



Your PMS Survival Kit

by
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PMS Got You Feeling... Not Yourself?

You know the drill - mood swings, bloating, chocolate cravings, maybe even plotting your partner's downfall.. :)

But here's the truth: PMS isn't just "part of being a woman."

It's a signal - your body asking for support.

PMS isn't all in your head. It's not your fault.
And you're not alone.

With the right support, you can feel so much better.

The tools and tips in this guide are things I've seen truly help - not just in theory, but in real-life cycles.

They're gentle, natural, and deeply supportive.

Girl, I've got you covered!

*Yours,
Martyrma*



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Let's Talk Natural Relief

Before we jump into supplements, these lifestyle tweaks are everything:

- **Balance your blood sugar** – No skipping meals. Think protein, fat, and slow carbs.
- **Ditch the sugar + wine (just a bit!)** – Especially the week before your period.
- **Love your gut** – Add fermented foods or a good probiotic.
- **Avoid endocrine-disruptors** – Say bye to plastics and synthetic fragrances.
- **Eat phytoestrogens** – Hello, flaxseeds and chickpeas!
- **Move your body** – Dance, walk, lift-it, yoga, pilates all helps hormones flow.
- **Chill the stress** – Stress messes with ovulation. Prioritize your peace.

My Fav PMS-Fighting Supplements

These are your hormone **BFFs**. Stack them smartly,
and you'll feel the shift:

Magnesium Glycinate (300 mg at bedtime)

Calms your mind, eases cramps, and chills the nervous system.

“Magnesium is my ride-or-die for PMS.”

Vitamin B6 (P5P – 50 mg twice daily)

Supports progesterone and mood.

Don't go over 200 mg/day (we love safe gains only).

Vitex Agnus Castus (200 - 1000 mg)

Balances hormones, lifts mood and reduces breast pain.

Take in the AM - skip the first 5 days of your period.

Selenium (100 - 150 mcg)

Helps make progesterone + supports your thyroid.

Check thyroid first if unsure!

Zinc (15 - 30 mg)

Tames cramps + help healthy ovulation.

Best used in the days before your period kicks in.

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For the Emotional Rollercoaster

Because PMS mood swings are very real...

SAM-e (100 - 200 mg/day)

Boosts serotonin & dopamine = lifts your vibe.

Take in the AM 5 - 7 days before your period.

Rhodiola Rosea

Nature's chill pill for stress and anxiety.

Moreover, regulates the HPA (adrenal) axis.

Take with food as directed on the supplement bottle.



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Wanna Dig Deeper? Get Tested!

Testing can reveal the why behind your PMS:

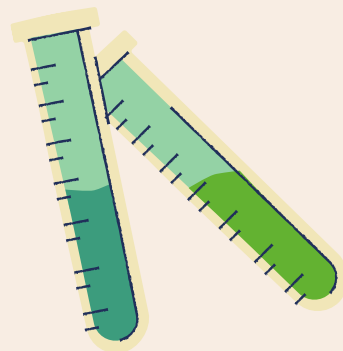
Hormone Panel – Test progesterone + estrogen (best on day 21)

Thyroid Check – TSH, T3, T4, antibodies

Vitamin & Mineral Levels – Especially magnesium, B6 & zinc.

DUTCH Test – Full hormone deep-dive

Stool Test – Because gut health = hormone health





Every body is unique.

While this guide can offer powerful support, your situation is personal - and that matters.

**If you ever feel like you need deeper, individual guidance,
I'm here for you.**

You don't have to figure it all out alone.

Stable PMS, Happy You.

Because you deserve to feel amazing all month long!

Disclaimer

This guide is intended for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with your healthcare provider before starting any new supplement or treatment plan. These tips are meant to support overall health and ease PMS symptoms naturally.

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