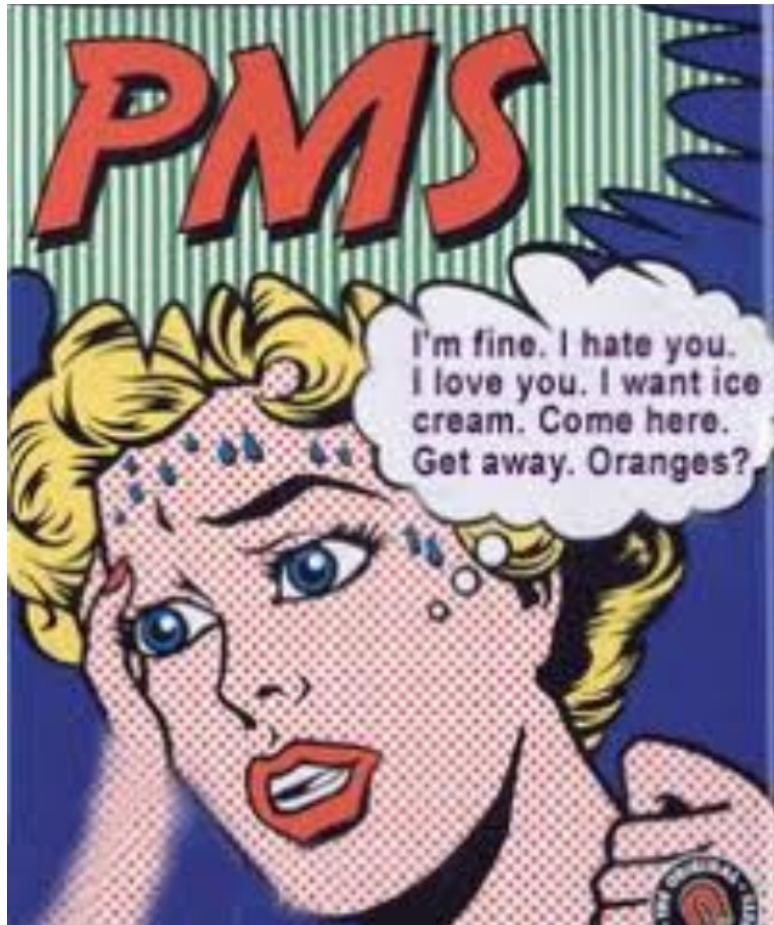


Excerpt of the Pre-Menstrual Syndrome material to whet your appetite ...

Pre-Menstrual Syndrome

A Clinician-To-Clinician Natural Health Discourse

By Dr. Jack Tips (Ph.D., C.C.N.)



Featuring:

- The PMS Questionnaire
- Using Emotional Changes for Comprehensive Support
- Protocols

PMS (PRE-MENSTRUAL SYNDROME)

By Jack Tips, N.D., Ph.D., C.Hom., C.C.N.

Do you experience these symptoms before your period?

• *Bloating (abdomen, hands, feet)? • Headaches? • Cramps? • Irritability? • Craving for sweets, chocolate, or salt? • Moodiness? • Depression? • Breast Tenderness?*

If so, you probably suffer from PMS.

The GOOD NEWS is there is something you can do about it nutritionally.

These Herbal Protocols (based on Systemic Herbology) May Well Provide A Solution!

DOES EVERY WOMAN EXPERIENCE UNPLEASANT SYMPTOMS AND DISCOMFORT BEFORE AND DURING MENSES?

Although nearly 95% of all women between the ages of 18 and 50 experience unpleasant pre-menstrual symptoms, it is NOT inherent within a woman's body-blueprint to suffer each month prior to and during menstruation. So what does this alarming statistic mean?

Not all women experience the discomforts of PMS. But, many of the women who do experience classic PMS symptoms such as moodiness, irritability, insecure feelings, headaches, bloating and/or breast tenderness, find that such discomforts can only be alleviated when they correct certain nutritional imbalances/deficiencies. For such women, herbs and nutritional support are very effective when properly used for correcting the various nutritional imbalances and bio-energetic congestions which are often the underlying causes of PMS.

Menses by design is a special "woman's" time. It is time of whole body cleansing and being in synchronization with cycles larger than the individual--the moon cycle of 28 days of waxing and waning. It is a time of renewing creative cycles--physically, emotionally, mentally, and spiritually. To fully appreciate the meaning of menses, a woman should not be battling headaches, cramping, and low self esteem. The innate blueprint does not call for suffering during menses.

