

# PREMENSTRUAL SYNDROME (PMS) III

By Dr. Cindy Williams

Are you a PMS sufferer who has experienced the frustration of being told that there is nothing abnormal or “wrong” with you? All your medical tests and exams were normal? PMS sufferers are often left asking the question, “How can I be ‘normal’ when I feel so awful”?

Today, most authorities agree PMS is caused by imbalanced hormones (estrogen and progesterone primarily). For example, you may ask why do I crave sweets right before my period and how do I stop the craving? This is caused by high progesterone levels which include cravings for carbohydrates. Estrogen, on the other hand, increases blood sugar and reduces cravings. See, there are physiologic reasons for your symptoms!

Conventional treatment for PMS has included synthetic hormones like contraceptive pills, diuretics, counseling and thyroid medications as well as anti-depressants. Natural hormone treatment may be a better choice for you than synthetic hormone treatment. Dr. John Lee, M.D. and author of Natural Progesterone: The Multiple Roles of a Remarkable Hormone, has had successful results in treating women’s hormone problems with natural progesterone cream made from wild yam since 1982. Dr. Lee found that the desired hormone regulation was achieved with 5 to 8 times less progesterone when using a cream compound compared to taking oral progesterone. Oral contraceptives and synthetic progesterone tend to worsen PMS symptoms because they lower the level of normal progesterone.

In addition to natural hormone therapy, there are other natural approaches recommended for the treatment of PMS symptoms. These would include diet, nutrition and exercise. Many physicians recommended supplements of B-6, B complex, calcium, magnesium, Vitamin E and C to reduce PMS symptoms. In our practice we have experience and success in helping women with natural approaches to managing PMS symptoms. Call and ask for a consultation today.

For more information on this or other health topics, including information about our services, go to [www.creatingfamilywellness.com](http://www.creatingfamilywellness.com) or call us at 507-281-4878.