

## **Dr. Rashidi Nutritional Support Recommendations II**

### **PREMENSTRUAL SYNDROME**

Encourage healthy diet rich in quality protein foods, adequate water and fruits and vegetables, preferably organic to avoid xenoestrogens in pesticides and hormone additives found in all commercial meats that contribute to the hormonal imbalance. Dairy may be problematic for some, an elimination diet may help identify food sensitivities that may contribute to symptoms. Eliminate sugar, caffeine, alcohol.

Check always for hypothyroidism, suspect subclinical hypothyroidism if patient has several low thyroid symptoms, especially if low body temperature <98 and TSH >2.5.

**Wellness Essentials for Women:** Convenient packs for use in AM and PM, with Multigenics, Calapatite with Magnesium, E-Complex, and EPA-DHA Extra Strength

**CorticoB5B6** Use 1-2 daily to support healthy adrenal gland hormone production

**Vitamin E** 400 IU twice daily (important to take with food)

**MetaEPO** (GLA) 1-2 capsules 2-3 times daily, must be taken with food. Evening primrose seed oil is a good source of gamma linolenic essential fatty acid important to ovarian functioning and hormonal balancing.

**Chasteberry** a woman's herbal support for balanced cycles, 1 twice daily

**Meta I3C** an important phytonutrient that helps regulate estrogen metabolites in the gut, thereby helping eliminate excess estrogen from the system, and assisting in estrogen balance. Indoles help promote a healthy ratio of good to bad estrogen metabolites, reducing future risk of colon and breast cancer. Use 1-2 twice daily.

**EstroFactors:** Promotes healthy hormone balance in women of all ages, supplies nutrients that support healthy estrogen metabolism and detoxification. Use 1-3 daily.