

Natural PMS and Perimenopause Relief



Premenstrual Syndrome (PMS) and Perimenopause (Peri) is a seriously challenging time for many women. However, natural remedies can help manage and alleviate symptoms. Here are practical tips for reducing PMS and Peri through diet and lifestyle changes.

Make sure you consult with a healthcare provider or book in to see Lydia before starting any herbs or supplements to make sure the dose is right for your needs.

Diet, supplements and herbs:

1. **Cruciferous Power** 🥦 Load up on organic broccoli, cauliflower, cabbage, and Brussel sprouts to support healthy oestrogen levels.
2. **Chaste Tree** 🌿 3000mg of Chaste Tree daily can help regulate oestrogen and progesterone levels.
3. **Saffron** 🌸 Clinical trials show Saffron can reduce anxiety, stress, and improve mood.
4. **Magnesium** 🧠 Magnesium can help alleviate cramps, mood swings, and sleep issues.
5. **Vitamin B6** 🧠 supports mood regulation and can reduce bloating and breast tenderness.
6. **Zinc** 🍷 is essential for hormone balance and can help counteract the effects of high copper.
7. **Vitamin D** ☀️ plays a role in mood regulation and can help alleviate PMS and Peri symptoms.
8. **Eat Balanced Meals:** Incorporate a variety of fruits, vegetables, lean proteins, and whole grains in your diet to maintain stable blood sugar levels.

Lifestyle Recommendations:

1. **Regular Exercise** 🏃 Physical activity can improve mood and reduce symptoms like fatigue and bloating.
2. **Daily Poos** 🍑 Ensure daily bowel movements with fibre, water, and exercise to prevent oestrogen reabsorption and effective removal of toxins.
3. **Stress Management** 🧘 Techniques such as yoga, meditation, and deep breathing exercises can help manage stress which, in turn, can alleviate PMS and Peri symptoms.
4. **Adequate Sleep** 😴 Ensure you get enough restful sleep each night to help balance hormones.
5. **Hydration** 💧 of cells from drinking 2+ litres of water (can be from filtered water or herbal tea) is essential help flush out excess hormones and reduces bloating.
6. **Limit Caffeine and Alcohol** 🍷 Both can exacerbate PMS and Peri symptoms, including mood swings, anxiety, broken sleep and breast tenderness.

**Eat loads of
cruciferous
veggies**



Poo daily

**Drink
Lots of
Water**



**Support from hormone
QWEENS - chaste tree,
saffron, B6 & zinc**

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The Power of Hydration for PMS & Perimenopause



Importance of Hydration

Drinking plenty of water is essential for maintaining overall health and well-being. Here are several reasons why staying hydrated is crucial:

- **Optimises Physical Performance** 🏃 Proper hydration can significantly enhance your physical capabilities, especially during intense exercise or high-heat conditions.
- **Supports Cognitive Function** 🧠 Adequate water intake is vital for maintaining concentration, alertness, and short-term memory.
- **Aids in Digestion** 🥗 Water helps break down food so that your body can absorb the nutrients, have better energy and prevent constipation.
- **Detoxifies the Body** 💧 Drinking water removes toxins from the blood, reducing the burden on the kidneys and liver.
- **Promotes Healthy Skin** ✨ Hydrated skin looks more youthful and vibrant, reducing the appearance of wrinkles and dryness.

By incorporating these dietary and lifestyle changes, you can significantly improve your health and managing symptoms of PMS and Perimenopause. Consistency is key to experiencing the full benefits of these natural remedies.

Work with Lydia

With over 10 years experience as a certified Integrative Naturopath, Lydia helps women 30+ regain their energy, repair their gut and reset their hormones.

[Book now](#)



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