



# village health clinic

naturopathic medicine & midwifery care

## Dietary Guidelines for PMS

1. Limit consumption of refined sugar and other concentrated sugars. eg. cookies, cakes, desserts, honey, very sweet dried fruit and fruit juices (the less the better). Spikes in blood sugar may disrupt estrogen metabolism.
2. Limit intake of salt / sodium.
3. Restrict alcohol, tea, coffee, chocolate and all other **caffeine-containing** beverages & foods such as soft drinks and energy drinks/bars. Caffeine can increase estrogen levels and causes water retention.
4. Increase intake of anti-inflammatory foods such as flax oil, nuts and seeds, fruits, vegetables and fish. Focus on walnuts, pumpkin seeds, & hemp seeds.
5. Increase intake of green leafy vegetables such as spinach, kale, chard, mustard greens, dandelion, etc. Aim for 6-8 servings of vegetables per day. One serving is ½ cup cooked or 1 cup raw veggies.
6. Restrict intake of dairy products to 1 serving per day & choose organic dairy. No cheese allowed until hormone balancing is achieved.
7. Limit intake of chicken and choose organic when possible. (Very inflammatory and increases cramping).
8. Choose to game meats such as bison, deer, ostrich, etc as a healthier source of protein. Otherwise, choose organic meats & poultry only.
9. Aim to have seafood/fish 2-3 times per week. Ask about safer fishes to consume.
10. Exercise 4 times a week (this decreases estrogen and increases happy brain hormones).
11. Include a tablespoon of flax meal and hemp seeds a day (add to a smoothie, oatmeal or yogurt).

## PMS Relief Smoothie Options

**In a blender, add 2 scoops Estrium powder to one of the following smoothie options:**

### **Chocolate Cravers Shake**

1 cup Silk Chocolate Soy Milk  
1 frozen banana  
1 teaspoon psyllium husk  
1 capsule Chromium Picolinate (AOR)  
1 capsule Magnesium Picolinate (Jay's Pharmacy)  
Ice

### **"Blues-Buster"**

1 cup plain or vanilla Soy milk  
1 cup frozen blueberries  
1 frozen banana  
2 capsules P5P (Thorne)

### **Pina Colada PMS Vacation**

¾ cup pure pineapple juice or puree  
½ cup light coconut milk  
1 frozen banana  
2 capsules Cal-Mag Citrate (Thorne)  
2 capsules Vitamin D (Thorne)  
Ice



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## Balance-Me Muffins

1-1/4 cup Buckwheat flakes (can use organic oats)  
1/2 cup brown rice flour  
1/4 cup ground flaxseeds  
1 scoop hemp protein powder or 1 tablespoon hemp hearts  
1 tsp. Baking powder  
1 tsp. Baking soda  
pinch of sea salt  
pinch of cinnamon  
2 organic eggs  
1/4 cup plain organic yogurt (dairy or soy, your choice)  
3 medium, very ripe bananas  
1/2 cup agave syrup or brown sugar  
1/3 cup grapeseed oil (organic canola works fine)  
1/4 cup walnut pieces

### Method:

Preheat oven to 375°F.

In a large bowl, mix together buckwheat flakes, rice flour, flaxseeds, hemp, baking powder, baking soda, salt, and cinnamon.

With an electric mixer, blend eggs, bananas, yogurt, agave or sugar, and oil until well incorporated. Fold in flour mixture and walnut pieces.

Fill light greased muffin tins 3/4 full. Bake for 20 minutes or until tops spring back when lightly touched. Cool completely.

These muffins freeze well, otherwise store in an airtight container.

These make a great on-the-go breakfast option with a side of fruit or a cup of organic yogurt. It is also a great craving quencher if you are plagued with the sugar monster!

### These muffins provide the following:

Vitamin D and Calcium – together have been shown to reduce PMS symptoms by 40 percent!

Vitamin B6 and Potassium – to reduce cramps, water retention, and depression, as well as relieving other PMS symptoms.

Magnesium – reduces irritability and stabilizes blood sugar