

## THERAPEUTIC GUIDE

### PREMENSTRUAL SYNDROME

Premenstrual syndrome (PMS) is a constellation of symptoms characterized by their onset several days prior to menstruation, resolving when menstruation begins. These symptoms can include irritability, emotional tension, anxiety, moodiness, depression, food cravings, skin eruptions, headaches, cramping, breast tenderness, and swelling due to water retention. The exact cause is not known but is probably related to the fluctuation of hormones or neurotransmitters during the menstrual cycle. Symptom severity can range from mild to debilitating and tends to be worse in younger women. Premenstrual dysphoric disorder is a related condition which presents with more severe depression and mood symptoms.

#### Homeopathics

**Anpituapar™**- glandular homeopathic for the endocrine system, indicated for relief of weakness, weariness, thirst, PMS, and bone pain.\*\*

**Anxiety HP™**- high-potency formula indicated for symptoms of anxiety and nervousness.\*\*

**Easter Lily**- single homeopathic remedy made from the Easter lily, traditionally used for balancing the female reproductive system.\*\*

**Endopar F™**- glandular homeopathic female hormonal balancer, indicated for relief of menstrual pain and cramps, pain immediately prior to menses, and sore breasts associated with menstruation.\*\*

**Estrogens**- may temporarily relieve irregular periods, heavy bleeding, and breast tenderness.\*\*

**Ignatia**- single homeopathic remedy indicated for menstrual cramps with sadness, worry, and changeable moods.\*\*

**Limbex™**- glandular homeopathic to support the endocrine system, indicated for fear, melancholy, and poor memory.\*\*

**Lymphapar™**- glandular homeopathic indicated for lymph drainage and swollen irritated breasts prior to menses.\*\*

**Mag Phos**- single homeopathic remedy indicated for nerve pain, cramping pain, and painful menstruation.\*\*

\* **PMS HP™**- high-potency formula for severe symptoms of PMS, indicated for relief of symptoms of headache, irritability, nervousness at onset of menses, vaginal discomfort, heavy menstrual bleeding, breast tenderness, and irregular menses.\*\*

**Progesterone Phenolic**- indicated for mood swings, painful menses, breast tenderness, headaches, and nervousness.\*\*

**Pulsatilla**- single homeopathic remedy indicated for menstrual pain and irregularity, especially with moodiness or weeping.\*\*

#### Herbals

**Anacom A.M.™ or Anacom P.M.™**- fortifier for the nervous system and herbal pain reliever, indicated for anxiety, nervousness, and pain.

**Calming Formula**- Rainforest Botanical calming formula that breaks the insomnia cycle, calms hyperactive children, soothes nerves, and eases jitters and palpitations.

**Chaste Tree**- single spagyric herbal to help support hormone regulation and reduce acne, pain, bloating, and breast tenderness.

\* **Cohoshcom I™**- fortifier for the ovaries and hormonal balancer, indicated for menstrual disorders, hormone imbalances, uterine problems, headaches, nervousness, excessive menstruation, and PMS.

*\*Denotes primary remedies*

### PREMENSTRUAL SYNDROME (CONTINUED)

**Cohoshcom II™**- fortifier for the female endocrine system, indicated for menstrual disorders, hot flashes, menopause, hormonal imbalances, depression, excessive menstruation, headaches, detoxification, ovarian support, and uterine disorders.

**Diuretic Formula**- Rainforest Botanical formula that helps to alleviate excess body fluid.

\* **Female Formula**- Rainforest Botanical female lunar cycle formula that relieves symptoms of PMS, soothes nerves, balances hormones, eases pain of menstrual cramps, and relieves peripartum pain.

**Gencom™**- fortifier for the blood, blood purifier, and detoxifier for the general system, indicated for migraine headaches and amenorrhea.

**Nettlecom™**- fortifier for the blood and natural source of iron, indicated for anemia due to excessive menstruation.

**Red Raspberry**- single spagyric herbal used as a long-term uterine tonic to reduce cramping.

**Turmeric**- single spagyric herbal indicated for inflammation and neurotransmitter balance, has been shown to ease severity of physical and emotional PMS symptoms.

**Uña de Gato**- single herb from the Amazon Rainforest known for its immune-supporting, antioxidant, anti-microbial, antiviral, and anti-inflammatory benefits. Also known as cat's claw and available in liquid or capsules. Studies have shown it to be effective in the treatment of menstrual irregularities.

**Valericom™**- fortifier and detoxifier of the nervous system, indicated for pain, anxiety, and mood problems.

#### Nutritionals

\* **B-6 250 MG**- vitamin B6 in particular may alleviate bloating, moodiness, and general symptoms of PMS.

**B-Complex**- the B vitamins support the adrenal glands and reduce water retention.

**Calcium 6 Plus**- six sources of calcium with magnesium and other nutrients. Studies have shown calcium may help reduce bloating and fatigue.

\* **G.L.A. Borage**- gamma linolenic acid (GLA) is a precursor to prostaglandin E1, which attenuates premenstrual symptoms by lowering sensitivity to prolactin. GLA deficiency has been associated with premenstrual syndrome.

**Initial-E 450™** or **Natural-E 400**- vitamin E reduces breast tenderness and other PMS symptoms.

**L-Taurine**- amino acid that increases uptake of the essential fatty acids, supports nerve health, and reduces bloating.

\* **Mag-Chlor**- highly absorbable form of magnesium, deficiencies of which have been linked to PMS.

**Primrose Oil**- essential fatty acid supplement rich in GLA, which has been shown to help alleviate PMS.

*\*Denotes primary remedies*



## THERAPEUTIC GUIDE



864-408-8320 - Orders  
864-214-2264 - Clinical Support  
support@anovahealth.com  
www.anovahealth.com

### PREMENSTRUAL SYNDROME (CONTINUED)

#### Additional Considerations

Proper diet is extremely important in treating PMS. Encourage your patient to eat plenty of fresh fruits and vegetables and eliminate processed foods.

Regular exercise can be helpful. Studies show that PMS is more common in women who do not exercise and that its incidence decreases as cardiovascular fitness increases.

A warm bath, heating pad, or hot water bottle may alleviate cramps. Warmth increases blood flow and relaxes muscles.

Many women who suffer from PMS have thyroid abnormalities. You may wish to refer to the Thyroid Dysfunction section of this guide.

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*\*Denotes primary remedies*