

# 5 TOP TIPS TO EASE THE SYMPTOMS OF PMS



## 1. Eat a whole food diet

- Remove simple carbohydrates and processed food.
- Cut out caffeine.
- Balance your blood sugar, eat protein with every meal or snack.
- Consume vegetables, fermented foods, fruits, nuts, seeds and beans.
- Increase omega-3 fats by eating 2 servings of oily fish per week.



## 2. Get outside and start moving

- Aim for 30 minutes, 5 times a week.



### 3. Sleep

- Prioritise sleep - aim for 7-8 hours per night.



## 4. Manage stress

- Learn meditation, yoga, tai chi, breathing exercises.



## 5. Supplements

- A woman's multivitamin or menopause specific supplement may help to fill any nutritional deficiencies.