

Pre-Menstrual Syndrome (PMS)

What Is Pre-Menstrual Syndrome?

Pre-menstrual syndrome (PMS) consists of a highly emotional phase, with or without physical symptoms, related to a woman's menstrual cycle. The emotional symptoms must always be present to diagnose PMS. These may vary from woman to woman, but every woman's pattern of both emotional and physical symptoms is predictable. It happens consistently during the ten days before menstruation and is usually gone either shortly before or shortly after it starts.

What Are Symptoms of PMS?

Pre-Menstrual syndrome (PMS) has numerous different symptoms, which include:

- Mood swings
- Tender breasts
- Food cravings
- Fatigue
- Irritability
- Depression

About three out of four women will experience some type of Pre-Menstrual syndrome, especially those in their late 20s and early 30s.

PMS FAQ

Q: I never like the time of the month when I'm nearing my period and getting PMS. It's like I can't control my emotions, and I'm getting headaches and cramps on my abdomen. I don't want to take any mood-elevating pills. I know it has to do with my hormones changing. Can Serrapeptase or any of your products help with PMS?

A: For PMS, you can try:

- BlockBuster AllClear
- Curcuminx4000
- NatraGest Progesterone Cream

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“The PMS abdominal cramps have always been uncomfortable. And my mood swings drove everyone crazy, including myself. Taking Serrapeptase and NatraGest Cream has helped me manage those. The cramps and mood swings have become less and less.”

- Amor K., United Kingdom

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Follow the Health Plan as recommended for the best results:

PRE-MENSTRUAL SYNDROME (PMS) HEALTH PLAN

The following health plan is designed to provide relief and improvement for Pre-Menstrual Syndrome, when combined with a naturally healthy lifestyle for long-term good health.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:*

- [BlockBuster AllClear](#) - Take 3 capsules x 3 times a day, 30 minutes before eating, with water. This Serrapeptase/Nattokinase formula is designed to clear inflammation and to support the healing process.
- [Curcuminx4000](#) - Take 1 capsule x 3 times per day, with the BlockBuster AllClear. Curcumin is a powerful antioxidant that supports the healing process.
- [NatraGest Progesterone Cream](#) - Apply 1/4 to 1/2 teaspoon to skin daily. This regulates and supports hormonal balance.
- [Nascent Iodine](#) - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- [Active Life Capsules](#) - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.