



What is Premenstrual Syndrome?

Premenstrual syndrome (also referred to as PMS or PMT) is a condition defined by a set of hormonal changes that cause troublesome symptoms in many women one or two weeks before the onset of their menstrual cycle. A combination of physical, emotional and psychological symptoms are experienced ranging from abdominal **bloating, fatigue, breast tenderness and headaches** to mood swings, depression or crying.

It is estimated that approximately 80% of women suffer from PMS, and it is more common in women between their late 20s and early 40s. For the majority of women, **symptoms are experienced for a few days and are usually mild** and easily treated. However, for a small percentage, symptoms may be severe enough to interfere significantly with work performance and relationships and may last for up to two weeks.

Symptoms usually disappear after menstruation starts. A more serious form of premenstrual syndrome is called premenstrual dysphoric disorder (PMDD) where **emotional and physical symptoms intensify** and hamper personal and professional life. PMDD can be distinguished by physical symptoms as well as psychological symptoms such as extreme anxiety, tension, mood swings and a depressive state.

It affects about 5 to 7 percent of women. Medications prescribed to treat PMDD include **antidepressants, anti-anxiety drugs and hormone drugs** to prevent ovulation. Natural treatments are also therapeutic and excellent at reducing symptoms often helping to treat the underlying causes of the problem, rather than simply suppress symptoms.

What Causes Premenstrual Syndrome?

The causes of premenstrual syndrome are not known but there are underlying factors that may trigger the symptoms. These factors include:

Hormonal changes

Hormone levels may fluctuate due to the decreased production of sex hormones after ovulation has taken place

Brain chemicals

Fluctuations of serotonin in the brain may lead to **mood swings and depression**

Opioid peptides

These are also brain chemicals that fluctuate in response to the hormones

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

produced by the ovaries and can affect mood

Other possible causes may include a poor diet, mineral and vitamin deficiency, and stress

Diagnosing Premenstrual Syndrome

Premenstrual syndrome cannot be positively diagnosed, but **symptoms may be linked to your menstrual cycle**. Your doctor may ask you to record your signs and symptoms of two menstrual cycles in a diary to establish a pattern.

The **symptoms of premenstrual syndrome** differ from one woman to the next. Some women **experience mild episodes of PMS** while others experience severe cramps, headaches, backaches and breast tenderness.

The common symptoms and **signs of premenstrual syndrome** include:

- Abdominal bloating
- Weight gain
- Breast tenderness
- Backache
- Joint pain
- Muscle pain
- Fatigue
- Insomnia
- Acne
- Appetite changes and food cravings
- Anger, irritability and mood swings
- Anxiety, tension and depression
- Crying and feeling 'weepy'

Help for Premenstrual Syndrome

There are a wide variety of treatments and lifestyle changes that can alleviate and **manage the symptoms of premenstrual syndrome**. These include:

Over-the-counter pain relievers such as ibuprofen, aspirin or naproxen
Prescription medicines such as oral contraceptives, antidepressants or beta-blockers

While these treatments can be beneficial, these medications are strong, and may have side effects. Some may also be addictive.

Natural and holistic treatments can be very effective in treating the physical and emotional **symptoms of premenstrual syndrome** and providing relief. Natural remedies have been used traditionally for many years to combat PMS symptoms and restore hormonal balance. These treatments usually work best in combination with a health program that is tailored to the individual's needs.

Herbal and homeopathic remedies are completely safe, and non addictive – without the side effects of prescription drugs. These remedies contain ingredients such as Fennel, Pulsatilla and Melissa which help to naturally reduce the effects of



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

[premenstrual syndrome](#) and support health. Don Quai is also a very effective Chinese herb which **helps to restore hormonal balance and promote female reproductive health** – thereby reducing the occurrence of pre-menstrual symptoms. Consult an herbalist or homeopath about a treatment that suits you.

