



PREMENSTRUAL TENSION

Premenstrual syndrome (PMS) is frequently associated with estrogen dominance—an imbalance between estrogen and progesterone levels. Factors such as stress, poor diet, alcohol consumption, and endocrine disruptors aggravate these symptoms.

COMMON SYMPTOMS:

- Irritability, anxiety, and mood swings
- Fluid retention and bloating
- Breast pain and tenderness (mastalgia)
- Cravings for sweets and fatigue

**GET RID OF MONTHLY
DISCOMFORT AND REGAIN
YOUR BALANCE.**