

7 WORST FOODS THAT CAUSE PMS/ PAINFUL PERIOD SYMPTOMS





Let's face it - there are good foods and bad foods. When you eat the bad foods, you accelerate and magnify your painful period symptoms. When you eat the good foods, you walk free from PMS and painful period symptoms. It's that easy.

Here's a list of the 7 worst foods you could eat during your period.

1. Sugar

Have you noticed that once you eat something with a lot of sugar it essentially ruins your day? It keeps you on the cravings cartwheel all day long. All you want to do is eat more and more of it.

If you continue this for several months or years, it can easily lead to diabetes and other metabolic disorders, let alone obesity. Meanwhile, it's contributing to your moodiness and inflammation in the body, which brings you pain. Sugar causes weight gain and substitutes high fiber foods in the diet, which then contribute to weight gain and cramps.

The easiest way to find out the damage that sugar is doing to your body is to stop eating all of it for one month and see how most of your PMS and painful period symptoms disappear.

2. *French Fries*

French fries melt in your mouth and have a smooth taste – all due to the fat in them. This fat is vegetable oil heated to a very high temperature. This is one of the worst fats you could ever eat if you want to be free from your painful period symptoms and PMS.

Vegetable oil may seem like it's natural but in reality it's not. To the body, it's garbage and is treated like garbage. Vegetable oil is high in polyunsaturated fats, which will oxidize – or change their molecular structure – far too fast and in the wrong direction.

The oxidized fats end up oxidizing your cholesterol levels – and this begins the process of hardening of the arteries. Meanwhile, it's releasing prostaglandins that make you more inflamed. And whenever there's inflammation at the menstrual time of the month, there is painful period symptoms and PMS.

3. *Foods with Wheat*

Foods with wheat may be the mainstay of the American diet but the truth is that if you look at their Glycemic index, they are a high Glycemic Index food.

Once they get into your body, they will cause an insulin reaction and for the next 24 hours, and you will pack on weight while increasing inflammation. Both these will cause more painful period symptoms and PMS.

4. *Salty Foods*

Salty foods draw water to themselves, which means congestion in the tissues. It's the last thing you need when you have congestion occurring during your period. The congestion in your body is in your abdomen. Salty foods over time will contribute to high blood pressure in many people and that means medications you'll have to take for the rest of your life.





5. *Alcohol*

Alcohol is one of the top foods that cause inflammation in the body. Adding inflammation to your period is like feeding the flames of a fire. It will multiply the severity of your symptoms. It's just not worth it. Get your social kudos from other things! Alcohol use can too easily replace food in the diet, which means your nutritional status will dwindle and deficiencies will develop. These deficiencies lead to PMS and painful period symptoms.

6. *Processed Meat*

These are high in salt and advanced glycation endproducts (AGEs). The AGEs will accelerate any degenerative disease in your body, and any condition that has inflammation. So that means your painful cycles are affected too.



7. Processed Cereals

Processed cereals are high in sugar, high in AGEs and high on the Glycemic index. Thus, they affect you in all the ways previously mentioned.

What can you do if you have eaten these foods in your diet regularly? Here's a list of recommendations.

- 1.** Start eating healthy. Center your diet around protein foods, healthy fats, fruits, vegetables, nuts and seeds.
- 2.** Drastically change your life and start making changes in how you eat with friends. They may not understand the importance of diet; you should be the leader in getting them to eat healthily.
- 3.** Correct your nutritional deficiencies. The best solution is to get a nutritionist who can test you for the deficiencies you have. At least start with vitamin A (5000 IU), vitamin C 500 mg, vitamin E 400 IU, 500 mg calcium, 400 mg magnesium, and a B complex.
- 4.** Keep an open mind and keep reading about nutrition. It will keep you focused.
- 5.** Take a **period vitamin**. This will start to give you your daily needs of the vitamins and minerals you need to support your monthly cycle. It's easy to take – you only need one per day.