



Guidebook

Understanding and Managing PMDD

A Holistic Guide to Wellness and
Pre-menstrual Dysphoric Disorder

VisionaryIntuitiveProductions.com



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Welcome to Your Journey: Understanding PMDD

Pre-menstrual Dysphoric Disorder, or PMDD, is a condition that affects many women, causing severe emotional and physical symptoms before their menstrual period. These symptoms can include mood swings, irritability, anxiety, and physical discomfort. Understanding and managing PMDD is important because it can have a big impact on your daily life.



PMDD is more than just "bad PMS" — it's a condition that can seriously affect your emotional and physical health. But there's good news: with the right approach, you can take control of your symptoms and reclaim your well-being.



Why PMDD Happens:

The Science Behind the Symptoms



To tackle PMDD, it helps to understand **why** it happens. PMDD is linked to the way your body processes hormone changes throughout your menstrual cycle. Hormones like estrogen and progesterone play a big role in how you feel—both physically and emotionally.

When these hormones are out of balance, it can lead to the mood swings, irritability, and physical symptoms that many women experience with PMDD. Additionally, your brain's serotonin levels, which regulate mood, can be affected, making it harder to stay upbeat and calm.



Taking a Holistic Approach to PMDD

Managing PMDD isn't just about treating the symptoms; it's about addressing the root causes. This section guides you through practical, non-pharmacological strategies that help your body and mind find balance.

Integrating Diet for Hormonal Harmony



- **Anti-Inflammatory Diet:** The foods you eat can either help or hinder your hormonal health. By focusing on an anti-inflammatory diet rich in omega-3s, antioxidants, and low in processed foods, you can reduce the inflammation that often worsens PMDD symptoms. Simple changes—like adding more leafy greens, berries, and fatty fish to your meals—can make a big difference.
- **Nutrient Powerhouses:** Magnesium, calcium, and B vitamins are critical for hormone regulation and mood support. Incorporating nutrient-rich foods like nuts, seeds, and whole grains into your diet provides the building blocks your body needs to maintain hormonal balance and stabilize your mood.

Supporting Your Body with Key Supplements



- **Magnesium:** Often called the "calming mineral," magnesium helps reduce the mood swings and physical symptoms of PMDD by stabilizing hormonal fluctuations and improving neurotransmitter function.
- **Vitamin B6:** This vitamin plays a crucial role in serotonin production, helping to keep your mood stable. By supporting your brain's natural chemistry, vitamin B6 can help alleviate the emotional rollercoaster of PMDD.
- **Omega-3 Fatty Acids:** Known for their anti-inflammatory properties, omega-3s support brain health and help reduce depressive symptoms, making them a valuable addition to your PMDD management plan.

Lifestyle Changes that Make a Difference



- **Stress Management:** Chronic stress can throw your hormones even further out of balance. Practices like yoga, meditation, and deep breathing exercises can help you manage stress and keep cortisol levels in check, which is essential for maintaining hormonal harmony.
- **Regular Exercise:** Physical activity is a powerful tool for improving mood, reducing anxiety, and promoting better sleep—all of which can help ease the symptoms of PMDD. Find activities you enjoy, and aim for at least 30 minutes of movement each day.
- **Mind-Body Practices:** Techniques like acupuncture, aromatherapy, and biofeedback can be highly effective in reducing the stress response and enhancing overall well-being, helping to bring your mind and body into balance.

For many women, hormonal imbalances are at the heart of PMDD. Understanding and addressing these imbalances can lead to significant relief.

Hormonal Balance: Your Key to Relief

Bioidentical Hormone Replacement Therapy



- **What is BHRT?** Bioidentical hormones are designed to be chemically identical to the hormones your body naturally produces. BHRT can help restore balance by supplementing your body's hormone levels, particularly for those who have low progesterone during the luteal phase of their cycle. This approach often results in fewer side effects compared to synthetic hormones.
- **Progesterone's Role:** Progesterone is key to balancing estrogen levels. Low progesterone is a common issue in women with PMDD, leading to symptoms like irritability, anxiety, and depression. By supplementing with bioidentical progesterone, you can help restore balance and reduce these symptoms.

HORMONES



Personalized Hormone Management and Testing



- **Why Test Hormones?** Hormone testing is an essential step in creating a personalized treatment plan. By understanding your specific hormone levels, treatments like BHRT can be tailored to your needs, offering more effective symptom management.
- **Neurotransmitter Support:** Balancing your hormones also impacts your neurotransmitters, especially serotonin. Proper hormonal balance supports serotonin levels, which helps stabilize your mood and reduce the emotional symptoms of PMDD.

Hormone Testing



Balancing your hormones with a salivary test is the best method for determining your exact levels of estrogens, testosterone, progesterone, DHEA, cortisol and more. Below are some sample reports of a salivary hormone test.

