

# Preventing PMS

## *What to Do*

- Correct estrogen dominance with natural progesterone cream.
- Take a daily multivitamin/mineral that includes zinc, 10 mg; B complex (all of the B vitamins); vitamin C, 500-1000 mg; magnesium, 300-400 mg; vitamin E, 400 IU daily. In addition, take Vitamin B6, 50 mg daily.
- Eat a plant-based, fiber-rich diet of fresh, organic vegetables and fruits, nuts, seeds, whole grains, and legumes.
- Eat fish at least twice a week.
- Take evening primrose oil or borage oil to treat symptoms (equivalent to 300 mg GLA oils once or twice daily).
- Take an herbal formula for PMS such as the Chinese Bu Tiao or Hsiao Wan or a Western formula that includes some or all of the following herbs: peony root, milk thistle (*Wilybum marianum*), *Vitex*, wild yam (*Dioscorea*), dandelion root, yarrow, and nettle.
- Take a liver supporting and detoxifying herbal formula that includes some or all of the following herbs: *Bupleurum*, milk thistle (*Silybum marianum*), barberry or goldenseal, burdock root, yellow dock, dandelion root.
- Manage stress to avoid chronically high cortisol levels.
- Get some exercise every day.
- Keep a journal and allow yourself to notice the deeper levels of your anger and pain. Seek to resolve unresolved issues the rest of the month.

## *What to Avoid*

- Birth control pills.
- Unopposed estrogen.
- Situations that cause anovulatory cycles.
- Sugar and refined carbohydrates.
- Rancid unsaturated oils and hydrogenated oils.
- Feed-lot meats (eat range-fed, organic meats free of drugs and pesticide residues).
- Pesticides of all kinds.
- Chronic stress.