

Taming the Beast by Lindsay Kehl

You know it's that 'time of the month' again when the singing birds sound like nails on a chalkboard, your bed is your only best friend (besides chocolate) and everyone seems to be going far out of their way to get on your last nerve. If you can relate, then you're probably part of the 90% of us women who were given the special gift of PMS (Premenstrual Syndrome). Oh yes, the gift that not only cramps and bloats you (while craving everything in sight) has also claimed ownership to the words migraine, moody and irritable! Don't you feel lucky?

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In theory there are many contributing factors of PMS. Both the emotional and physical symptoms are most commonly related to hormone imbalances, nutrient deficiencies and/or blood sugar fluctuations. These imbalances, deficiencies and fluctuations of the body can trigger all of the symptoms of PMS: headaches, muscle cramps, irritability, depression, water retention, weight gain, acne and so much more.

In order to eliminate or minimize the symptoms of PMS, it is important to strive for a flawless flow (no pun intended) of all bodily functions. Oh how pleasant life would be without the constant bother of PMS!

Unfortunately, they have yet to find a cure to create that 'flawless system' that doesn't come with a pricey prescription and twenty questions. The good news is there are things that you can do to help stabilize your body and alleviate the symptoms while saving everyone around you from 'most' of the torment (that we have a reputation of inflicting). Like most bodily functions or malfunctions, there always seems to be a way to tie in fitness and nutrition for improvements. It is important to create a balance in your diet and daily exercise routine to prevent chaos from transpiring.

FEELING STRESSED?

- Hit the gym followed by a hot bath. The gym is a great way to reduce stress. The bath will loosen tense muscles that cause cramping.

BLOATING OR WEIGHT GAIN?

- Reduce your salt intake and increase H₂O. Salt makes your body retain excess water, making you feel uncomfortable and larger than life.

POUNDING HEADACHES?

- Cut down on the coffee. The extra caffeine will not only make you

moody, but also give you a greater chance of a headache.

HUNCHED OVER CRAMPS?

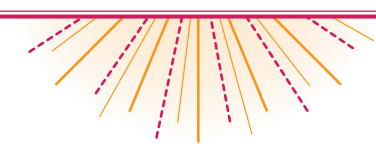
- New studies show that milk or anything high in calcium has been shown to ease cramping while beating the PMS blues.

IRRATIONAL IRRITABILITY?

- Eat your greens! Foods high in phytosterols will help balance your hormones, easing the mood.

So ladies, it is your chance to finally stand up to this inner beast! PMS has been known to affect premenopausal women for one to two weeks of the month—if that doesn't look bad enough, that means 25-50% of your pre-teen to adult life! No thank you! If you become more aware of your symptoms, your solutions might be closer than you think. So take charge, take care of your body, and it will take care of you!

COMMIT TO YOURSELF!



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