

# Dr. Rashidi Nutritional Support Recommendations I

## 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 Pack** an excellent source of general nutrition needs with over 200 important nutrients, includes Green Magic, Vitabalance multivitamins, Meal in a Glass protein powder, Essential fats, Megapro antioxidants, NutriCleanse fiber, and Digestive Enzymes.

**Calcium Complex** (includes magnesium, zinc, boron, manganese) important to regulate many biochemical processes. Use 2 capsules on empty stomach 3 to 4 times daily, may increase to 4 capsules for acute cramping symptoms.

**Vitamin B6** (pyridoxine) 50 mg twice daily

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

B complex/ BeePollen formula gradually increase dose, take up to 3 daily

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

**Nutrifem** a women's herbal formula to help in hormone balancing, 1-2 twice daily

**SuperIndoles** 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.

**Progestica cream** May be required in more severe cases and if above not effective. Progesterone cream is used to counter estrogen dominance and regulate cycles. Emphasize it must be used consistently, as skipped doses may cause spotting or bleeding to occur. Apply as directed 1-2 pumps twice daily to same site (inner arms, inner thighs, lower abdomen or buttocks) from day 14 to day 28 of the menstrual cycle.