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Effects of Micronutrients on Improving Fatigue, Weakness and Irritability

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ABSTRACT

Introdaction Consumption of sugar compounds by disturbing estrogen metabolism increases circulating estrogen and thus exacerbates PMS. Consumption of natural sweet substances such as raisins, dates and the like is unimpeded to a small extent. Some studies show that women with PMS are more likely to use refined sugar and CHO, such as bread, cakes, pastries, and other starchy foods made from white flour, than women with the condition.

Conclusion If a woman consumes more of her calories from such refined foods with a variety of more nutritious ones, namely whole-grain bread and pastries and fresh fruits with natural sweetness, it leads to a diet rich in nutrients, and possibly Premenstrual symptoms will decrease.

Keywords PMS; Anxiety; Depression; Nutritional Supplements

CITATION LINKS

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Introduction

Everyone has the ability to think. If you pay attention to the child's fantasies and illusions - sometimes contrary to the parents' perception - you will find that adolescents only turn away from reality for a short time and temporarily to maintain their mental balance, a child who is constantly being manipulated by people. Objects, colors, and sounds are evoked, so that his mind rests for a short time. This behavior is not deliberate, but a natural reaction to the environment. As thoughts flow aimlessly on the human mind. So when the child returns to real life, he is fresher than before and ready to accept life motivations. We adults often do not let our thoughts go to waste unless the day is over and it is time to go to bed and we want to go to bed. We are constantly and regularly faced with problems and difficulties from which we can not free our minds. This is where the body reacts physically. The aftermath of this story of tension, feelings of helplessness, anxiety, and worry is so high that it affects the body's hormonal changes. Exacerbation of premenstrual syndrome is directly related to the pressures around her. However, any woman has the ability to rejuvenate as she did when she was a child. She can devise a way to prepare her for stress before it runs out.

Women have realized that when they think regularly every day, they can better deal with and overcome stressful thoughts, and regain their mental health. The woman must learn from the children how to work without "thought" [1-10].

But as soon as he spends ten minutes a day meditating, he will find that his ability to overcome problems and difficulties increases. With decreasing pressures, the symptoms of the premenstrual syndrome will be significantly reduced. Don Shapiro, a consultant at the New York-based Stress Treatment Center, which has a private practice, advises his patients to spend ten minutes a day "meditating." Any woman who tries to overcome the symptoms of premenstrual syndrome, and reduce the amount of stress, should follow Mr. Shapiro's instructions on thinking (Figure 1).

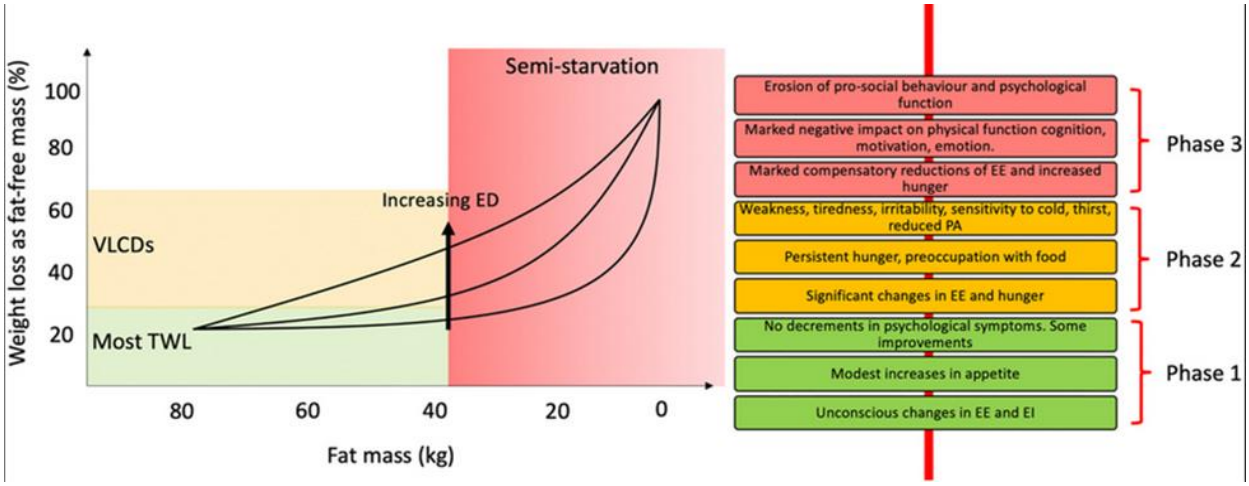

Figure 1) From famine to therapeutic weight loss: Hunger, psychological responses, and energy balance