Most people know that PMS is some kind of hormonal imbalance. But what caused the imbalance? Was it that the diet did not provide adequate Vitamin E, anti-oxidants, and essential fatty acids? Was it birth control pills that dictated the cycle to the body? Was it growth hormones that came in commercial dairy products? Why can't the body regulate itself and be adaptable the way Nature intended?

Could it be that environmental toxins are causing inflammation and cell membrane receptor resistance, and thus hormones are lost, unfulfilled, and unable to perform. And even worse, are unfulfilled hormones causing trouble such as encouraging cell-proliferations (e.g. endometriosis, breast disease)?

The fact is that neither you nor any other woman has to endure PMS symptoms. Pre-menstrual pain and emotional instability do not have to be any part of "being a woman." Most of a woman's monthly discomfort can be nutritionally lessened and ultimately corrected through herbal, nutritional support. And for the women with deeper, constitutional dis-regulation, natural health therapies such as classical homeopathy and acupuncture can be corrective.

There is a progression of symptoms regarding PMS that manifests as more serious concerns over time. Many women have PMS symptoms that start at menarche (the first menses) in their teens. Uncorrected by the "true cure" of natural medicine that allows the body to correct itself, the pattern continues to worsen with the years. Is it really a surprise that in such a case, in the woman's 20's and 30's an ovarian cyst develops, and in the 40's there is endometriosis and fibroid tumors? And in the 50's there is a hysterectomy? It all relates back to a hormonal imbalance and it all begs the question, "Why was there the initial hormonal imbalance?" Here we will examine these issues.

DO YOU SUFFER PMS?

Here is a PMS. Questionnaire that will help you determine whether or not you suffer with PMS as well as assess the severity of your symptoms and how radically they affect your life. Your answers will also help determine whether the effects of your symptoms are primarily emotional in nature, physical in nature, or both.

The symptoms as described in the following questionnaire are not those of your usual day-to-day personality, but are those which come and go each month in relation to your menstrual cycle.

P.M.S. ASSESSMENT QUESTIONNAIRE

DIRECTIONS: Beside each symptom are numbers - 0, 1, 2, & 3. Decide which of the following categories fits you for EACH symptom; then circle the appropriate number:

- 0 if the symptom does NOT exist
- 1 if the symptom is barely noticeable
- 2 if the symptom inhibits your activities
- 3 if the symptom alters your lifestyle.

Part 1: EMOTIONAL PRE-MENSTRUAL SYMPTOMS EVALUATION:

- ANGERED EASILY: 0__1__2__3__
- ANXIETY: 0__1__2__3__
- APATHY, DISINTEREST IN LIFE:..... 0__1__2__3__
- CHOCOLATE CRAVING:..... 0__1__2__3__
- CONFUSED, UNCERTAIN:..... 0__1__2__3__
- DEPRESSED, SAD:..... 0__1__2__3__
- DISASSOCIATION WITH BODY: 0__1__2__3__
- GUILT: 0__1__2__3__
- HOPELESS FEELINGS: 0__1__2__3__
- IRRITABLE, TENSE: 0__1__2__3__
- LONELINESS:..... 0__1__2__3__
- LOW SELF ESTEEM..... 0__1__2__3__
- MOODINESS..... 0__1__2__3__
- PERSONALITY CHANGE: 0__1__2__3__
- PRONE TO VIOLENT OUTBURSTS:..... 0__1__2__3__
- RESENTFUL: 0__1__2__3__
- STRESSED OUT FEELINGS: 0__1__2__3__
- SUSPICIOUS: 0__1__2__3__

EMOTIONAL PMS SCORE (Add all numbers) = _____

Part 2: PHYSICAL PRE-MENSTRUAL SYMPTOMS EVALUATION:

ABDOMINAL BLOATING:..... 0__1__2__3__

ABSENT MINDEDNESS: 0__1__2__3__

BACK PAIN: 0__1__2__3__

[continued](#)

... More excerpts!

... membranes throughout the body are unable to receive the hormone messengers (allow them to dock on the membrane) AND the hypothalamus doesn't perform correctly to tell the pituitary how to regulate the various endocrine glands.

