



# What Is Your PMS Type?



*"During my period it curbs my cravings. Before I took Female Balance, I'd eat everything in the house."*

*—Pam L.*





## First Things First

### You are not your PMS!

You are not your PMS and you are definitely not the symptoms of PMS: cramping, bloating, aches and pains, and mood swings – you are only experiencing them. Refuse to believe that you are doomed to experience PMS pain every month!

### There is Hope!

Taking **Female Balance™** along with other simple lifestyle changes such as: improved nutrition, regular exercise, and asking for emotional support and being kind to yourself, will produce wonderful changes in your life!

### How long until I should begin to notice results?

Most women after taking **Female Balance™** will notice a difference in cramps, bloating, and mood within a week or two. Other very beneficial results, such as a more regular period, with less flow, can occur after 3 to 6 months.

### Is Female Balance known to cause any unpleasant or harmful side effects?

There are no known unpleasant or harmful side effects. If there is a concern, see your physician, **Female Balance™** is not for medical conditions, it is a supportive food based supplement.

### How do I increase the effectiveness of the product?

Most women start using the product 10 days before their period and end a week after their period. As women mature adding natural progesterone, vitamin B6, Black Cohosh, and fish oils is very helpful.

## Angry, Depressed or Anxious? What is Your PMS Type?

Type  
**A:** **PMS Type A stands for Anxiety, along with: Insomnia, Irritability & Mood Swings**

Many Type A women have too little progesterone and too much estrogen, and they consume too many dairy and sugar products, too many fruit juices, or MSG. Other symptoms of Type A include: nervousness, tight neck & shoulder, tight muscles, hyper with a sudden let down, food cravings, moodiness, pleasing, defensive (hyper-sensitive to other people's reactions), fatigue, depression and excessive thoughts about food.

**What Helps:** Nuley Purify, Nuley Serenity, Vitamin B6, calcium, magnesium, adrenal support, fish oils, emotional release, natural progesterone cream, staying away from simple sugars: dairy & ice cream, being near close friends, getting enough sleep, meditation and prayer.

Type  
**C:** **PMS Type C stands for Cravings for Carbs**

Cravings for: sugar, fruits, fruit juices, ice cream, donuts, breads, cereals, and granola. If it's sweet, it has a carb, and a Type C wants it! Other Type C symptoms include fatigue, headaches, fainting and dizziness.

**What Helps:** Magnesium, calcium, trace minerals, flax seed, flax seed oil, pineapple, borage oil, evening primrose, hemp seed oil, vitamins B3, B6, & C, reducing stress, eating quality carbohydrates like vegetables, whole grains, whole fruits and avoiding juices.



*“Most of my PMS symptoms have stopped or subsided. My life has completely shifted from what I was experiencing before.”*

—Sue S.

## Contact:

Naturally You! LLC  
PO Box 1047  
Tooele, UT 84074

Phone: 801-893-0774

Fax: 801-893-0773

Email: [Info@NaturallyYouOnline.com](mailto:Info@NaturallyYouOnline.com)



[www.FemaleBalance.com](http://www.FemaleBalance.com)  
[www.NaturallyYouOnline.com](http://www.NaturallyYouOnline.com)  
[www.Nuley.com](http://www.Nuley.com)

Type **B:** PMS Type B has the same symptoms of A & C, but Stress is the main Trigger

Type B is made worse by STRESS, along with indigestion, too much sugar and lack of sleep.

**What Helps:** Nuley Serenity, Vitamin B complex (especially B6), lysine (an amino acid), avoiding sugar as much as possible before and during your period, adding more protein to your diet (like Nuley Pro-Free), food enzymes, planning for more sleep and less stressful activities during your period.

Type **W:** PMS Type W stands for Water Retention

Water retention includes: bloating, weight gain (even obesity), breast swelling and breast tenderness. The hormone aldosterone is often too high (leading to edema and high sodium levels). Smoking, sodium (salt), coffee, tea and chocolate all make Type W worse!

**What Helps:** Vitamin B6 (it inhibits high aldosterone levels), vitamin E for breast tenderness, lysine (an amino acid), digestive enzymes and a kidney support formula.



*“Female Balance is wonderful! I am able to sleep better at night and my irritability is gone. I feel I can handle my life.”*

*—Cindy W.*

Type

**P:** PMS Type P stands for Painful and Cramping Periods

Type

**S:** and PMS Type S stands for Skin Problems

Type P suffers with painful and cramping periods, while Type S endures skin problems such as: acne, oily skin and oily hair. It also includes nausea and vomiting. All types of junk food make Type P and Type S worse, especially greasy foods.

**What Helps:** Fatty acids such as: fish oils, avocados, sprouted almonds, olive oil, non-trans fat oils, non-fried food, baked fish and digestive enzymes.

Type

**T:** PMS Type T stands for Toxicity of the Body

Type T's main symptoms are: depression, confusion and memory loss. Type T is often caused by lead intoxication. There can also be liver detoxification issues. Candida Albicans, fungus & other immune issues are sometimes a part of Type T. Fungal infections can sometimes happen as a result of excessive use of antibiotic and birth-control pill use.

**What Helps:** Nuley Purify, NRF-2 Optimizer, Liver cleansing herbs, the product "Liver Life," fish oils, digestive enzymes and tryptophan.



*"It massages a little hormone gland in my brain that says to me, "Everything is OK, you'll be OK."*

*—Katie C.*