5 days before onset of menses
  - o Vitamin C – 2g daily
  - o Vitamin D3 (Designs for Health Emulsi D3 synergy with vitamin K)

- **Detoxification to Support Estrogen Clearance**
  - See detox handout
  - Stress management, to promote healthy levels of progesterone
  - Anti-Inflammatory Diet (most important step)
    - Supplements can be helpful, but there's no pill that replaces the dietary step. ***Improving the endocrine and hormone system always hinges on food.***
    - Eliminate gluten, industrially-processed vegetable oils, sugar and processed foods
    - Add in vegetables, wild fish, ample natural fats (grass-fed ghee/butter, coconut oil, avocado, olive oil), organ meats, starchy tubers
    - Improve overall nutritional status (organ meats, green leafy vegetables, starchy tubers, wild fish)
- **Food**
  - Consume foods that help “break down” estrogen:
    - Dark leafy greens (for magnesium & fiber), root vegetables (carrots, parsnips, turnips, sweet potatoes; for vitamin A)
  - Avoid foods and substances that expose your body to excess estrogens:
    - Soy products, plastics, estrogenic medications (e.g., the pill), conventional personal care products, pesticides, air pollution, unfiltered tap water (recommend Aquasana water filters), and avoid slathering your body with essential oils (they're phytoestrogenic)
- **Stabilize Blood Sugar**
  - This frees up your endocrine system to focus on secondary functions, such as balancing the hormones
  - Stabilize blood sugar by avoiding sweets and refined carbohydrates and increasing consumption of healthy fats, protein and complex carbohydrates/starchy tubers
  - You can take a spoonful of coconut oil or MCT oil 1-3 times daily to help maintain stable blood sugar
  - Also bring healthy snacks with you to work or when you travel (e.g., Vital Choice salmon jerky, Epic jerky bars, nuts, hard boiled eggs, avocados)
- **Lifestyle**
  - As Victoria Albina writes, “exercise is a vital part of cramp management”
  - Use topical castor oil packs starting a few days before onset of menses
  - Take Epsom salt baths regularly
  - “Live within the architecture of the 4 hormonal phases” – Alisa Vitti
    - Read more about this approach to food, exercise and priorities: [www.floliving.com](http://www.floliving.com)