

PMS Help—For Her

Premenstrual symptoms (PMS) or premenstrual dysphoric disorder (PMDD) either cause or worsen depression, anxiety, panic, anger, and the speed and severity of mood swings. This is thought to be caused by a drop in estrogen and progesterone from releasing an egg and a decrease in serotonin production in the intestines. These symptoms often worsen with age. Here are some ways you can best take care of yourself during this time.

Diet: From moderate daily exercise to keeping a healthy weight, a healthy diet is always crucial for physical and emotional well-being, but especially now. Avoid all sugar during this time, and for two days prior, including fake sweeteners, alcohol, and excessive fruit. Substitute fruit juice with a few berries, bananas with avocados, and processed flour with legumes. If you crave treats, enjoy ones that are mostly fat rather than sugar (sugar turns into fat more easily than fat will get stored as fat). Go for extra dark chocolate, taking time to savor the richness as it slowly melts in your mouth, or snack on pure coconut flakes, avocado slices, or other similar goodies. The best regular foods to consume are greens (think stir fry, salad, or veggies with hummus). Vegetables have plant sterols and properties, ranging from DIM to vitamin C, that help balance a disrupted hormonal system.

Supplements: Fenugreek helps balance blood sugar and supports hormone levels. Take around 2,000 mg three times per day during PMS, and 500 mg once per day the rest of the month, either in food, supplement, or tea. Hop tea (used sparingly) also helps increase estrogen. Beers were once made with all manner of herbs, but it would make men too talkative and rowdy, so they started using hops to poorly mimic the bitterness of herbs in beer. Hops is the most estrogenic-producing substance known, making all other foods look like steroids. For serotonin, add Saint John's wort or ashwagandha. Take it with tryptophan on an empty stomach for best results. Some say 2 tablespoons of freshly ground flax seeds each day (ground flax seeds will become rancid quickly) also helps. We are unique, so you must see yourself as worth the effort to experiment and find what helps *you* the most.

X Times: I once read how children who had severe head injuries were 6 times as likely to be jailed due to outbursts of anger. Upon reading that, I sat the book down, knowing I had such an injury, and said aloud, "Six times? That means I need to work six times as hard to keep anger, not at bay, but far away." Life, being unfair, makes it so some need 2 times as much effort, and others 20 times as much effort. So ask yourself: What is the amount of effort *I* require to take care of myself during this time? From herbs to meds, from salt baths to massage, what kind of care do I need? Where will I make space for meditation, enjoyable creativity, and quiet time? How much sleep is best for me? What else have I or others done that helps us stay balanced? On the back of this page, write out all you know of. Then, ask others what helps them so you can create the best plan to take care of the one we love: *You!*

Communication: A supportive partner is the best help of all. Speak your needs when calm, not your blames when emotional—distressed you doesn't know your needs! Our emotions are our own, be it heightened anger from head injuries, sadness, grief, fatigue from a long day, or mood fluctuations from natural cycles. Sit with your partner, while both of you are calm and clear-minded, and ask, "What can I do for you? What can I do for me?" Read *PMS Help—For Him* and talk with your partner today.

If applying this helps improve your life, then look for more resources at:

www.EmotionalManagement.org