

# Kearns & Meiring

MEDICAL HERBALISTS

## Pre-menstrual syndrome diet

### // Dietary advice

#### Foods to increase

Vegetables	All especially green leafy vegetables and include a variety of colours of vegetables at each meal and eat as many of your vegetables as you can raw
Fruits	Low sugar varieties such as blueberries, blackberries and avocado
Beans, grains & pulses	Complex grains – whole rolled oats, spelt, quinoa, wholemeal rice and bread, lentils, beans, chick peas and tahini
Nuts & Seeds	All non-salted varieties, especially almonds and walnuts, sunflower and pumpkin seeds
Protein sources	Lean meats, cold-water fish (salmon, tuna, herring, mackerel and sardines), eggs, soya products
Fats & oils	Olive, soybean, flaxseed, evening primrose, borage and black currant seed
Drinks	Green tea, dandelion tea and other herbal teas

#### Foods to avoid / reduce

Fruits	Dried fruits, fruit syrups and limit fruit intake to 2 fruits per day (due to high glycaemic index)
Refined carbohydrates	All, especially white flour products such as cakes, sweets, carbonated drinks, sweet cereals, processed foods
Stimulants	Caffeinated coffee and tea (except green tea which can be beneficial), alcohol and chocolate – try to reduce to twice per week and avoid altogether in the week before your period
Dairy	Reduce milk, cream and cheese unless organic as may contain hormones and increase inflammation
Fats & oils:	Heated fats and processed oils

### // Supplements you may find useful

#### Vitamin B Complex

Indicated for premenstrual syndrome and headaches / recommended daily dose 50-100mg of activated forms

#### Essential Fatty Acids (EFAs)

Reduces inflammation in the body / recommended daily dose 3g twice per day

#### Magnesium

Improves glucose tolerance / recommended daily dose 400-800mg

#### Zinc

Aids in glycaemic control and supports blood vessels / use zinc gluconate lozenges or OptiZinc for best absorption / recommended daily dose 30 – 50mg (not more than 100mg from all supplements)

### // Lifestyle advice

- Take regular exercise (30 minutes each day) – yoga, walking, swimming, cycling
- Try to reduce the stress in your life or develop some stress management techniques that work for you

