

# ROOT CAUSE REZ TOOLKIT: PMS

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## AMANDA'S TIPS

## DIET/SUPPLEMENT SUGGESTIONS

### Sedentary lifestyle

30-60 minutes of aerobic exercise 3+ times per week  
Include both cardio and weight/resistance training

Find an activity that you love - that way you'll stick with it. Work out with friends, or join a group fitness studio.

If you haven't worked out in a while, start slow and increase your frequency and intensity over time.

Be sure to eat sufficiently to support your activity! Aim for three meals daily, each with veggies, protein, and some healthy fat. Add snacks if needed based on hunger and your level of activity.

### Sub-optimal diet

Eliminate processed foods, fast food, and added sugars  
Focus on veggies with every meal, lean proteins, healthy fats  
Ditch dairy for a few cycles

Challenge yourself to eat six servings of veggies every day. Put special emphasis on cruciferous veggies like broccoli, kale, cauliflower, Brussels sprouts, cabbage, bok choy

Consider taking a daily multivitamin to serve as an "insurance policy" for any gaps in your diet.

### Detoxification Issues

Kick constipation by increasing your fiber intake (veggies, legumes) and drinking plenty of water  
Eliminate alcohol  
Eat lots of cruciferous veggies

Work up a sweat through exercise to enhance your detoxification.  
Challenge yourself to give up alcohol for three full menstrual cycles. If you go out with friends, sip on a seltzer with a splash of cranberry and a lime.

Magnesium citrate 300mg at bedtime can help with constipation, as well as PMS symptoms like cramps and mood changes. You can increase up to 600mg if needed, but pull back if stools become loose.

### Nutrient deficiencies

Eat a well rounded diet as mentioned above  
Supplement smartly  
Consider micronutrient testing with an integrative medicine practitioner, or at very least a serum vitamin D level so that you can dose according to your needs.

Try to eat the rainbow! Challenge yourself to eat a veggie or fruit from every color, every day.  
If you find that you have multiple nutrient deficiencies, consider working with someone to improve your gut health. Gut inflammation can decrease our ability to absorb nutrients, even when we are eating good foods!

Magnesium: Use mag citrate if you need help moving your bowels, otherwise magnesium glycinate 300mg daily, increase to 600mg starting a few days before your period, and stay on this dose until your period ends.  
Calcium citrate: 500-600 mg daily  
Vit D: 2000-4000iu per day, best to have levels tested prior to starting so that dosing is individualized to your needs!  
Vit B6: 50mg daily  
Axis Endo is a medical food (protein powder) which contains all of these nutrients, plus detox support and can be used once daily in your smoothies to make things easy.

### Stress

Commit to relaxation exercises daily and strategize ways to remove unnecessary stress from your life.  
Pull back on caffeine intake - caffeine raises cortisol, our stress hormone.

App stores are full of free or low-cost mindful meditation apps. I like Head Space and Calm, but there are many others to choose from!

Consider adding an adaptogen such as Shatavari 500mg two to three times per day. This herb is good for cortisol balancing as well as hormonal support.

### Estrogen Dominance

All of the above! Optimize diet, get moving, support detoxification, replete your nutrients, and BREATHE!

Work with an integrative or functional medicine practitioner for best results

Add 1-2 Tbsp of ground flax to your diet daily. Flax contains lignans, which are plant chemicals that positively influence our ratio of progesterone to estrogen, and fiber which can aid in bowel regularity.  
Consider adding Vitex 100mg twice daily to balance hormones. (This is included in the Axis Endo powder mentioned above)