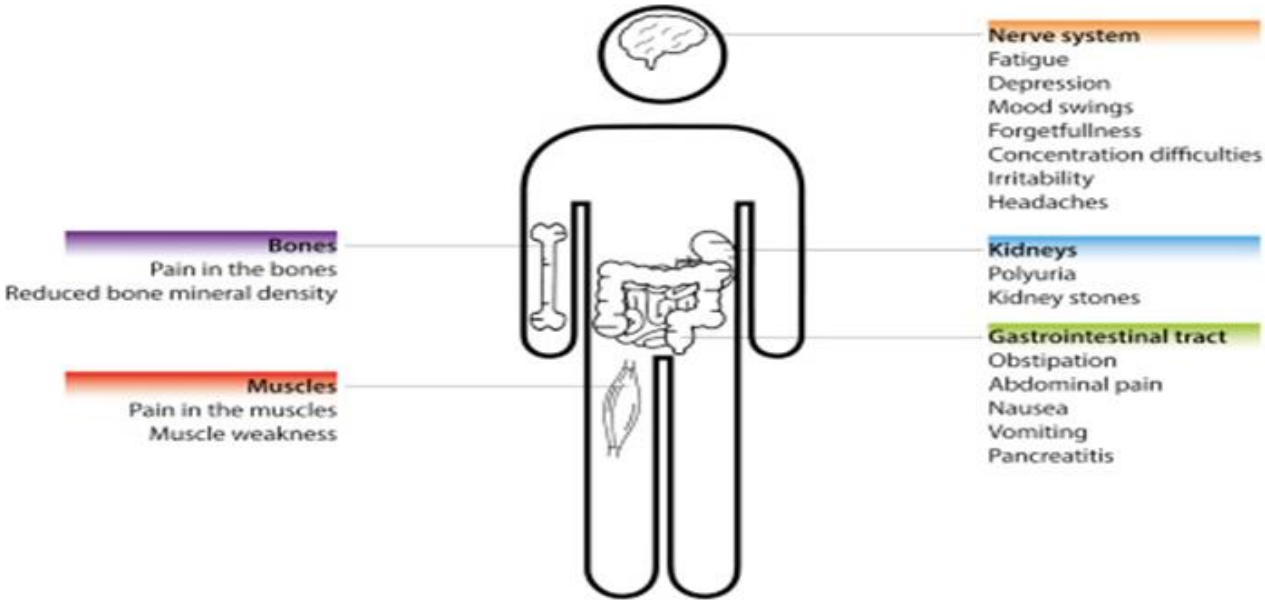

Figure 2) Advances in Diagnosis and Management of Secondary and Tertiary Hyperparathyroidism

When a doctor prescribes progesterone therapy, a woman should know that her doctor is prescribing natural progesterone, not synthetic progesterone. Only natural progesterone is effective in overcoming premenstrual syndrome. However, some patients are treated with synthetic progesterone incombination. (Provera) They have improved, but not only does this progesterone not cure the syndrome, but it may also even make it worse. Because natural progesterone is so expensive, the researchers wanted to make some kind of synthetic progesterone. Furthermore, natural progesterone cannot be taken in pill form because it is not absorbed into the blood as an oral drug. Natural progesterone pills break down in the stomach and intestines, but never enter the female system. Synthetic progesterone is designed to simplify any treatment that requires progesterone, and the differences between synthetic progesterone and natural do not matter to doctors. Although synthetic and natural progesterone can be substituted for each other in many cases, treatment for premenstrual syndrome is not one of them [11-25].

Natural progesterone, a derivative of cholesterol, is made from soy products, a type of Mexican potato, and occasionally animal sources. Synthetic progesterone is chemically derived from progesterone. But these combined hormones react differently instead of adding to the progesterone content (Figure 2). Synthetic hormone In addition to having the effect of progesterone, some of them have an estrogenic effect. And some act very effectively like progesterone, and some act like male hormones. Birth control pills contain synthetic progesterone, which is why women with premenstrual syndrome feel weak and helpless while taking these pills.

Dietary fat

Increasing the consumption of saturated fats increases circulating estrogen by up to 35%. Therefore, it is recommended that less than 30% of the daily energy requirement be provided by fats, and in this regard, it is preferable to provide more energy than unsaturated fats. To achieve this goal, consumption of animal products should be reduced and increased in contrast to plants and seafood.

Note: Almost all seafood (especially milkfish, salmon, tuna, sardines, mackerel) due to the relatively high polyunsaturated fatty acids that have anti-inflammatory properties and improve the sensitivity and pain of the breasts and also due to their high content Magnesium is a very good diet. In general, it is recommended that all people (healthy and unhealthy) eat at least 100 to 200 grams of fish a week (grilled, steamed, or boiled).

If you want to eat fried foods, it is better to use olive oil. In total, the use of 3 tablespoons of cold-pressed oils including sunflower, safflower, walnut, sesame, and flaxseed oils is effective in improving the symptoms of PMS [25-37].

Phytoestrogens

Almost all edible vegetables (especially dill, red clover, celery, and parsley), many nuts, legumes, and grains (walnuts, peas, hazelnuts, wheat, and soy), and some fruits (especially apples) are found in high amounts. Phytoestrogens have good effects on PMS control as well as health due to their SERMS-like effects (selective modulators of estrogen receptors, such as Tamoxifen and Raloxifene). Of course, due to high fat, it is better to use fewer nuts and grains and more vegetables, soy, and fruits.

