

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



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« No one can go back and  
start anew but everyone  
can start anew today and  
make a new conclusion for  
tomorrow. »

- Maria Robinson

[YALE University](#)

[research on PMS](#)

[Fill in a survey for](#)

[women and men](#)

## Good day dear woman reader!

As promised, I will bring in this newsletter some interesting information that I collected from all the surveys that have been filled on my website. I thank you all for doing so for it helps me keep on researching and seeing the curves women are going through.

I will visit some major findings among the survey you can fill at the following address if you are a first time visitor.

### [A new refreshed survey is available](#)

As regards **Nervous Tension** :

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

As regards **Cravings** :

60% have Increased appetite or cravings for sweets;  
40% heart palpitations;  
22% dizziness.

As regards **Depression** :

70% diffused emotions;  
43% forgetfulness;  
42% lack of concentration.

As regards our **Body Sensitiveness**:

70% swelling of extremities;  
62% bloating;  
34% weight gain or water retention;  
46% breast tenderness.

As regards **Compensatory Behaviours**:

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

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

55% do believe they have a menstrual problem;  
45% do not believe they have any menstrual problem;  
52% have felt the need to consult someone in the medical field;  
48% did not feel the need to consult anyone;  
43% say that medication have helped them for a while;  
57% 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% think their PMS is linked to an emotional weakness;

37% think their PMS is due to a physical weakness;

However, 68% believe their PMS is both physical and emotional.

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

47% say they are not at ease to have sex in that time of the month;

56% say they are totally at ease.

## **PMS: A trigger to change!**

Each month, Anna feels like she is getting further and further behind. The smallest incidents set her off. She cries easily and lashes out at her husband and feels alone with her emotions and her confusion. This may sound familiar to you or resembles the symptoms of a friend you know.

Could your PMS be an Expression of your Unconscious Thoughts and Feelings?

"No way!" I hear you say. PMS is a curse and martyrizing moment that some women are plagued with and only medicine and pills can help. Right?

As a good friend of mine says:

*"Truth shall set you free but at first it is going to piss you off!"*

Why do so many women suffer from PMS?

Why do so many women take for granted that there can be nothing done about this monthly beast that knocks at their door every month, or occasionally for the rest of us? Many women believe that only medicine can help them; at best, many think that natural herbs will provide some relief, and many times, it is true.

Medical science labels about 150 different PMS symptoms and one would think a permanent cure for all of us could have been found, regardless of which symptom we experience! Such is not my findings.

I have been working as a therapist in private practice for over 15 years and have decided to research PMS from a different standpoint. I found every woman is very unique even though we all have a hormonal system that medicine would like to treat identically.

After having myself grappled with PMS and finding no cure through conventional medicine, I undertook my own introspection on a path to find a permanent solution. Having succeeded, I then started investigating the subject with women experiencing very diversified PMS symptoms.

Whether it was Anna who was afraid to lose control of her anger while she was menstruating, or Josette, who had not menstruated for over a year and a half, or even Carmen, whose cycles were reducing in length from one month to the next, to the point of bleeding every day, each one found a cure that turned out to be very intimate, personal and unique.

I borrowed an exercise from Neurolinguistic Programming to elucidate the monthly beast. The result? Once every woman finds the hidden message that PMS is trying to convey to her, a healing at some level happens and at best, the disappearance of symptoms. For some women it was overnight, for others it took examining few cycles to get to the depth of the symptoms.

Here is a bonus for the reader if you want to explore at home on your own. At the top of a blank page, name your symptom, ranging from a headache down to your troubled relationship with whomever and write it down as a 'label'. I suggest you do this exercise for each major symptom.

On the left side of the sheet, under the word 'sufferings' write all the symptom(s) you are most plagued with during the month; some women go through the same pains month after month and others see their sufferings change from one month to the next.

After you finished writing your list of sufferings, on the right side of your page, write the word "pleasure(s)" at the top and ponder. Yes, introspect and find what is really going on.

I propose to every woman they look at the pleasure(s) hiding behind their PMS. At first each one of these women thought the idea being absolutely farfetched, even ridiculous.

With a little silent introspection and a desire to find the truth, after listing all the sufferings their PMS provokes every time, the women started to see there could be a benefit of some kind, hence finally making the link with what our subconscious is trying to reveal we have to do about certain issues in our life.

- Francoise got rid of her "not wanting to be touched" for a week.
- Josette started menstruating again after **1 year and a half** without cycles.
- Diane understood why some months she cried and some others she was so angry.
- Josee put an end to her devastating shopping sprees.
- Carmen stopped months of daily bleeding.
- And so on, and on, and on...

I also discovered PMS as a hideout for all that we have not attended in our recent or ancient past. It feels as if when life decides we should be ready to deal with an old ghost long hiding in our closet, our soul will make numerous attempts at letting us know we have some cleanup to do. Are we attending to it? I would say not the majority of the time!

There are women who suffer from PMS in relation to atrocious childhood experiences, others start their symptoms after age 30 due to their relationship, job dissatisfaction, or forceful passion to be or do something different, often times letting societal pressure dictate what that should be.

I think the only pressure we should listen to is our higher Self - our higher values about life and its nature. The rest only encumbers the success of our mission on earth.

I hope to have created an approach that will guide every woman to contemplate on her own and see the change operate in front of her consciousness. I hope to be able to compare my own findings to Dr. Deepak Chopra's belief that:

*"A mind capable of erecting such obstacles must be able to destroy them" and "When patients experience a conversion, it is their perspective on things in their lives that transform, not the facts themselves."*

There is a myth I am doing my best to bust, is that it has been pushed left and right in the fact that "It is normal for a woman to suffer!" Nothing can be further from the truth.

The day you will decide to understand and realize there is always somewhat of a pleasure hiding behind every symptom, you will achieve a freeing moment unbeknownst before. You will also open your consciousness to a startling healer within.

And that is the wish I push your way so you can allow yourself to become the TOTALITY you can be.

On a last note for this month, keep in mind that **YOU HAVE A LOT MORE POWER THAN YOU THINK. You can read and hear some testimonials that may "talk to you."** ([visit My Beauty & my Beast. Mind, Body & PMS](#))

I WISH YOU A WONDERFUL MONTH.  
([Book reviews](#))

**NEXT MONTH: How Shanna self destroys, especially during her PMS!**

P.S. Invite your friends (women and men) to fill in my surveys on my website for they help me continue my research.

Warmly:

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