

PMS AND YOUR EMOTIONS



My personal experience, thanks to the guidance of Dr Dalize at [Skin Renewal](#) is to include the following supplements into my daily lifestyle:

1. Incorporate Calcium and Vitamin D3 into your regime. When used in combination these have shown to cause a reduction in PMS-related symptoms in over 48% of cases.
2. Magnesium: Magnesium deficiency has been seen to be a possible cause of premenstrual symptoms, the supplementation of magnesium can make a definite difference in the long run.
3. Vitamin B6 is found to be particularly helpful for those suffering from mood related premenstrual symptoms. (Who knows it may even save a life or two ... tee hee, you know what I mean!)

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