PMS is best helped with DETOXIFICATION (e.g. the Systemic Formulas Detoxification Program). This helps the body lower inflammation and supports cell membrane improvement.

Contributors To PMS.

Some of the known contributors to PMS include:

- Low thyroid function (or thyroxin resistance at the cellular level)
- Biochemical imbalance and nutritional deficiencies
- Imbalances in hormones (estrogen, progesterone, testosterone, melatonin, and cortisol ratios)
- Prostaglandin (micro-hormonal chemistry) imbalances which allow inflammatory responses
- Brain chemistry imbalances (decreases in neuro-transmitters, endorphins)
- Dietary intake of detrimental, refined sugar products, caffeine, fried foods
- Circadian rhythm imbalances due to irregular or altered sleep cycles (working the night shift)
- Exposure to bovine growth hormones due to drinking commercial milk
- History of using birth control pills.
- **Most Importantly, lower cellular inflammation by removing toxins/heavy metals**
- **Damaged cell membranes so hormone work right.**

A common denominator to all these suspected causes falls in the nutrition category and certainly a natural health solution should be the first option before overt manipulation of the hormonal cycles with drugs.

Susceptibility to PMS.

Some women are more susceptible to PMS symptoms than others. Those most likely to experience some PMS symptoms are women with:

- A hereditary predisposition to PMS (their mothers had severe cramps, excessive flow, or smoked during pregnancy).
- High stress occupations.
- Use of birth control pills and/or steroid medications -- interferes with the body's innate processes).
- A history of Candidiasis (yeast/fungus infection). [See book: Conquer Candida & Restore Your Immune System at www.apple-a-daypress.com]
- Low thyroid activity.
- Impaired liver function (impaired ability to reconstitute estrogen and progesterone) [See book: The Healing Triad: Your Liver--Your Lifeline at www.apple-a-daypress.com]

- Addictive tendencies (frequent use of tobacco, alcohol; diets rich in caffeine, sugar, fried foods, Nutra-sweet[™]). [See book: *The Next Step to Greater Energy* at www.apple-a-daypress.com]
- A history of difficult pregnancies, multiple pregnancies, or toxemia during pregnancy.)
- Nutritional imbalances. [See book: *The Pro-Vita Plan for Optimal Nutrition* at www.openbookhealth.com]
- Prior use of birth control pills, or tubal ligation, history of abortion.
- Poor spinal alignment or structural imbalances (tipped uterus). [Note: this may or may not be strictly a nutritional concern.]

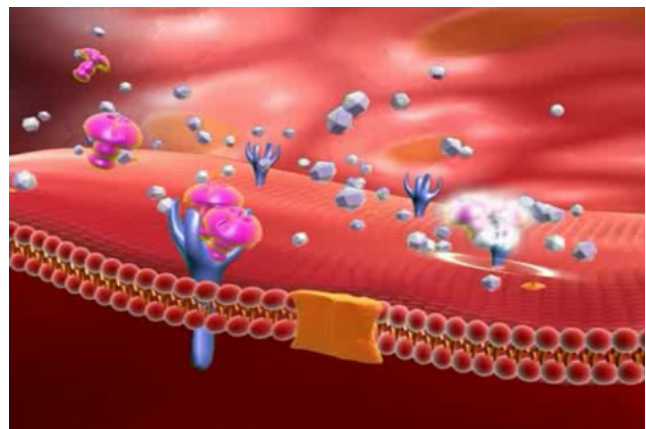
What can be done to correct PMS and restore the body to a more optimal level of health and wellness? Here follows are tried-and-true programs that have worked with thousands of women regarding PMS. A majority responds very well to the basic herbal and nutritional protocols listed here.

And one more excerpt ...

Cell Membrane Damage. Toxins damage cell membranes by binding with the membranes or by causing free radical damage that excites the inflammation response. Damaged membranes no longer have hormone receptors that work right. This is the issue with the hormone-resistant diseases e.g. diabetes (insulin resistance) and hypothyroidism (thyroxin resistance and failure to convert T4 to T3), also the inability of the brain’s hormonal command center—the hypothalamus—that must properly communicate with the pituitary, thyroid, adrenal, and gonad glands. It’s not so much a hormone problem as it is a cell membrane issue.

