



Dr. Malott-Brechtel

Unhappy Hormones

Dear Dr. Brechtel,
I have been getting PMS symptoms such as irritability, bloating and headaches the week before my period. What natural supplements are there to ease my symptoms?

PMS is usually an indicator of a hormone imbalance. The best solution is always to find out the cause of the problem and correct it rather than just treat the symptoms. We utilize hormonal testing to see where your hormones are during your cycle. But if that is not an option for you right now there are a few natural supplements that might help.

We know sometimes by taking vitamins B₅, B₆ and B₁₂ can help alleviate the irritability felt with PMS. Magnesium, a muscle relaxer, can decrease cramps and help with headaches. Maca (a Peruvian herb) is also very beneficial in reducing hormone imbalances. Women's Moon cycle tea (Yogi) seems to help too. These are a good place to start, but you may need a comprehensive nutritional consultation to find the true cause of your problem.

Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via www.malottchiropractic.com