



## Nutritional Tips for PMS Prevention

**PMS (Premenstrual Syndrome) is characterized by irritability, fatigue, cramps, headache or generalized pain associated with the menstrual cycle. It may be caused by many factors, but it generally indicates that there is a hormonal imbalance. Below are basic nutritional guidelines for prevention of PMS.**

- **Drink enough water, especially for the two weeks before your period.** Start with 6 cups of water daily, and drink more if you are thirsty. If you exercise or are in hot weather you will need more water than usual. You should drink enough water to make your urine a light yellow color with a clear consistency.
- **Eat plenty of fresh fruits and vegetables, at least 4 servings per day.** This will give you fiber, which detoxifies extra hormones in your body that lead to PMS. This will also give you extra nutrients to help with hormone balance. Whenever possible, eat organic fruits and vegetables, which are free of pesticides and fertilizers which negatively affect the body's hormonal balance.
- **Eat cruciferous vegetables often.** “Cruciferous” refers to a family of vegetables including broccoli, cauliflower, Brussels sprouts, kale, collard greens, cabbage, and turnips. These vegetables contain compounds that detoxify unhealthy forms of hormones and may protect against cancer.
- **Avoid sugar and caffeine, especially for the two weeks before your period.** Sugar and caffeine disrupt hormonal balance by putting stress on your endocrine (hormonal) system. They also cause blood sugar spikes and crashes, which may lead to food cravings, irritability and headaches.
- **Limit alcohol consumption to 0-2 drinks per day.** Alcohol dehydrates the body and puts unnecessary stress on the liver. Both of these factors intensify PMS symptoms.
- **Replace commercial meat and dairy with organic, hormone-free, and/or range-fed meats and dairy products whenever possible.** Commercial meat and dairy products contain higher levels of pesticide residues and artificial hormones, both of which confuse the body's natural hormonal signals.
- **Get plenty of sleep.** Sleep is a time of deep detoxification for the body, and especially for the liver. When your liver is able to work effectively, it is more likely that your hormone levels will stay in balance.

**The above are only general suggestions. If you would like to learn more about how to balance your hormones nutritionally, please consult with a qualified nutrition-minded practitioner.**