

# Village Health Clinic

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[www.villagehealthclinic.ca](http://www.villagehealthclinic.ca)

## Dietary Guidelines for PMS

1. Limit consumption of refined sugar and other concentrated sugars. eg. cookies, cakes, desserts, honey, very sweet dried fruit and undiluted juices (the less the better). (Spikes in blood sugar disrupt estrogen metabolism).
2. Limit intake of salt.
3. Restrict alcohol, tea, coffee, chocolate and all other caffeine containing beverages such as soft drinks. (Caffeine increases estrogen levels and causes water retention).
4. Restrict intake of dairy products to 1 serving per day. No cheese allowed.
5. Limit intake of chicken. (Very inflammatory and increase cramping).
6. Increase intake of anti-inflammatory foods such as flax oil, nuts and seeds, fruit, vegetables and fish. (Focus on walnuts and pumpkin seeds).
7. Increase intake of green leafy vegetables.
8. Avoid Tylenol and other pain medications.
9. Exercise 4 times a week (this decreases estrogen and increases happy brain hormones).
10. Increase phytoestrogen foods by referring to the healthy estrogen handout.
11. Be sure to include a tablespoon of flaxmeal a day (add to a smoothie, oatmeal or yoghurt).

## NUTRITIONAL SUPPLEMENTS

**Pyridoxine (Vitamin B6):** 250mg daily with meals; 250mg twice daily for 10 days premenstrually. (Helps to balance estrogen, increase happy brain hormones, decrease insomnia, nervous tension and fatigue).

**Magnesium:** 400mg-1000mg daily with meals. (Increases mood and decreases cramping)

**Vitamin E:** 150 IU twice daily (Decreases headaches, depression, bloating, irritability and breast tenderness).

**Vitamin A:** 20,000 IU daily with food; 40,000-60,000 IU daily for 10 days premenstrually. (If bleeding is heavy).

**Flax oil:** Day 1-14 (day 1 being the first day of flow): 1 T a day.

**Evening Primrose Oil:** day 15-28 one capsule twice daily.