



## Healthwatch

by Steven Bailey N.D.

### Preventing premenstrual syndrome

The premenstrual syndrome (PMS) is as its name suggests a syndrome (a group of symptoms and signs, which, when considered together characterize a disease or lesion) which occurs premenstrually (or preceding the bleeding phase of a woman's monthly cycle). The symptoms must disappear following menstruation (bleeding), and reoccur prior to the onset of the next menstruation. The symptoms vary from woman to woman but often include many of the following: cramping, tenderness of breasts, bloating and water retention, appetite changes (often craving for carbohydrates), fibrocystic conditions of breasts, ovaries and uterus, mood swings, tachycardia (rapid heart rate), and a wide array of emotional symptoms including nervousness, anxiety, depression and irritability.

"The premenstrual syndrome has been correlated closely with an excess of estrogen relative to progesterone. Another hormone, prolactin, inhibits progesterone production, and thereby aggravates the problem. Prolactin is secreted in response to stress, estrogen, oral contraceptives, and lactation."

"A high level of circulating estrogen is also associated with an increased risk for breast and uterine tumors, both benign ones and malignancies. The liver helps convert estrogen to a harmless metabolite (estriol). The thyroid hormone has effects which are antagonistic to estrogen. The pineal gland secretes a hormone called melatonin which has a negative feedback effect on estrogen production."

Knowing that the PMS has been correlated with an excess of estrogen relative to progesterone enables us to develop a conservative management program aimed at decreasing excessive estrogen levels through nutritional and physiologic changes.

At the nutritional level the following suggestions may provide helpful:

- 1) Include:
  - a. eggs, garlic and onions, legumes, peas, brewers yeast (1-2 T daily, kelp (1-3 tsp. daily), lecithin (1 T daily)
  - b. eat a diet consisting of 70% carbohydrates of which only 10% are simple sugars, 15% fat and 15% protein
  - c. eat small, frequent meals before the menstrual period to avoid constipation and hypoglycemia, which may aggravate premenstrual symptoms
  - d. include cod liver oil (for essential fatty acids), fish, seaweed, iodized salt, potatoes, sesame seeds, mushrooms (for tyrosine, which enhances thyroid function), apples, applesauce, yogurt, bran for proper digestive function
  - e. The following vitamins and minerals are commonly used in PMS programs:
    1. B complex 25-50 mg., B-6 100 mg., Vit. E 200-400 I.U., Vit. C 1-3,000 mg., bioflavonoids 500 mg., PABA 15 mcg., Vit. A 25,000 I.U.

and folic acid 100 mcg.  
 2. Zinc 30 mg., Calcium 500 mg., Magnesium 250 mg. (calcium magnesium ratio should be 2:1), Copper .05-2.0 mg., Selenium 100 mcg., Chromium 25 mcg., Iodine 200 mcg.

2) Exclude:

- a. Raw forms of the cabbage family (they suppress thyroid function), cauliflower, cabbage, kale, broccoli, brussel sprouts, rutabaga (they may be eaten steamed, sauteed or cooked)
- b. sweets, coffee, black tea, chocolate and soda pop
- c. red meat and pork

3) Additional dietary supports might include:

- a. herbs: sarsaparilla (progesterone precursors), hydrastic (goldenseal) for G.I. function, and taraxicum (dandelion for liver function)
- b. lipotropic factors for liver function (choline, inositol and methionine)
- c. glandular tissues (pineal and pituitary gland)

On a physiologic basis the following are important:

- a. aerobic exercise: increase liver function and assist stress management

b. stress management: (exercise, meditation, bio-feedback, etc.)

c. if you wear glasses or contact lenses, wear full spectrum as they will support proper pineal stimulation.

As you begin this program, your initial menstrual period may be more intense due to improved nutrition, and increased liver activity. As you continue with the program the benefits should begin by the second period.

\*A program for the correction of premenstrual syndrome and the prevention and treatment of disease in female organs. Portland Naturopathic Clinic handout.

A.M. PRINTING CO.

2201 N. Killingsworth  
 Phone: 283-2487

FOR ALL YOUR PRINTING NEEDS



Office & Business  
 Letterheads • Business Cards  
 Bulletins • Price Lists • Charts  
 Newsletters • Forms • Flyers  
 Envelopes • ADS PLACED

# I Have A Dream

## Safeway Salutes... Dr. Martin Luther King Jr.'s Holiday

**BORN: January 15, 1929, Atlanta, Georgia**

Dr. Martin Luther King, Jr., A Baptist Minister, led the Civil Rights Movement of the 1950's & 60's which lead to an end of racial segregation. He won the Nobel Peace Prize in 1964 for his non-violent protest movement.

**DIED: April 11, 1968, Memphis, Tennessee**



We at Safeway are committed to Dr. Martin Luther King Jr.'s dream of equal opportunity for all people.

It is a fundamental policy of our company to provide an educational reimbursement program to all our full-time employees and management training and advancement to all of our employees, without regard to race, color, religion, national origin, sex, age or physical handicap.

You see, we're truly proud to be a part of everyone's life; and we show it!



Written, Designed & Produced by Derrick L. Dansby

**Sabrina's Hair BOUTIQUE**

Total Line of Beauty

Specializing in the latest trends on all types of hair. Includes hairweaving, nails, facials, curls, and many other fashions.

3501 N.E. Union — 287-0978

**JACKSON'S OWL RADIO, TV & RECORD CO.**

Northwest's Largest Gospel Record & Tape Selections  
 Authorized Zenith Sales & Service SINCE 1952

WEB T. JACKSON, SR. Owner  
 GARY A. JACKSON, Custodial Technician & Service Manager

4523 N. Vancouver  
 Portland, OR 97217  
 Office: 287-2042