So here is where PMS is really occurring. The cellular inflammation and damage causes a failure in hormones to dock on the membrane and deliver their messages. So when the cell membranes can’t cooperate, the hormone system becomes imbalanced due to non-delivery of estrogen, progesterone, melatonin, testosterone, etc. Further, these hormones can “misbehave” when they do not dock and relieve themselves of their messages.

When the cell membranes (outer cell wall, mitochondrial membranes) are inflamed and don’t work right, the nutrients (glucose, oxygen) that fuel mitochondrial production of ATP have a hard time getting inside the cells. Scientists have cited that “a lack of ATP is a root cause of all diseases” because when cellular energy is low, the cells cannot repair their DNA (genetic code).



DNA repair also requires placing a methyl group (CH₃) on chromosomes that express diseases.

Inflamed membranes and free radical damage to DNA is cited as a root cause of why a person’s genetics would express a dread disease. The body needs access to its life code (called *transcription*) to maintain optimal cellular health. Ultimately our bodies need optimal cellular health in order to have optimal body health.

Further, the lack of the body’s chief antioxidant, glutathione, and other antioxidants—(catalase, superoxide dismutase) can allow the mitochondria to engage in a perpetual cycle of free radical destruction labeled by Dr. Pall as the “no/onoo cycle” in reference to the molecules involved. This vicious

cycle inhibits proper ATP production (low energy), and also damages chromosomes—damage directly linked to unleashing diseases from within the body.

And finally – one last excerpt ...

...

5. PMS with FIBROIDS: 2 F+, + 1 Fpms, + 2 OXCC, + 1 #5, + 2 OXOX, + 1 EZV, with two meals a day. Deep cleansing with focus on excessive tissue build up. With one meal/day: 2 MoRS + VISTA (2 ea caps & 2 drprs).

6. PMS with WATER WEIGHT GAIN: 1 Fpms, + 1 F+, 1 KDIR, + 1 Gb, +1 Ga + 1 MoRS with each meal. 1 ea capsule + 2 drprs VISTA with each meal. Support for kidney function indicated in some people (Ks).

ADVANCED PROGRAMMING

With these Systemic formula programs as basic tools, you should become proficient at helping women overcome the difficulties of their monthly cycle. For a further, deeper enhancement, add the formulas associated with the primary emotional aspect and do the program for 60 days.

COMPREHENSIVE SUPPORT: EMOTIONAL

The mental and emotional symptoms that arise premenstrually can be indicators of other body systems that may be experiencing stress and expressing the need for support. The following table provides clues to using PMS symptoms to detect other, seemingly unrelated tissues that may be weak or out of balance.

EMOTION	TISSUE	FORMULAS
Anger:	Liver, Digestion, Colon	L (Liver) , Ls (Liver S), D (Digestive), C (Colon)
Anxiety:	Nerves, Endocrine	N (Nerve), Nc (Nerve Calm) , Gb (Pituitary)
Apathy:	Brain	B (Brain), Gb (Pituitary), MoRS (Methyl Donors), eNRG (ATP)
Endocrine		
Confusion:	Brain, Hypothalamus	B (Brain), #1 (Activator), VISTA (Cell Membrane)
Depression:	Lungs, Brain	R (Lung), B (Brain), VISTA (Cell Membrane), MoRS (Methyl Donors), eNRG (Quantum ATP Energy)
Disassociation:	Pituitary	Gb (Pituitary)
Guilt:	Kidney	K (Kidney), Water Tonify/Sedate
Hopelessness:	Heart, Heart Nerve	HQ (Heart Energy), H (Heart) , N (Nerve)
Irritability:	Liver, Colon, Gall Blad.	L (Liver), Ls (Liver S), Lb (Gall Blad), C (Colon), Nc (Calm)
Loneliness:	Thyroid	Gf (Thyroid), MoRS (Methyl Donor) VISTA (Cell Membrane)

[Continued ...](#)

... Interested? Here's a testimonial from Dr. Jean Haas:

With this simple information, I completely restructured my clinic's approach to PMS. We now provide the herbal/nutritional detoxification program and then custom-design a PMS protocol by incorporating the emotional clues for tissue support. Works like nothing ever before has worked, and I'm thrilled with the power of the body to change when this informaion is implemented. This article improved my practice and my practice is changing lives! Dr. Tips' insights, as always, are far and beyond what 95% of clinicans understand—and that means greater ease and effectiveness!