

# PMS Rebalance Program



Dr. Sonya specializes in helping women maintain good health and attitude through all phase of their menstrual cycle. She brings menstruation health and education into the light and helps women change negative paradigms surrounding their menstruation cycle such as it being -the curse, or something that needs to be hidden into positive paradigm that women feel comfortable embracing.

**Premenstrual syndrome (PMS)** is a common condition that affects many women in the days leading up to their menstrual period. It can have a significant negative impact on work, relationships, or home life. Symptoms of PMS can last sometimes up to two weeks, beginning mid-cycle with ovulation and lasting until right before your menstrual period begins.

The most common Premenstrual Syndrome Symptoms (PMS) include:

- **Anxiety**
- **Bloating**
- **Breast tenderness**
- **Irritability**
- **Fatigue**
- **Acne**
- **Headache**
- **Digestive issues**

However Premenstrual Syndrome can be further classified into:

- **Premenstrual Syndrome-A (Anxiety)**
  - Most common type- symptoms include anxiety, irritability, insomnia, general nervous tension.
- **Premenstrual Syndrome-H (Hyperhydration)**
  - 2<sup>nd</sup> most common type- symptoms include weight gain, abdominal bloating, breast tenderness.

- **Premenstrual Syndrome-C (Cravings)**
  - symptoms include hypoglycemia, fatigue, dizziness.
- **Premenstrual Syndrome -D (Depression)**
  - Symptoms include depression.

While there are many conventional pharmaceuticals used to manage PMS symptoms, some women prefer to use natural treatments, hormones, and healthy lifestyle changes to treat PMS. Some PMS sufferers may experience hormonal imbalances between estrogen and progesterone levels during their cycle. These hormonal changes can influence brain neurotransmitters like serotonin which can lead to symptoms of PMS.

### How Dr. Sonya Can Help?

Dr. Sonya believes in treating the whole person, not just their symptoms. She works closely with each patient to create a customized plan that addresses their unique needs and goals. She utilizes naturopathic functional testing such as menstrual cycle mapping, adrenal fatigue testing, thyroid testing and sex hormones testing. These objective lab test can be a great way to monitor health progression. In addition to correcting any hormonal deficiencies, Dr. Sonya will help you manage your PMS symptoms and reduce your risk of exacerbating symptoms by addressing dietary factors such as eating high calorie low nutrient food that disrupt hormone metabolism and potentially worsening your symptoms.

#### Menstrual Cycle Maps



Menstrual Cycle Mapping. **Top:** menstrual cycle is the average menstrual cycle. **Bottom:** menstrual cycle, women with a common Luteal Phase Defect Cycle (lower graph) I see in a lot of younger women 20-30s with this cycle pattern. This cycle shows progesterone rise to a lower level than normal resulting in a progesterone-estrogen imbalance. This imbalance in the luteal phase can lead to symptoms of PMS symptoms, early period or spotting before period.

It's important to approach natural hormone therapy with realistic expectations. While natural hormones can be effective for managing PMS symptoms, they may not eliminate symptoms entirely. Many patients use natural hormone therapy and other lifestyle interventions to help manage PMS symptoms.

## What is Included in the PMS Rebalance Program?

### First Visit 60-90 Minutes

The first naturopathic consultation is about 60-90 minutes, this comprehensive evaluation focuses on determining the underlying causes of your health issues and your health goals.

- ✓ Dr. Sonya will go over your health history and ask you about your medical history, including any past illnesses or injuries, surgeries, and medications. She will also ask about your personal and family health history, lifestyle factors such as diet and exercise, and any stressors or emotional concerns.
- ✓ Dr Sonya will conduct a physical exam which may include checking your vital signs, evaluating your skin, hair, and nails, and assessing your overall health and well-being.
- ✓ She will recommend which diagnostic lab testing will best correlates to your symptoms to help identify any underlying health issues.
- ✓ She will give you a 7-day diet diary to record your dietary intake for nutritional assessment and analysis, looking for any nutritional deficiencies.



### Second Visit 45-60 Minutes- No charge

During the Second Visit:

- ✓ Dr. Sonya will go over your lab tests and answer any questions you have.
- ✓ She will discuss the results of your diet diary and provide a nutritional analysis and assessment focusing on macronutrient and micronutrient deficiencies.
- ✓ Together you will discuss your goals and how to achieve them.
- ✓ Dr. Sonya will discuss the treatment plan tailored for you. The personalized treatment plan may include hormone prescriptions, dietary changes, nutritional supplements, herbal remedies, and lifestyle modifications.
- ✓ Dr. Sonya will provide education and resources to help you better understand your health and how to achieve optimal wellness. This may include information on nutrition, exercise, stress management, and other lifestyle factors.
- ✓ Dr. Sonya will schedule a follow-up appointment to monitor your progress and adjust your treatment plan as necessary.