



Pre-menstrual Tension

DEFINITION

Premenstrual tension: a group of symptoms including emotional disturbance, fatigue, irritability and sometimes, depression that affects some women for up to a week before menstruation. It is associated with retention of water and salts in the body tissues.

OVERVIEW

Premenstrual tension (PMT) is now accepted as being a medical condition, whereas in the past it was often thought to be a neurotic, imagined, psychological problem or a form of stress or tension. Originally identified by an English practitioner, Dr Katherina Dalton, PMT was studied in more detail by an American gynaecologist, Dr Guy Abrahams. He classified PMT into four categories, based on the effects it has in different women.

PMT-A: Anxiety and nervous tension, raised oestrogen, low progesterone

PMT-B: Depression, confusion, forgetfulness

PMT-C: Headache, craving for sweets, hypoglycaemia

PMT-D: Weight gain and bloating, due to salt and water (fluid) retention

The start of menstruation is the sign that a woman has entered her reproductive years. Each 'period' or bleeding phase represents the end of an ovulatory cycle in which a fertile egg has not been fertilised by sperm. In preparation for pregnancy, the womb produces a new lining every month, richly supplied by new blood vessels. If conception does not take place, this lining is shed. The blood and debris produced each month are all that is left of the lining.

Menstruation is an entirely natural process and therefore should not cause too much difficulty for women. When PMT causes problems, this may be a sign of poor nutrition or some other form of bodily imbalance or ill health. The majority of healthy women do not have any serious problems at this time of the month, despite all the hormonal changes involved in first building up and then shedding the additional lining from the womb.

SUPPLEMENTS

The following supplements have been shown to be helpful in PMT:

Magnesium, Vitamin E, Vitamin B6, Omega-6.

For PMT-C:

Chromium, Beta-carotene

For recommended suppliers and supplement advice please contact Pauline. Telephone: 01905 798567

Email: pauline@paulinestarthomeopath.com

HOMEOPATHY

Homeopathy can help restore balance to the body and is helpful in alleviating many of the symptoms of pre-menstrual tension. Moreover treatment by a qualified homeopath can help prevent recurrence of this complaint. Please phone Pauline to discuss this.

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