

# 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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[www.paulinehoule.com](http://www.paulinehoule.com)

## Good day dear woman reader!

As I promised you, this month will bring you a fresh wind of new possibilities. If you wish to explore other avenues to help yourself about your PMS symptoms, then I encourage you to read the following.

I have a dear lady in my circle who is well versed in Aromatherapy. Her name: **Julie Moore**.

You can access her website <http://www.juliemoorespa.com> and some day visit her spa and rejuvenate your mind, body and soul for a day.

Here is what Julie says about this approach:

*"Aromatherapy has proved to be very effective in treating PMS. Here are a few general recipes, but keep in mind that every woman experiences the syndrome in her own way.*

### **Depression caused by PMS:**

*Create a beautiful synergy with 2 table spoons of almond oil and add 10 drops of Rose, 10 drops of Bergamot and 14 drops of Clary Sage. Use a few drops of this blend as body oil, massaging your abdomen, lower back and hips twice a day.*

### **Dysmenorrhea (Painful Periods):**

*Mix 2 table spoons of almond oil and add 12 drops of Roman Chamomile, 16 drops of Red Thyme and 6 drops of Clary Sage. Use a few drops of this blend as body oil, massaging your abdomen, lower back and hips once a day (even throughout your period).*

*Healing Arts and Spa Therapies by Julie Moore help women live a better and healthier life. Aromatherapy massages are an excellent therapeutic combination as essential oils and massage has mutually enhancing effects. The choice of essential oils is based on your personal needs. This is a gentle, pleasant and*

pampering aromatherapy massage you can get details at the following address:

[http://www.juliemoorespa.com/aromatherapy\\_details.html](http://www.juliemoorespa.com/aromatherapy_details.html)

This massage is designed especially for you. Here are a few other examples:

**Stress Relief:** interesting blend of Lime, Lavender and Orange.

**Anxiety Relief:** delightful blend of Cedar Wood, Lemon and Siberian Fir.

**Headache & Migraine Relief:** fresh blend of Peppermint, Spearmint & Ginger Root.”

As usual, I wish you try some of Julie’s recipes and share your comments with me in the near future.

Enjoy!

Now, from another source, I found these interesting recipes from this address and I feel they can become a healing source for some of you.

<http://www.making-home-remedies.com/premenstrual-syndrome.html>

### “Natural Remedies For PMS

#### **Self-help Measures:**

*Exercise several times a week. This will help your body release the fluids that cause bloating and breast tenderness.*

*Avoid caffeine, alcohol, sugary foods and excess salt.*

*Keep a diary so that you can record your symptoms day by day.*

**Chaste tree (vitex): Tincture:** 1-2ml with water in the morning, or tablets - 225mg in morning. Take vitex when not menstruating and a product that is standardized to contain 0.5% agnoside. Chaste tree acts on the pituitary gland in the brain. This gland controls the production of oestrogen and progesterone in the body and this herb may help in bringing the hormones back in balance.

**Dong quai:** 200mg three times a day, or 30 drops tincture three times a day, standardized to contain 0.8-1.1% ligustilide, on the days when you are not menstruating. Dong quai contains phyto-oestrogens that may help balance hormone levels and improve mood swings. Taken in combination with chaste tree, may enhance vitex's effectiveness.

**Vitamin B6:** 50mg twice a day. Can be used instead of chaste tree, though some herbalists recommend combining it with chaste tree. Vitamin B6 assists the liver in processing oestrogen and increases progesterone levels. It also enables the brain to make serotonin.

**Evening primrose oil:** capsules; 1000mg 3 times a day. Contains essential fatty acids that may help ease breast tenderness, and possibly control carbohydrate cravings.

**Magnesium:** 250mg twice a day with food. Many women suffering from PMS have been found to be deficient in this

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mineral. Magnesium can also be absorbed through the skin and can be found in Epsom salts (magnesium sulphate) which can be added to the bath along with your favorite essential oils.

[St John's wort: Tincture](#); 1/2 tsp with water 3 times a day for tension or anxiety.

[Linden](#): Tincture; 1/2 tsp with water 3 times a day for tension or anxiety

[Valerian \(root\)](#): Tincture; 20 drops in hot water up to 5 times a day for tension or anxiety.

[German Chamomile](#): Tea infusion; 50g herb to 250ml water. Use as a compress for breast tenderness.

Start off with chaste tree and evening primrose oil or vitamin B6 and evening primrose oil. If your symptoms are mainly anxiety or depression, then take either St John's wort, Linden, or Valerian.”

That was it for this month.  
I wish you a wonderful month of July and August and I will see you soon.

Have a wonderful healing!

**NEXT MONTH: A possible announcement to invite women try some new recipes for their PMS through a controlled study.**

Warmly:

*Pauline Houle* - Therapist – author

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