



P M D D
S U P P L E M E N T G U I D E

The 6 Essential Supplements to Help Manage
Your PMDD Symptoms

WisdomBlends.com

Health is a state of
complete harmony of
the body, mind
and spirit.

- B.K.S. Iyengar

THE 6 ESSENTIAL SUPPLEMENTS*:

01

Magnesium Glycinate

02

Zinc

03

Iron

04

Folate

05

Dong Quai

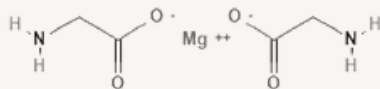
06

B6

*always consult with your doctor before changing your medication regimen

01

MAGNESIUM GLYCINATE



Magnesium Glycinate helps you feel calmer. It's known to relieve premenstrual anxiety. Take it in the evenings because it can make you a bit sleepy.

TIP: Make sure you read the back label of the bottle. Magnesium Citrate is for constipation and does not have a calming effect.

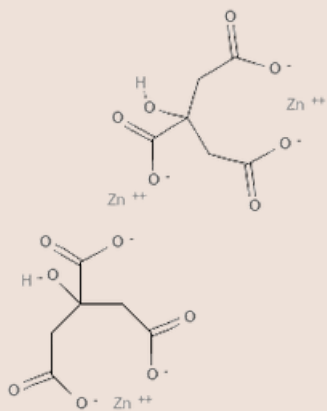


PMDD RELIEF - HEALING IS POSSIBLE



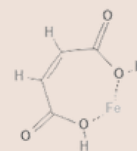
02

ZINC



Zinc can help relieve and prevent painful menstrual cramps. It has also been shown to improve depressive moods and brain fog.

TIP: Your body can't produce or store zinc, so make sure to replenish your zinc daily with foods or supplements.

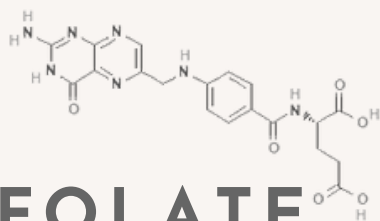


IRON

Iron-deficiency is very common in people with PMDD. Low iron levels lead to irritability, fatigue and anxious or depressive thoughts.

TIP: Take your iron with a source of Vitamin C so your body can absorb it better.

03



FOLATE

Low folate levels can cause depression and muscle weakness. Optimal folate levels are needed for anti-depressants to work properly.

04

TIP: For an increased effectiveness, combine your folate with vitamin B6 + B12.