Lifestyle changes can go a long way to **improving the symptoms of PMS**. These include eating a healthy diet, exercising regularly and getting enough sleep. Acupuncture and Chiropractic therapy can also be effective in lessening the troublesome symptoms of PMS.

More Information on Premenstrual Syndrome

There are certain preventative measures that can help relieve the symptoms of premenstrual syndrome. These tips include:

- Reduce stress by getting enough sleep and practicing deep breathing exercises
- Practice relaxation therapy with the help of specially composed CD's
- Exercise three to five times a week with activities such as walking, swimming or aerobics
- Make dietary changes and increase your intake of vegetables, fruit, and whole grains
- Reduce salt and sugar intake
- Increase the calcium in your diet
- Drink at least 6-8 glasses of water daily
- Take multivitamins daily which include calcium, magnesium, zinc, selenium and evening primrose oil
- Avoid stimulants such as coffee, alcohol and tobacco
- Apply a hot water bottle or castor oil pack to prevent cramping and pain
- Keep a journal to record and track your symptoms
- Go easy on yourself during your menstrual cycle, and pamper yourself with bubble baths and aromatherapy oils.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce

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it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines



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produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Dong Quai: Promotes a healthy reproductive system, premenstrual, menstrual and menopausal health

Dong Quai, one of the most important of the Chinese tonic herbs, is used as a **nourishing blood tonic and to support the menstrual cycle**. Dong Quai has been used for centuries by Asian healers to support **balance of female hormones** and to promote hormonal health during the menopause and perimenopause. More recently, clinical research has confirmed the effectiveness of this tonic herb.

[Learn more about Dong Quai](#)

MindSoothe: Promote balanced mood, emotional health and feelings of wellbeing

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to **safely maintain emotional health, balanced mood and systemic harmony** in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their excellent and supportive function in maintaining brain and nervous system health, **emotional balance** and overall emotional well-being.

While the herbal ingredients in MindSoothe have been used for thousands of years in traditional folk medicine, more recently extensive research has supported the therapeutic and tonic benefits, as well as the safety profile of these herbs – meaning that you can use MindSoothe with confidence and without fear of side effects.

The formula remains true to the **whole spectrum method** of manufacture, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

In combination with a healthy lifestyle and diet, MindSoothe supports the healthy functioning of the brain and nervous system, thereby helping to **support emotional wellness and maintaining balanced mood, a positive mental attitude, and routine equilibrium.**

As a bonus, regular use of MindSoothe also helps to maintain healthy sleep patterns, a balanced appetite and **support a healthy sex drive.** MindSoothe can be used consistently, without compromising health.

[Learn more about MindSoothe](#)

Calm Within CD: Improve relaxation, support balanced emotions and stress levels.

The Calm Within CD is composed by our Clinical Psychologist to promote good physical and emotional health using a specially developed therapeutic sound techniques and [soothing music](#).

A combination of therapeutic script and natures [soothing sounds](#) induce a state of [deep relaxation](#), effectively relieving tension and supporting the body's natural ability to heal. In therapy with music that heals anxiety and depression such as natures soothing sounds the listener is taken through a series of progressive relaxation steps, leading to a state of deep relaxation. Thereafter guided imagery is used to further enhance and expand therapeutic benefits.

[Learn more about the Calm Within CD](#)

Femalite: Maintain normal emotional and [hormonal balance](#) during PMS

Femalite is formulated by our Clinical Psychologist to help **maintain stable mood and hormonal balance** before menstruation, as well as provide a soothing effect for those common monthly 'aches and pains' during menstruation itself. It contains three well known, **soothing and effective herbal** ingredients - Fennel, Pulsatilla and Melissa.

Formulated in convenient drop form, Femalite may be taken when needed for **support during the premenstrual and menstrual** period. Simply added to juice or water and sipped, Femalite is pleasant tasting and can make all the difference.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Femalite](#)

Read the testimonials for these quality products [here!](#)



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