

Treating Pre-menstrual Syndrome (PMS)

Health Kinesiology can offer you a holistic and unique approach to treating your PMS. The system uses a technique called muscle testing which can identify imbalances within your body. Gentle corrective techniques are then used to bring back balance and harmony.

What is PMS

PMS is a disorder caused primarily by imbalances of hormones and generally effects woman during the 2nd stage of their monthly cycle.

An amazing 70% of woman now suffer each month with PMS, many thinking their symptoms completely natural and so putting up with any discomfort. 1 in 20 woman say that PMS seriously effects their quality of life. PMS increases during times of hormonal turbulence such as puberty, childbirth, miscarriage or termination, and with changes in contraception. Women aged 30-45 years often experience the most severe PMS.

Common physical symptoms of PMS:

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|--------------------|---------------------|------------------|
| Weight fluctuation | Abdomen / back pain | Headache |
| Sore breasts | Bloating | Fainting |
| Allergies | Skin problems | Diarrhoea |
| Infections | Constipation | Nausea/ vomiting |

Some Emotional / psychological symptoms of PMS:

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|-----------------|---------------|-----------------------|
| Irritability | Anger | Confusion |
| Nervousness | Mood swings | Emotional sensitivity |
| Lack of control | Crying spells | Depression |

Causes of PMS

- Hormonal disturbances

Sensitivity to Progesterone is one of the most common causes of PMS

- Chemical disturbances

When a woman is sensitive to certain hormones chemical disturbances can result such as reduced levels of serotonin which effects mood

- Vitamin & mineral deficiencies

Deficiencies in Vitamin B6 and Zinc are most commonly thought to effect PMS

- Poor diet

Diets high in saturated fats and low in the essential fatty acids omega 3, 6 and 9 and also lacking in fresh fruit and veg contribute significantly to PMS symptoms

- Yeast infections (see candida fact-sheet also)

Yeast infections cause disturbances in the intestines and inhibit the body's ability to function properly

- Allergic reactions to certain foods (see allergy fact-sheet also)
Foods such as wheat and dairy are known to cause bloating and digestive disturbances in some people, which can aggravate PMS

- Stress (See stress fact-sheet also)
If you are stressed it will have a knock on effect on all areas of your health

How HK can treat PMS

Different people may suffer from PMS for different reasons. That's why an HK treatment will never be the same for any two people. The practitioner will work out a tailored treatment program that addresses the individual causes of your PMS this may include:

- Identifying and eliminating allergies to food and other substances
- Creating a perfectly balanced nutritional programme of foods and supplements to support the body's healing
- De-stressing and detoxifying the body
- Addressing the causes of emotional and psychological stress, and retraining the body to react in a different way to the triggers.

If you would like to find out more about HK or to book a session please call:

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