To increase dietary fiber, 5-6 servings per day can be allocated to fresh fruits, vegetables, as well as beans, lentils, and whole grains. In fact, fiber is very effective because it binds to excess estrogen and causes it to be eliminated from the body, and on the other hand, it improves defecation and constipation during this period [38].

Caffeine

Caffeine has very negative effects on PMS, especially anxiety, depression, headache, insomnia, breast tenderness and fibrocystic changes in the breast, and it is better to eliminate or limit its consumption in these people. Instead of caffeinated beverages such as chocolate, tea and Coffee can be used with a variety of herbal and fruit teas [39].

Salt

Some people are sensitive to salt (Nacl; Salt Sensitive) and cause water and salt retention in the body and should be somewhat limited in this group. In general, a good practice for this purpose is to increase the intake of foods containing potassium (ie vegetables and fruits) and in contrast to the consumption of foods high in sodium (almost all canned and canned foods, sausages, hot dogs, hamburgers, spices, mustard). And salad dressings).

Smoking and alcohol

Smoking and alcohol, especially from the second half of the menstrual cycle, disrupts blood sugar levels and prevents the absorption of many nutrients, including magnesium, zinc and B vitamins.

Calorie intake

In general, 3 main meals and 3 snacks are the best dietary patterns because the use of bulky and high-fat meals increases fat synthesis and thus weight gain and increases estrogen synthesis.

Vegetarianism

The ratio of plant to animal products is directly related to PMS. PMS is more prevalent in countries where animal products and fats are high, such as the United States. But no matter where you live in the world, you can enjoy the benefits of the Asian diet by limiting the consumption or eliminating meat and other animal products from your diet (Figure 3).

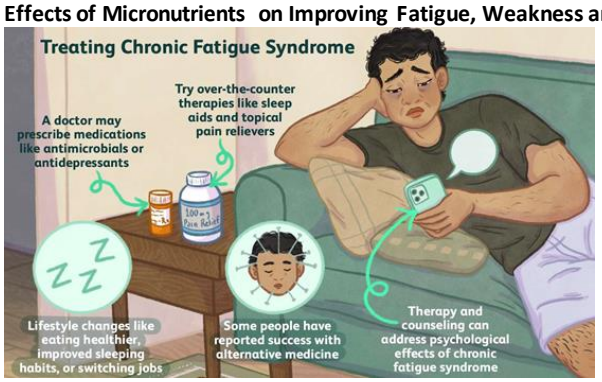

Figure 3) Chronic fatigue syndrome: Symptoms, treatment, and causes

Wheat consumption tolerance test

Wheat can aggravate menstrual symptoms in women with food allergies. To find out if you are sensitive to wheat, it is recommended to substitute brown bread, corn, barley, rye, and brown rice for a month or more. If a person is not able to quit wheat at once, consume it every 4 days [40].

Micronutrients

Pyridoxine

As mentioned in the classic treatment topic, vit B6 relieves or improves fatigue and weakness, irritability, and depression in some people. However, due to the risk of neurotoxicity, it should be prescribed at a dose of less than 50-100mg/day, and only if positive effects are observed (after 1 to 2 months).

Magnesium

Several studies have shown that in patients with PMS, intracellular magnesium (RBC) and white matter (WBC) concentrations are clearly reduced and magnesium administration (300 to 600mg/day in three divided doses in the luteal phase) improves Many of the symptoms, especially mood disorders, weight gain, and breast tenderness, have become apparent. The positive effects of magnesium and vit B6 will be much more pronounced when co-administered.

Calcium

In some patients, supplementation with calcium (1000mg per day) may help reduce physical and mental symptoms (including depression, irritability, headache, bloating, back pain, and water retention) and can be used for up to 2 days. 3 menstrual periods tried it. Although milk is a good source of calcium, due to its phosphorus and vitamin D, it impairs magnesium absorption and can exacerbate PMS (plus the negative effects of saturated fats and preservatives).

Zinc

Zinc is an important cofactor in many of the body's chemical reactions, especially the activity of sex hormones, and plays a role in the secretion of prolactin. Decreasing it in the blood increases prolactin and increasing it decreases prolactin. Therefore, cases that are associated with an increase in prolactin will not be useless (30 to 45mg per day).

Conclusion

During the first 3 days of menstruation and with the onset of bleeding, use 1 teaspoon of ointment powder with a little yogurt a day to remove its bitter taste. Note that a raw or cooked egg white is recommended before consumption (Ointment must be consumed with egg white because it sticks to the stomach wall in the stomach to increase its absorption). After 2 to 3 periods of use, the miraculous performance of the ointment to reduce menstrual bleeding and 4 periods of use to eliminate the symptoms of PMS are determined.

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