



THE SOLINGER METHOD

by Root Health L.L.C.

Premenstrual Syndrome (PMS)

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult PMS

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Clinical Herbalist

What Is PMS

Premenstrual Syndrome is a **cyclical neuroendocrine and metabolic response to normal hormonal fluctuations**, not simply a “hormone imbalance” or lack of willpower.

PMS occurs when the body has **difficulty adapting to the normal rise and fall of estrogen and progesterone**, particularly in the presence of inflammation, nutrient depletion, blood sugar instability, stress, or impaired detoxification.

Symptoms typically occur in the **luteal phase**, after ovulation and before menstruation, and may include:

- irritability or mood swings
- anxiety or low mood
- breast tenderness
- bloating or constipation

- headaches or migraines
- fatigue
- sleep disruption
- sugar cravings

PMS is best understood as **hormone sensitivity plus poor physiologic buffering**, not excess hormones alone.

Conventional Medicine Perspective

Conventional medicine often approaches PMS by suppressing ovulation or altering neurotransmitters.

Common strategies include:

- hormonal birth control
- SSRIs for mood symptoms
- NSAIDs for pain

While these may reduce symptoms, this approach often overlooks:

- progesterone insufficiency
- estrogen clearance issues
- blood sugar instability
- nutrient depletion
- stress and cortisol effects
- inflammatory signaling

Many women are told PMS is normal and unavoidable.

Naturopathic Medicine Perspective

Naturopathic medicine views PMS as a **sign of impaired hormone adaptation**, driven by nutrient insufficiency, metabolic stress, inflammation, and altered neurotransmitter balance.

Key systems involved include:

- ovarian hormone production
- progesterone sufficiency
- estrogen metabolism and clearance
- blood sugar regulation
- inflammatory signaling
- neurotransmitter balance
- liver and gut hormone handling



THE
SOLINGER METHOD
by Root Health L.L.C.

The goal is to **improve hormone resilience**, not eliminate hormones.

Core Pathophysiologic Mechanisms

Progesterone Insufficiency

Progesterone has calming, anti inflammatory, and anxiolytic effects. When progesterone is low relative to estrogen, PMS symptoms intensify.

Estrogen Sensitivity or Poor Clearance

Even normal estrogen levels can provoke symptoms if clearance is impaired or tissues are overly sensitive.

Blood Sugar Instability

Luteal phase insulin resistance increases vulnerability to hypoglycemia, driving mood swings, cravings, and fatigue.

Neurotransmitter Shifts

Progesterone metabolites support GABA signaling. Low progesterone worsens anxiety, irritability, and sleep disruption.

Inflammation

Inflammatory cytokines amplify pain, breast tenderness, and mood symptoms.

Nutritional Strategy

Nutrition for PMS focuses on **stabilizing blood sugar, supporting progesterone production, improving estrogen clearance, and reducing inflammation.**

Core Nutritional Priorities

- regular meals and snacks
- adequate protein intake
- sufficient complex carbohydrates
- micronutrient density
- anti inflammatory fats



**THE
SOLINGER METHOD**
by Root Health L.L.C.

Therapeutic Foods to Emphasize

Protein at each meal, targeting 25 to 35 grams. Mechanism, stabilizes blood sugar and supports hormone synthesis.

Complex carbohydrates such as rice, potatoes, oats, and fruit. Mechanism, reduce cortisol and support serotonin production.

Cruciferous vegetables. Mechanism, support estrogen metabolism through liver pathways.

Healthy fats including olive oil and fatty fish. Mechanism, reduce inflammation and support hormone signaling.

Magnesium rich foods. Mechanism, support neuromuscular and mood regulation.

Reduce or Modify

Refined sugar. Mechanism, worsens insulin swings and inflammation.

Excess caffeine. Mechanism, worsens anxiety and breast tenderness.

Alcohol. Mechanism, impairs estrogen clearance.

Targeted Supplement Support

Therapeutic Adult Dosing

Magnesium Glycinate

Mechanism, reduces cramps, breast tenderness, headaches, and anxiety through neuromuscular and nervous system calming.

Dose: 400 to 600 mg daily

Vitamin B6 (P5P)

Mechanism, supports progesterone production and neurotransmitter synthesis.

Dose: 25 to 50 mg daily

Calcium



**THE
SOLINGER METHOD**
by Root Health L.L.C.

Mechanism, reduces mood symptoms and neuromuscular irritability in the luteal phase.
Dose: 1,000 to 1,200 mg daily from diet and supplements

Omega 3 Fatty Acids

Mechanism, reduce inflammatory prostaglandin production and pain.
Dose: 3 to 4 grams daily combined EPA and DHA

Myo Inositol

Mechanism, improves insulin sensitivity and mood regulation.
Dose: 2,000 mg daily

Vitamin D3 + K2

Adult dosing, 5,000 IU daily, adjust based on labs.
Mechanism, supports hormone signaling, mood stability, and inflammation control.

Targeted Herbal Support

Vitex (Chaste Tree)

Mechanism, supports pituitary signaling to increase endogenous progesterone production.
Dose: 200 to 400 mg daily
Best suited for progesterone deficient PMS patterns.

Evening Primrose Oil

Mechanism, provides gamma linolenic acid to reduce breast tenderness and inflammatory symptoms.
Dose: 1,000 to 3,000 mg daily

Ginger

Mechanism, reduces prostaglandin mediated pain and inflammation.
Dose: 1,000 to 2,000 mg daily or tea

Lemon Balm

Mechanism, supports nervous system calming and mood stability.
Dose: 300 to 600 mg daily
Herbal selection should match symptom pattern, not be automatic.



THE
SOLINGER METHOD
by Root Health L.L.C.

Celery Juice Support for PMS

Celery juice may support PMS by improving hydration, mineral balance, and liver signaling, indirectly supporting estrogen clearance and nervous system regulation.

Suggested use is 8 oz fresh celery juice daily, taken earlier in the day.

Supplement Access

A complete supplement protocol for Adult PMS is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

Sleep quality directly affects progesterone production.

Stress regulation is critical, cortisol suppresses progesterone.

Gentle movement supports hormone balance and lymphatic flow.

Cycle tracking helps identify patterns and timing of support.

When to Dig Deeper

Further evaluation is warranted:

- luteal phase progesterone
- estradiol to progesterone ratio
- blood sugar patterns
- inflammatory markers
- thyroid function

PMS improves when **the body can adapt to normal hormonal shifts**, not when hormones are suppressed.

