

A PMS Supplement May Relieve Some or All Symptoms

A PMS supplement should include the B-complex vitamins, calcium, magnesium, manganese, vitamins A, C, D, E, phosphorus, potassium, selenium, pantothenic acid, iron, copper, folic acid, biotin and zinc. Herbs that may be helpful include chasteberry (vitex agnus castus), black cohosh, valerian, dandelion, sarsaparilla and red clover. Other natural remedies for treatment of PMS symptoms include regular exercise, dietary changes and 5-HTP for mood swings, depression, anxiety and sleeping problems. St. John's wort and/or SAM-E are sometimes recommended, but results vary. Most of these are discussed in greater detail below. Before choosing a PMS supplement, several things should be considered. Do you take a daily multi-vitamin? Do you know what the recommended daily allowances are for each of the vitamins and minerals included in your daily multi-vitamin and will adding a PMS supplement put you over the RDA? What are the symptoms that you typically experience and which PMS supplement addresses your symptoms? Have you tried other natural remedies for treatment of PMS symptoms? If you take a daily multi-vitamin and you add a PMS supplement, you could exceed the RDA for any number of vitamins and minerals. While the RDA is only a guideline and nutritionists do not always agree with this government standard, some vitamins and minerals can be toxic in excess amounts. For example, too much vitamin C in the diet can cause diarrhea. Excessive copper can cause abdominal pain, vomiting and diarrhea. Too much iron can make you constipated. Toxic amounts of potassium can actually cause heart problems and muscle paralysis. The best guidelines we have are government standards and the supplement manufacturer's directions. Some researchers believe that many of a woman's premenstrual symptoms may be related to lack of adequate vitamins and minerals in the diet. Most good daily multi-vitamins contain all that is necessary to insure that you get the right amounts every day. Selenium is not included in all daily multi-vitamins and you may have to look for it. Certain vitamins and minerals allow other vitamins and minerals to be absorbed by the body more efficiently. The ones listed in the first paragraph work together and all should be included in the correct amounts to insure good nutrition. A PMS supplement may contain herbs. Herbs are plants that are known to have medicinal value, because they were used historically by native healers practicing traditional medicine or because scientists have evaluated their chemical components or both. Because herbs have medicinal effects on the body, they can interact with some prescription drugs. An herbalist, a pharmacist or your medical doctor should be able to advise you about possible interactions between herbal remedies and prescription medications that you are currently taking. Herbs are usually considered natural remedies for treatment of PMS symptoms because the side effects associated with prescription drugs do not generally accompany herbal remedies. But, it is important to follow the manufacturers' instructions. Even herbal teas can cause unwanted and sometimes dangerous side effects when used excessively. The herbal PMS supplement that addresses the symptoms of breast pain and tenderness, headaches and body aches is chasteberry or vitex agnus castus. This herb was used in traditional medicine to relieve pains of all types. Scientific evaluation has shown that it contains a natural anti-inflammatory. Clinical research has shown that it is effective for women suffering from painful PMS symptoms. The herbal PMS supplement black cohosh was used traditionally by Native American healers to correct hormonal imbalances, as were sarsaparilla and red clover. Clinical research has shown that black cohosh relieves symptoms associated with menopause as effectively as hormone replacement therapy. These plants probably contain phytoestrogens, which are plant components that have an estrogen-like effect on the body. Any PMS symptoms that are caused by low levels of estrogen could be relieved by using these herbs. Valerian is a mild sedative, but the suggested dosage should be closely followed and reduced if unwanted drowsiness occurs. Dandelion is a natural diuretic. You may find that other herbs are recommended by some manufacturers as natural remedies for treatment of PMS symptoms. You may need to do some research to verify that these are safe and effective. Other natural remedies for treatment of PMS symptoms include the natural antidepressants SAM-E, St. John's wort and 5-HTP. These may effectively relieve mood swings, depression and anxiety associated with PMS. The most promising research has been reported with the use of 5-HTP. This compound can be derived from several natural sources; the safest source for manufacturing appears to be the seeds of an African plant. It helps the body to increase production of a brain chemical called serotonin, which is important in regulating mood, appetite and sleep cycles. Most experts do not recommend using 5-HTP in conjunction with prescription antidepressants known as Selective Serotonin Re-uptake Inhibitors, because the method of action is similar and a dangerous condition called serotonin syndrome could develop. SAM-E and St. John's wort are not believed to be safe for use with prescription antidepressants, either.

About the Author

A nutritional education site that has index of selected vitamins with scientific and health.

Source: <http://www.productsherbal.com>