



PMS (PREMENSTRUAL SYNDROME)

Nutritional Support Protocol

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
2. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
3. Meditate and practice breathing exercises to calm the emotional centers of your brain to encourage a more relaxed, happy state.

Dietary Recommendations:

1. Avoid all sugars including fruit and fruit juices. Replace sugar with the polyol sugar xylitol. Xylitol does not feed yeast.
2. Avoid refined carbohydrates from the diet especially those that are made with yeast such as bread, bagels, & English muffins (this includes cereal or pasta made with white flour, white rice, white potatoes, corn syrup, honey and candy).
3. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
4. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish, flaxseed, walnuts & pumpkin seeds);. Limit or avoid trans fatty acids (hydrogenated vegetable oil, margarine and shortening). Cook with olive oil at a low heat.
5. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit (fruits must be limited to 1 -2 per day due to sugar content). If you are unable to get in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.
6. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day. In addition, drink 2-3 cups of naturally decaffeinated green tea daily.
7. Excellent snacks are almonds, celery with almond butter, PaleoBars & PaleoMeal.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

FemGuard + Balance:	2 capsules with breakfast and 2 with dinner, 4 per day
XanthOmega Krill Oil:	1 softgel with breakfast and lunch, 2 per day
Adrenotone:	1 capsule with each meal, 3 per day
Pregnenolone CRT:	1 tablet per day

If needed for fluid retention:

Water Ease: 1 capsule with breakfast and 1 with lunch, 2 per day

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