# Premenstrual syndrome

*Getting through the difficult week with more comfort*

The days before your period should not be a monthly ordeal. This sheet gathers the simple gestures that soften irritability, bloating, cravings and fatigue, and the traps that wake them up.

## IN A NUTSHELL

Premenstrual syndrome affects about one woman in two: mood on a roller coaster, tense breasts, swollen belly, cravings, disturbed sleep, in the days before the period. It is neither fate nor whim: hormones play their part, but the plate adjusts the volume. Eating regularly, gently and warmly often changes more than you would imagine.

### THE ESSENTIALS

- Do not skip any meal during the premenstrual week: cravings and irritability settle where hunger has dug.
- Cut down on fast sugar and coffee that week: they are the first two amplifiers of symptoms.
- Quality dark chocolate, a small square, belongs to the allies (magnesium): it is not the enemy, the dose is what counts.

### WHAT HELPS YOU

**Regular, complete meals** : starch + protein + vegetable at every meal: it is stability that calms cravings and mood.

**Sources of magnesium** : nuts, 70% dark chocolate, green vegetables, whole grains: the mineral of nerve and muscle relaxation.

**Oily fish** : sardine, mackerel, salmon twice a week: their omega-3 support mood and soothe inflammation.

**Evening herbal teas** : chamomile, verbena, lemon balm: the ritual that lowers nerve volume before night.

**Hot, comforting dishes** : soups, stews, warm compotes: comfort through the plate when the body pulls down.

**Moderate salt** : less salt = less water retention: less tense breasts, less swollen belly.

### WHAT MAKES IT WORSE

**Fast sugars** : the spike then the crash: guaranteed irritability two hours later, and a craving that calls the next one.

**Chain coffees** : caffeine tenses breasts and nerves that week: cut down rather than suffer.

**Hidden salt** : ready meals, cured meats, excess bread: water retention comes mostly from there, not the salt shaker.

**Skipping breakfast** : going hungry into a hormonally loaded week means scheduling the 5 p.m. craving.

**Short nights** : shaved sleep amplifies sensitivity to pain and mood: protect your nights that week.

**Eating on the go** : eating anything in front of the screen worsens both mood and digestion: a proper seated meal changes the evening.

## DAY TO DAY

### The habits that make all the difference

1. **Anticipate the week**

   spot your difficult days on the calendar and lighten the agenda as much as the plate: prevention beats repair.

2. **Keep a backup snack at hand**

   a handful of almonds, a fruit, a square of dark chocolate: a craving taken at speed does not degenerate.

3. **Walk twenty minutes a day**

   even without wanting to: walking gets things moving, fights bloating and lifts mood better than the sofa.

4. **Look after your evenings**

   light warm meal, screens off early, herbal tea: the premenstrual week sleeps badly, offer it a soft landing.

5. **Note your symptoms for two cycles**

   a mini-diary (mood, belly, sleep, plate) reveals your real triggers and helps your practitioner aim true.

This sheet accompanies your practitioner's advice, it does not replace it. See a doctor if the symptoms strongly disturb your daily life, if they persist throughout the whole cycle, or if new pains appear: some pictures resemble PMS but call for medical advice.

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