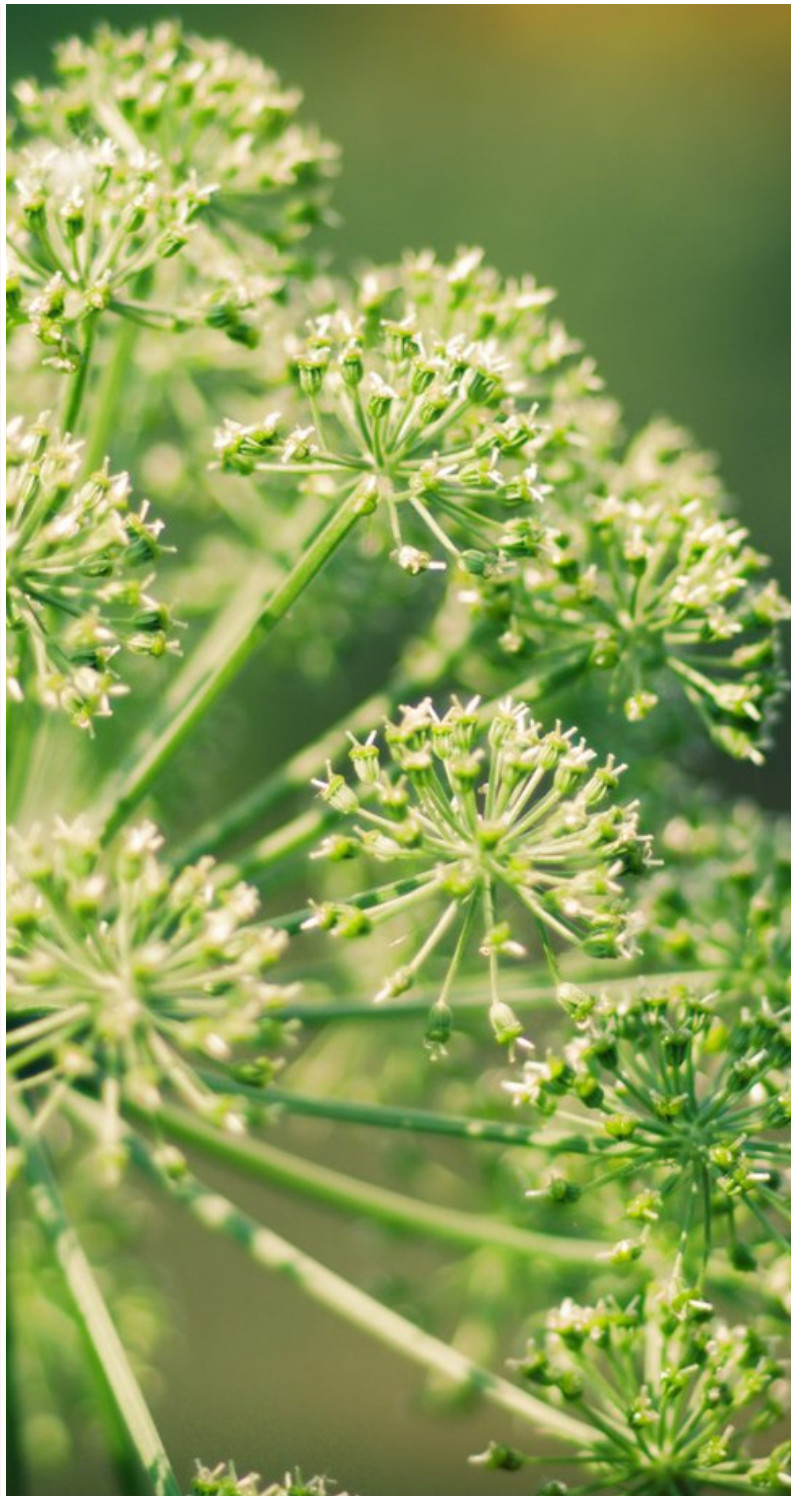


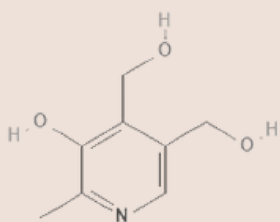
DONG QUAI

Dong Quai is an herb that has been used in Traditional Chinese Medicine for centuries as an anti-inflammatory and to relieve premenstrual symptoms. It is also known as Women's Ginseng.



TIP: Other plants to try: Ginko, Ashwagandha, St. John's Wort, Chasteberry, Primrose





B6

Vitamin B6 deficiency is linked to depressive moods. B6 plays an important part in the creation of neurotransmitters, including serotonin which regulates your mood.

TIP: Chickpeas, carrots, spinach, green peas and sweet potatoes are an excellent source of Vitamin B6.



SOURCES

Books:

- The PMDD Phenomenon by Dr. Diana Dell
- In The Flo by Alisa Vitti
- A Guide to Coping with PMDD by James E. Huston, MD
- PMDD Healing Summit Experts: Dr. Jordan Robertson, Jenna Longoria, Dr. Erin Ellis, Le'Nise Brothers, Heidi Hogarth, Mandy Rother

Online:

- [Tools for premenstrual disorders](#)
- [Zinc & menstrual cramps](#)
- [Zinc & depression](#)
- [Magnesium & mood swings](#)
- [Iron & fatigue](#)
- [Calcium & B6 reduce luteal symptoms](#)
- [Vitamin B6 & Depression](#)
- [PMDD Healing Summit](#)

THANK YOU

Hi, I'm Charisma, a fellow PMDD Warrior, and I want to thank you for checking out this supplement guide.

PMDD sucks and you deserve relief from your symptoms!

I understand how confusing it can be to find what really works. It took me years.

And it's my hope that you find some relief with these supplements, just like I did.

Your healthy body and optimal nutrition are the first step on the PMDD Healing Ladder.

Need more tips and tools for PMDD relief?



Listen to the PMDD Healing Podcast on your favorite player or click here:

<https://www.pmddhealingsummit.com/podcast/>