

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



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"If you don't like something, change it. If you can't change it, change your attitude. Don't complain."

Maya Angelou

[Yale University](#)

[Research on PMS - Dr.](#)

[Yonker.](#)

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Good day dear woman reader!

This month, I bring you the latest data from my surveys, and some simple writings I hope will bring you enlightenment and profound reflection.

The end of February took me to Austin, Texas where I exhibited my books and gave a lecture for a World Wellness weekend. I met numerous people there, and I also had the pleasure of being interviewed on the radio for a wellness series dedicated to that weekend.

As far as I am concerned, the grandest event that weekend was to hear Dr. Deepak Chopra speak during his three-hour conference. Even now, I continue to be filled by his candour, his depth and the exactness of his words.

This month, I invite you to reflect on these simple phrases that he shared and should leave no one untouched.

*"Healing happens when there is a change in consciousness!
Each organ and the whole body have a subconscious mind.
My mind is not in my brain. The mind is a consciousness
outside of space and time"*

In the past, Dr. Chopra relayed a very interesting story about how a study ended up proving a totally different outcome than that sought. This story cannot leave anyone indifferent and brings up questions about the invisible emotional force present in our lives.

Here it is :

Some researchers decided to study a carcinogen product that had to be administered to rabbits. These rabbits were divided in two groups: A and B. Each group had a technician appointed to administer the product.

After a while, as envisaged, Group A started to respond accordingly and began to develop cancer.

As for Group B, very few rabbits were getting the supposed cancer!

The researchers started to question all aspects and all elements at stake. As they proceeded to eliminate all variables, they found out that Group A was duly administered the poison as prescribed, nothing more.

Group B however had a technician who would take each rabbit in his arms, cuddle them, hold them, talk to them and then administer the poison.

Make your own conclusion. What do you think?

As always, I invite your comments to share your healing if you feel like it.

Now, here is my latest data. I decided to put the **new numbers in green** so you can

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see the evolution of the data.

As regards **Nervous Tension:**

83% - 97% go through mood swings;
78% - 97% feel they are more irritable during their PMS;
67% - 83% feel more anxiety;
43% - 55% have insomnia.

As regards **Cravings:**

60% - 81% have Increased appetite or cravings for sweets.

As regards **Depression:**

70% - 80% diffused emotions;
43% - 41% forgetfulness;
77% - 95% feel fatigued;
42% - 65% lack of concentration.

As regards our **Body Sensitiveness:**

70% - 49% swelling of extremities;
62% - 86% abdominal swelling;
34% - 26% weight gain or water retention;
46% - 54% breast tenderness.
40% - 22% heart palpitations;
51% - 63% have headaches;
22% - 44% dizziness.

As regards **Compensatory Behaviours:**

23% - 23% feel the need for beauty care;
22% - 23% are prone to shopping;
15% - 24% buy compulsively;
65% - 63% have the impression to look for a fight;
45% - 41% have increase energy and increased need to clean up.

Now, regarding women who felt the need to **Consult a physician:**

55% - 73% do believe they have a menstrual problem;
45% - 33% do not believe they have any menstrual problem;
52% - 70% have felt the need to consult someone in the medical field;
48% - 30% did not feel the need to consult anyone;
43% - 20% say that medication have helped them for a while;
57% - 44% of women to whom a medication was prescribed said it did not help them.

To what do women believe their PMS is the cause of, or to what realm does it fit?

53% - 75% think their PMS is linked to an emotional weakness;
37% - 54% think their PMS is due to a physical weakness;
However, 68% - 45% believe their PMS is both physical and emotional.

And finally, do women feel free to have sex while menstruating?

47% - 74% say they are not at ease to have sex in that time of the month;
56% - 26% say they are totally at ease.

Warmly,

Pauline Houle - Therapist - author

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NEXT MONTH: A woman whose PMS totally disappeared once she moved out of Japan.