

~ A Healthier You ~

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Wild Yam Root

PMS Relief - Naturally

Premenstrual symptoms, such as depression, bloating and mood swings are no laughing matter. However, there are some very effective natural remedies such as herbs and vitamins to help you. PMS affects $\frac{1}{3}$ to $\frac{1}{2}$ of all American women between the ages of 20 and 50 - as many as 15 million women. So you are not alone in your sugar cravings, mood swings and weight gain symptoms.

Hormonal imbalance can be responsible for all of these and many more symptoms, such as skin eruptions and tender breasts. Thank God there are herbs that can correct these problems and make life enjoyable once again!

Wild Yam root
Chaste berry
Dong Quai
Sarsaparilla root
Evening Primrose oil
Black Currant oil
Feverfew

A healthy diet may also help to relieve PMS symptoms. You could limit the fat, avoid sugar and alcohol and eat lots of vegetables. Also add some dietary fiber to your meals.

Many women with PMS have a surplus of estrogen and a deficiency of vitamin B6. A deficiency may cause abnormal metabolism of the amino acid L-tryptophan, which is converted into serotonin in the body. A deficiency of this mood elevating neurotransmitter in the brain can play havoc with a woman's moods.

A good approach to adding supplements would be to add vitamin B6 along with the minerals calcium, magnesium and zinc. Also try adding some essential fatty acids along with regular exercise and a balanced diet. Because some women experience a drop in calcium blood levels one or two weeks before menstruation, they experience muscle cramps, nervousness and pelvic pain. Try taking calcium in proper balance with magnesium for optimum absorption to alleviate this problem.