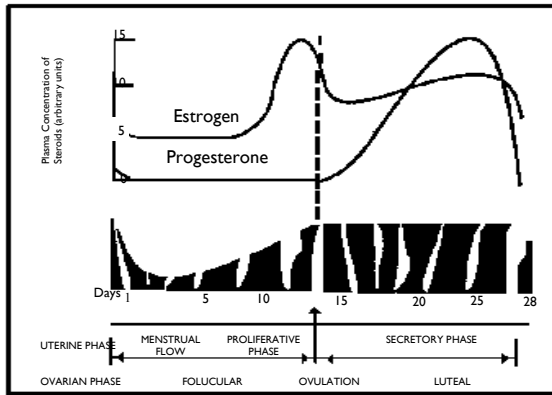
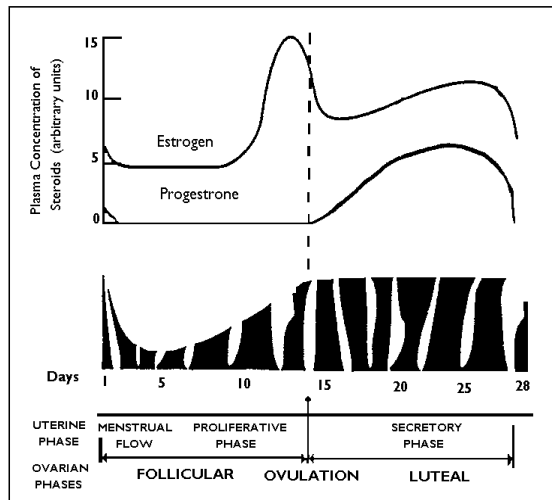


## Understanding Hormone Levels



**Normal Menstrual Cycle**



**Estrogen Dominance  
(Progesterone Deficiency)**

Estrogen Dominance and Progesterone Deficiency is typical of Type A and Type H PMS

Estrogen Dominance causes women to be in a far higher risk category of estrogen fed cancers.

## Why we Recommend and Endorse Shaklee Products

- 60+ years of Scientific Leadership
- \$300 Million invested in Research & Development
- Over 120 published Scientific Publications in peer-reviewed medical journals
- Over 75 full-time scientists on staff
- 100% Money-back Guarantee
- Impeccable Quality Controls ...
  - 350 tests on botanical ingredients for harmful contamination, pesticides and other residues
  - Over 100,000 quality tests a year to ensure purity and potency
  - More than 250 pesticide tests beyond what is required by United States Pharmacopeia
- Always SAFE .. Always WORK .. Always GREEN
- The #1 Natural Nutrition Company in America
- SHAKLEE: The most trusted name in Clinical Science



Disclaimer: The content of this literature has been gathered from Natural Health Consultants across the country. It is not published by Shaklee Corporation. The information is not intended to prescribe, diagnose, or replace care by a health practitioner. The recommendations are not provided or published by Shaklee Corporation.

# PMS



## Premenstrual Syndrome

is a disorder that affects many women during the one or two weeks before menstruation begins

### Main Causes:

1. Hormonal fluctuations & imbalance
2. Food choices (Diet)
3. Nutrient Deficiencies
4. Unstable blood sugar levels
5. Stress and lack of rest

### Symptoms include:

Tension	Irritability
Anxiety	Depression
Hostility	Mood swings
Crying spells	Confusion
Forgetfulness	Abdominal bloating
Cramping	
Tenderness & swelling of breast	
Backache/headaches (including migraines)	

## How Many Women Suffer?

It is estimated that as many as 70 to 75% of ALL women experience some PMS symptoms. Approximately 5% have symptoms so severe as to be incapacitated and 30 to 40% report symptoms severe enough to interfere with their day-to-day lives.

### Program for Prevention & Treatment of PMS

1. Adequate Exercise: stimulates glandular function, promotes cleansing & increases healthy endorphins
2. Stress Management
3. Adequate Rest
4. Diet Do's and Don'ts
  - include plenty of low fat protein and fiber which would come from fruit, vegetables, grains & legumes, organically grown if possible
  - avoid caffeine, sugar, alcohol, and refined foods (like white flour)
5. Drink lots of purified water
6. Food supplements are NO LONGER an option (see Basic Supplement Program)

### Basic Supplement Program

- Start with Multi-Vitamin/Mineral (Shaklee Vita Lea) - 2 per day
- Shaklee Life Energizing Shake
- Shaklee B Complex - 2 per day
- Ground Flaxseed daily - 3 to 4 tablespoons
- Optimize Vitamin D3

## Four Categories of PMS

PMS symptoms can be divided into four distinct categories. Once you recognize the category (or categories) into which your symptoms fall, you will be able to individualize your self-help program.

### Type A: (A=Anxiety)

**Symptoms:** Anxiety, irritability, insomnia, excitation, depression

**Causes:**

- Excess estrogen after mid-cycle
- Progesterone deficiency
- Liver congestion
- Lack of good microflora

**Recommended Self-Help:**

(Add to Basic Program)

- Extra B Complex & Vitamin D3
- DTX (liver detoxifier)
- Use Progesterone Cream (from day 14 for 12 days, 2x daily) (ask your natural doctor)
- A high percentage of Type A have a sensitivity to dairy

**Symptoms:** craving for sweets, increased appetite, fatigue, palpitations of the heart, headaches, fainting spells, dizziness

### Type C: (C=Cravings)

**Causes:**

- Deficiency in prostaglandin (PGE1)
- Low blood sugar

**Recommended Self-Help:**

(Add to Basic Program)

- GLA (balances prostaglandins) (especially good for headaches)
- Vitamin E-800 I.U.
- Zinc-helps regulate blood sugar
- Follow hypoglycemic diet:
  - \* protein often
  - \* small meals often
  - \* avoid refined foods
  - \* avoid fatty red meat

## Type D: (D=Depression)

**Symptoms:** forgetfulness, confusion, suicidal, lethargy (no endurance)

**Causes:**

- Low levels of estrogen
- High levels of testosterone
- Heavy metal poisoning

**Recommended Self-Help:**

(Add to Basic Program)

- Calcium/Magnesium
- Extra B Complex & Vitamin D3
- Vitamin C 4+ (detoxify heavy metals)
- Soy Protein often (contains tyrosine which acts like antidepressant)

## Type H: (H=Hyper Hydration)

**Symptoms:** water retention, congestion, weight gain, breast fullness (tenderness and/or pain), edema of face, hands, ankles and/or feet

**Causes:**

- Elevated estrogen
- Elevated angiotensin (adrenal hormone that stimulates kidneys to stop releasing water)
- Dopamine deficiency=deficient kidney function=toxemia

**Recommended Self-Help:**

(Add to Basic Program)

- Optimize B Complex & Vita D3
- Calcium/Magnesium (4 daily)
- Alfalfa (10-30 daily) natural diuretic
- Use progesterone cream (from day 14 for 12 days .. 2x daily .. ask your natural doctor)