

Premenstrual



If your signs and symptoms, physically or mentally, impact your life before the start of your period then this is not normal and you deserve to have this investigated.

- If you feel like the rage, frustration, and irritability you feel are disproportionate to the surroundings?
- Migraines or headaches that occur before most periods and impact your ability to live your life.
- Bloating that makes you feel uncomfortable and is pronounced so that clothes do not feel comfortable
- An apathy for activities or company that normally you would enjoy
- A lethargy that almost floors you and stops you from doing your day-to-day jobs
- A feeling of being out of control emotionally

As someone who has lived with PMDD for 8 years, I am here to support you.

PMS

- Mood swings
- Feeling upset, anxious, or irritable
- Tiredness or trouble sleeping
- Bloating or tummy pain
- Breast tenderness
- Headaches
- Spotty skin
- Greasy hair
- Changes in appetite and sex drive

PMDD

- Mood/emotional changes (e.g. mood swings, feeling suddenly sad or tearful, or increased sensitivity to rejection)
- Irritability, anger, or increased interpersonal conflict
- Depressed mood, feelings of hopelessness, feeling worthless or guilty
- Anxiety, tension, or feelings of being keyed up or on edge
- Decreased interest in usual activities (e.g., work, school, friends, hobbies)
- Difficulty concentrating, focusing, or thinking; brain fog
- Tiredness or low-energy
- Changes in appetite, food cravings, overeating, or binge eating
- Hypersomnia (excessive sleepiness) or insomnia (trouble falling or staying asleep)
- Feeling overwhelmed or out of control
- Physical symptoms such as breast tenderness or swelling, joint or muscle pain, bloating or weight gain

Normal periods are considered to be:

- 24-35 days in length (and it doesn't vary by more than 7 days)
- 3-7 days long
- 28-80ml in quantity
- clots should be no bigger than a pea
- no, or mild pain
- no PMS

Things to consider	Diagnosing
<ul style="list-style-type: none"> ● Low progesterone <ul style="list-style-type: none"> ○ Spotting during your luteal phase, ○ Difficulty falling or staying pregnant ○ PMS ○ Premenstrual headaches/migraines ○ Heavy periods ○ Irregular or frequent cycles ○ Bloating/water retention ○ Restless legs at night ○ Insomnia 	<ul style="list-style-type: none"> ● Cycle and symptom tracking ● Blood tests progesterone, 7 days before the next cycle
<ul style="list-style-type: none"> ● Oestrogen excess <ul style="list-style-type: none"> ○ Heavy periods ○ Painful periods ○ Clotty periods ○ Cyclical migraines ○ PMS symptoms like bloating, cramping, breast tenderness, and mood swings, ○ Fibrocystic breasts ○ Uterine fibroids ○ Endometriosis ○ Polyps ○ Fatigue ○ Depression/anxiety 	<ul style="list-style-type: none"> ● Cycle and symptom tracking ● Blood tests for: <ul style="list-style-type: none"> ○ FSH (day 2-5 of your cycle) ○ LH (day 2-5 of your cycle) ○ E2 (day 2-5 of your cycle) ○ Oestradiol ● DUTCH test
<ul style="list-style-type: none"> ● Inflammation <ul style="list-style-type: none"> ○ PMS ○ Period cramps ○ Menstrual migraines ○ Period poos ○ Poor egg quality ○ Impaired progesterone levels ○ Affects the thyroid ○ Increased aromatase and oestrogen levels 	<ul style="list-style-type: none"> ● A stool sample test will show digestive function, intestinal inflammation, and the intestinal microbiome. ● Blood tests for: <ul style="list-style-type: none"> ○ FSH (day 2-5 of your cycle) ○ LH (day 2-5 of your cycle) ○ E2 (day 2-5 of your cycle) ○ Oestradiol ● DUTCH test ● Full thyroid panel
<ul style="list-style-type: none"> ● Perimenopause <ul style="list-style-type: none"> ○ Heavy bleeding ○ Irregular menstrual cycles ○ New PMS symptoms 	<ul style="list-style-type: none"> ● Cycle and symptom tracking ● Blood tests for FSH (day 2-5 of your cycle) and oestradiol ● DUTCH test

- Swollen, tender breasts
- Insomnia
- Weight gain
- Night sweats
- Headaches
- Mood swings

- **Histamine intolerance**

- PMS
- Period pain
- Heavy periods

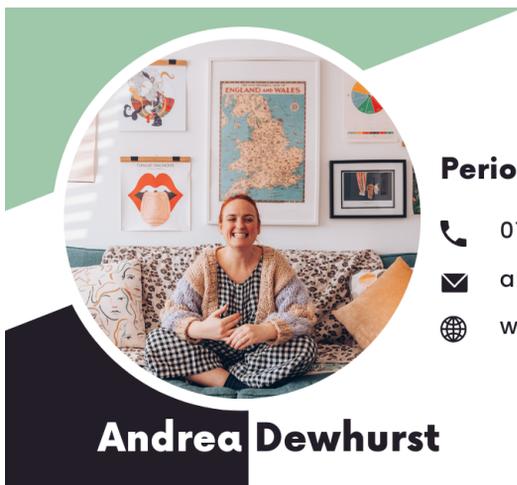
- Avoid high-histamine foods e.g. cows dairy, and fermented foods. For a full list click [here](#) to see if this helps with PMS symptoms

Depending on investigations and your signs and symptoms this is not an exhaustive list.

My guidance today is:

- Your first port of call should be to speak to your primary healthcare practitioner
- Make the necessary checks and tests; heavy periods are not a normal physiological process and should not be accepted where it impacts your quality of life.
- Start cycle tracking
- Get in touch today and we can start working on how I, and acupuncture, can support your healthy periods.

Send me an email at andrea@thechannelproject.co.uk and we can discuss your signs and symptoms. As a follow up I will then send you information on how you can start to make changes TODAY.



Period Acupuncturist

- ☎ 07876224566
- ✉ andrea@thechannelproject.co.uk
- 🌐 www.thechannelproject.co.uk

