Relieve PMS with these Foods, Herbs, Vitamins, Minerals, and Supplements

Suddenly you realize there’s a little black cloud over your head. Or maybe it’s a big one. Things that usually don’t bother you are getting on your very last nerve. You’re not sure if you want to pick a fight or cry. Before you tell your boss what you really think of him or confront your significant other about his shortcomings, stop and check the calendar. Is this PMS? Is “estrogen poisoning” ruining your day? If that’s the problem, there are supplement and herbs you can use to get back in control.

Herbs known to relieve symptoms of PMS

- Black cohosh (Actaea racemosa)
- Burdock
- Chaste tree or chasteberry (Vitex agnus castus)
- Dandelion (Taraxacum officinale)
- Dong quai (Angelica sinensis), also known as Chinese Angelica
- Evening primrose oil (Oenothera biennis)
- Ginkgo (Ginkgo biloba)
- Lemon balm (Melissa officinalis)
- Maca (Lepidium meyenii)
- St. John’s wort (Hypericum perforatum)
- Wild yam (Dioscorea villosa)

Vitamins, minerals, and supplements

to relieve symptoms of PMS

Chocolate candy is not your best friend right now. You do not need to add unstable blood sugar to unbalanced hormones and underachieving neurotransmitters. If you are craving chocolate, your body is craving magnesium. But that is not the only supplement you need right now. Your first aid supplements should include the following:

- B vitamin complex
- Calcium
- Vitamin D
- Magnesium
- Chromium
- Omega 3s (either as a supplement or take a tablespoon of flaxseed oil, fish oil, or a blended omega 3.6.9. oil)

If you take a really good multi-vitamin with all of the above included, unless it is very high in B vitamins, it’s not a bad idea to include a B complex. B vitamins are nature’s Valium; many women feel considerable relief fifteen minutes or so after taking a large dose of Bs.

This is a day to be on your best behavior. Not only do you need to hold your tongue, you need to watch what you put in your mouth. This is a perfect day to snack on fresh organic veggies and fruits all day long. And all those things you’re not going to say? Write them down and see if those are issues you need to deal with next week, when you’re not feeling so intense. Chances are, you really do need to deal with those issues, just not right now.

Shillington’s Female Balance Formulas

Shillington offers three formulas that help balance female hormones.

Female Balance Formula

This formula is the 3 balancing herbs to balances the hormones. It’s good for alleviating cramps and anxiety. Ingredients include Chaste tree berry, wild yam root, and dong quai root in a base of grain alcohol and distilled water.

Female Formula

This formula is predominantly the 3 balancing herbs from the Female Formula along with a few others making it an overall female tonic for balancing hormones, relaxing,, as well as a cramping and anxiety handler. Ingredients include wild yam root, chaste tree berry, Dong Quai root, blue and black cohosh, valerian root, passion flower, uva ursi, hops flowers, cornsilk, juniper berry and dandelion root in a base of grain alcohol and distilled water.

Female Energy Formula

With Damiana leaf, wild yam root, licorice root, siberian ginseng roots, sarsaparilla root, saw palmetto berry, oat seed, kola nut and ginger root in a base of grain alcohol and distilled water, this formula works well at balancing the hormones and improves energy as well as sex drive.

What typically causes PMS symptoms

An inability to process and assimilate B vitamins, a lack of vitamin D, and other hormonal imbalances can be traced back to an overabundance of candida. Like so many diseases, candida is often the underlying cause. Even when candida is not the source, at the very least, candida exacerbates PMS symptoms. Check out the first source below for information about candida and the gut.

While it is great to know that there are natural remedies to alleviate the symptoms of PMS, alleviating symptoms is a short term strategy, not a cure. If you are ready to rid yourself of

these miserable symptoms and get your hormones in balance, it’s time to make some lifestyle changes.

If you’re on the lookout for some healthy chocolate recipes, go to healingthebody.ca. And see *Natural Remedies for PMS* for more information on diet, herbs, and other supplement options.

Recommended Supplements:

- Shillington’s Female Formula
- Total Nutrition Formula
- Maca Root – Wise Woman
- Boswellia – Pure Encapsulations – Gaia Herbs
- Krill Oil (Omega 3s)
- D – Thorne Research
- B-Complex #6 – Thorne Research
- FloraMend Prime Probiotic – Thorne Research
- Formula SF722 – Thorne Research
- Magnesium Complex Liquid

Further Reading:

- Natural Remedies for PMS Moodswings, Bloating, Cramps, etc
- 80% Raw Food Diet
- Mental Health, Physical Health & B Vitamins – Nature’s Valium
- Cheap and Easy Detox Diet Plan
- Cranberry Lemonade Recipee
- Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula

Sources:

- Mayo Clinic.com
- Women’s Health.gov
- University of Maryland Medical Center
- Women to Women