

Premenstrual Syndrome/ Tension

What is the Premenstrual Syndrome?

The premenstrual syndrome is a complex of symptoms, both physical and emotional, which occurs a few days before the onset of menstruation.

Signs and Symptoms

The most common ones are:

Physical symptoms: Headache, feeling bloated, swollen ankles, weight gain, and fatigue.

Emotional symptoms: Irritability, insomnia, decreased sex drive, tearfulness, poor concentration, irrational food cravings, mood swings, depressed feelings.

PMS where symptoms are particularly severe is called Premenstrual Dysmorphic Disorder.

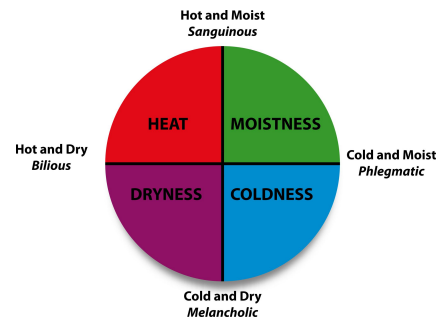
What Causes PMS?

The exact cause of premenstrual syndrome is unknown, but several factors may contribute to it. Internal disharmony brought about by changes in the balance of the woman's hormones lead to a number of the symptoms. There is a rise in the female hormone estrogen, and a fall in progesterone levels. The result is a build-up of salt and water in the body, which leads to several other symptoms.

Risk factors include an improper diet, over-rich in foods which are hot and moist or cold and moist foods, such as salty and sweet foods.

The Tibb View of PMS

As many symptoms such as water retention, tissue swelling, mood swings, and cravings may have several causes, the qualities associated with PMS should be assessed for each woman and can affect all temperaments.



Treatment and Management of PMS

Treatment and management is aimed at **reducing the qualities associated with the person's dominant temperament**, with the appropriate Tibb Lifestyle Factors. Special attention should be given to foods with high nutritious value. This assists Physis in addressing both the symptoms and the causes of PMS.

Tibb Lifestyle Factors

Food and Drink

- **Phlegmatic temperament** – eat mostly **Hot & Dry foods** - such as garlic, onion, fenugreek and mustard, **followed by Hot & Moist foods**- like mutton, ginger, turmeric and black pepper, **and Cold & Dry foods**- such as citrus fruit, basil, yogurt and mealie meal and the **least amount of Cold & Moist foods** - like milk, rice, cucumber and watermelon.
- **Sanguinous Temperament** – eat mostly **Cold & Dry foods** - such as yogurt, citrus fruit, beef and basil **followed by Cold & Moist foods**- like coriander, rice, beetroot and broccoli, **and Hot & Dry foods**- such as garlic, onion, chicken and eggs, and the **least amount of Hot & Moist foods** - like white flour products, sugar, cheese and bananas.

- **Melancholic Temperament** – eat **mostly Hot & Moist foods** – such as ginger, olive oil, turmeric and honey, **followed by Hot & Dry foods**- like garlic, onion, chicken and eggs, **and Cold & Moist Foods**- such as coriander, rice, beetroot and broccoli and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, legumes and tomatoes.
- **Bilious Temperament** – eat **mostly Cold & Moist foods** – such as rice, coriander, cucumber and beetroot, **followed by Cold & Dry foods**- like citrus fruit, basil, yogurt and mealie meal, **and Hot & Moist foods**- such as ginger, olive oil, turmeric and honey, and the **least amount of Hot & Dry foods** – like onion, eggs, alcohol and garlic.

Dietary advice to be followed by all temperamental types

- Consume more fresh vegetables, fruit, and yogurt. Consume foods that are rich in calcium such as sesame seeds, celery and oranges.
- Avoid red meats; eat fish and chicken instead.
- Cut down on white flour products (like bread and pasta) and sugar.
- Avoid adding salt to meals, and drinking caffeine and alcoholic beverages a week before a menstrual period is expected.

Other Lifestyle Factors

- **Breathing exercises:** Tibb deep breathing exercises lowers irritability and anxiety, and dampen mood swings.
- **Physical exercise:** Any form will do, lasting 30 minutes/day at least 3 days/week. This boosts mood and reduces emotional stress. It also helps control appetite and regulates blood sugar levels.
- **Sleep:** Increasing sleep time for a few days before expected premenstrual symptoms helps to reduce the intensity of symptoms.
- **Relaxation:** Taking a hot bath with salt added (1 cup each of baking soda and sea salt per bath) helps. Regular massage reduces stress and anxiety.
- **Meditation:** Tibb meditation exercises 15min early morning and at bedtime is recommended.

Medication

Herbal Remedies

- Rosemary tea: Before a period, steep dried leaves (1tsp) in a cup of boiling water. Drink warm.
- Evening primrose oil: Helps reduce cramping and dampen mood swings.
- Poppy seeds (2tsp), almonds (10), liquidised in milk (1 glass), sweetened with honey to taste, drink at breakfast.
- Fennel seed (1tsp), cumin (½tsp), cardamom (2 crushed) in skim milk or water (1cup), boil down to 100ml. Strain and drink 3-4 times daily.

Tibb Medication

ProWoman capsules - This product contains a full range of vitamins and trace elements to meet the modern young woman's needs.

Gynaecare syrup - This herbal product helps to restore the balance between a woman's hormones, her emotional state, and here nutrition. It possesses anti-spasmodic activity.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix