

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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Good day dear woman reader!

I am continuing with my second year of publishing this monthly Newsletter and as I look at all that has been done, I really wish that this past 2006 has helped my readers in any way that was useful for them. I hope my writings have helped you heal in more ways than one, and keep on growing and evolve.

As the first of the year arrived, I wondered how I would phrase my wishes to you and also, I had in mind not to ask you to phrase the famous 'new year resolution' as I know they only work for so long and rarely over the month has ended, most of the time.

My wish got answered when a friend sent me what I felt was the best way I could phrase it. So here it is from a woman well known in some areas of internet. I make her message mine. Here it is from Maureen Moss.¹

And so it is, dearest hearts, that we are coming to the close of a most unique year, one most of us will never forget for any number of reasons. As we close one year and enter another let us not make New Years Resolutions, for those are born of the mental mind and will quickly be under-mined by another thought. Instead, let us personally create New Year Solutions that are borne of the heart, that lead us to our own personal and highest natures. Let us decide to love ourselves so much that we will never set up another scenario that will go against ourselves and promise to stop pitting ourselves against ourselves. That would solve a lot of problems!

As far as I am concerned, I wish you to find out what enlightenment means for you; I wish you to feel it in the smallest corners of our heart, with each problem you encounter and to know there is always a light at the end of the tunnel.

Discouragement that sneaks around in those moments is but a cloud and shadow to the light, and always a passers by, if we know how to refrain from giving it all our power.

This month, I will share some suggestions from a woman physician and I wish they can help you, if my approach has not succeeded in totally ending up your misery. The following is from Dr. Julia P. Poynter².

[Visit Pauline's book: *My Beauty & My Beast - Mind, Body and PMS*](#)

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Premenstrual Syndrome (PMS) affects most women to some extent at some time during their reproductive years. Symptoms can range from mild fluid retention to severe mood swings and/or depression.

1. The most severe form of PMS is called Premenstrual Dysphoric Disorder (PMDD). An FDA-approved treatment for PMDD is Serafem. Serafem is a renamed and chemically equivalent version of Prozac.

Women who want to reduce or eliminate the symptoms of PMS, but who prefer not to take Serafem, can try some of these other methods which have proved helpful to many women:

2. Research has proven that you can reduce up to almost half of all symptoms (including mood swings, depression, and menstrual cramps) of PMS by simply consuming 1200 mg of calcium daily. Calcium is an important nutrient for women of all ages for the prevention of osteoporosis in later life.
3. One of the best ways to reduce PMS is through regular exercise. Not only does exercise reduce, or sometimes eliminate premenstrual syndrome, it also is an excellent way to reduce stress and lower your risk of diseases including heart disease and cancer.
4. Women who experience premenstrual breast tenderness can reduce or eliminate this symptom by taking 600 IU of Vitamin E daily. Vitamin E also appears to have a protective effect on the cardiovascular system, may reduce the risk of some types of cancer, and offer other health benefits, according to the Mayo Clinic.
5. Dietary changes that may help reduce the symptoms of PMS include following a low-fat vegetarian diet, and/ or reducing your intake of refined sugar, salt, red meat, alcohol, and caffeine. Increasing your consumption of complex carbohydrates, leafy green vegetables, fruit, cereals and whole grains is also helpful for many women.
6. Women who crave sugar during the days they experience premenstrual symptoms often find relief by supplementing their diet with 300 to 500 mg of magnesium. Magnesium also may help reduce breast tenderness.
7. Some women experience a decrease in symptoms by taking 50 to 300 mg of Vitamin B6 daily. Care should be taken not to overdose on Vitamin B6 as side effects such as numbness can occur when too much of this nutrient is consumed.
8. Alternative treatments that may be helpful include taking about 1500 mg of Primrose oil daily, or using natural progesterone cream (amount varies by product).
9. Some women are able to control the symptoms of PMS by using oral contraceptives; however it's important to weigh the pros and cons of hormonal treatment since the side effects are sometimes more bothersome than the original symptoms.
10. Over-the-counter treatments that may help include ibuprofen, naproxen, and other drugs specifically made for relieving premenstrual symptoms such as Midol. Aspirin may not be a good choice for women during menstruation because of its potential to increase the length and severity of menstrual bleeding.

[You can access a book review for My Beauty & My Beast - Mind, Body and PMS](#)

So, dear women, I wish these previous informative segment can help you to take a decision regarding the management of your feminine cycles.

I wish you a month of January that will set the pace for the rest of the year in that you may align yourself to reach your dreams and access your full potential.

I wish ourselves a 2007 full of results and successes.

NEXT MONTH: I await your suggestions.

Warmly and with my affection:

Pauline Houle - Therapist – author

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[2 - POINT OF VIEW BY DR. JULIA P. POYNTER.](#)