Check out VIP's YouTube video about Salivary Testing



Sample Test Report

TEST REPORT

2018 08 08 222 5

Ordering Provider:
Getuwell Clinic
John Getuwell, MD

8605 SW Creekside Place
Beaverton, OR 97008
Phone: 503-466-2445 Fax: 503-466-1636

Samples Received 08/08/2018
Samples Collected 08/05/18 06:05
08/05/18 13:00
08/05/18 18:40
Report Date 08/10/2018
08/05/18 21:46

Patient Name: Saliva Profile III
Patient Phone Number: 555 555 5555

TEST NAME	RESULTS 08/05/18	RANGE
Salivary Steroids		
Estradiol	2.2	0.8-12 pg/mL Estrogen Rplcmnt (optimal 1.3-3.3)
Progesterone	833	200-3000 pg/mL Topical, Troche, Vag Pg (10-30mg)
Ratio: Pg/E2	379	Optimal: 100-500 when E2 1.3-3.3 pg/mL
Testosterone	33	16-55 pg/mL (Age Dependent)
DHEAS	1.5L	2-23 ng/mL (Age Dependent)
Cortisol	7.0	3.7-9.5 ng/mL (morning)
Cortisol	2.2	1.2-3.0 ng/mL (noon)
Cortisol	0.9	0.6-1.9 ng/mL (evening)
Cortisol	0.9	0.4-1.0 ng/mL (night)

ndL = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High, L = Low.

Therapies

1mg topical Biestrogen (80/20 E3 + E2) (compounded) (24 Hours Last Used) 30mg topical Progesterone (compounded) (12 Hours Last Used) 0.5mg topical Testosterone (compounded) (24 Hours Last Used) topical DHEA (compounded) (24 Hours Last Used)

TEST REPORT | Patient Reported Symptoms

Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrlab.com/patient-symptoms.

SYMPTOM CATEGORIES	RESULTS 08/05/18
Estrogen / Progesterone Deficiency	2%
Estrogen Dominance / Progesterone Deficiency	0%
Low Androgens (DHEA/Testosterone)	4%
High Androgens (DHEA/Testosterone)	10%
Low Cortisol	5%
High Cortisol	2%
Hypometabolism	0%
Metabolic Syndrome	2%

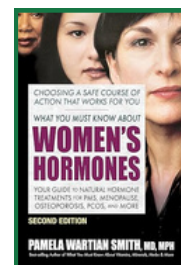
SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Aches and Pains			
Acne			
Allergies			
Anxious			
Bleeding Changes			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss			
Breast Cancer			
Breasts -Fibrocystic			
Breasts -Tender			
Chemical Sensitivity			
Cholesterol High			
Constipation			
Depressed			
Fatigue -Evening			
Fatigue -Morning			
Fibromyalgia			
Foggy Thinking			
Goiter			
Hair -Dry or Brittle			
Hair -Increased Facial or Body			
Hair -Scalp Loss			
Headaches			
Hearing Loss			
Heart Palpitations			
Hoarseness			
Hot Flashes			
Incontinence			
Infertility			
Irritable			
Libido Decreased			
Memory Lapse			
Mood Swings			
Muscle Size Decreased			
Nails Breaking or Brittle			
Nervous			
Night Sweats			
Numbness -Feet or Hands			

Expert Insights:

Wisdom from Dr. Pamela Smith and Dr. Lindsey Berkson

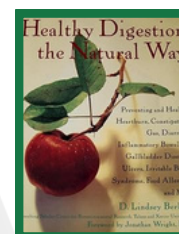
Dr. Pamela Smith's Perspective on Hormonal Health

Dr. Pamela Smith emphasizes a comprehensive, personalized approach to hormone health. She advocates for testing and individualized treatment plans that include BHRT, nutritional support, and stress management. Her methods are rooted in the belief that balancing hormones is essential for overall well-being, particularly in managing conditions like PMDD.



Dr. Lindsey Berkson's Approach to Hormonal and Gut Health

Dr. Lindsey Berkson highlights the critical connection between gut health and hormonal balance. She teaches that maintaining a healthy gut can significantly impact hormone regulation, reducing inflammation and improving mood. Her approach often includes dietary changes, probiotics, and specific supplements to support both gut and hormone health.



Connecting Mind and Body:

Techniques to Harmonize Your Well-being

Your mind and body are deeply connected, and managing PMDD effectively requires addressing both. Stress, anxiety, and emotional well-being all play a role in your hormonal health. Incorporating mind-body practices such as meditation, deep breathing exercises, and guided imagery can help you manage PMDD symptoms by promoting a state of balance and reducing stress.





Practical Steps:

Your Personalized PMDD Management Plan



Step 1 - Revamp Your Diet: Focus on adding anti-inflammatory and nutrient-dense foods to your meals. Create a meal plan that includes plenty of fruits, vegetables, whole grains, and healthy fats.

Step 2 - Start Supplementation: Begin incorporating key supplements like magnesium, vitamin B6, and omega-3s into your daily routine, with guidance from your healthcare provider.

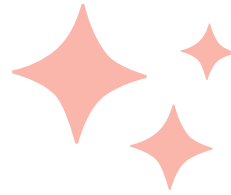
Step 3 - Manage Stress Daily: Integrate stress management techniques like yoga or meditation into your daily routine. Even a few minutes of deep breathing can make a difference.

Step 4 - Stay Active: Commit to regular physical activity. Whether it's a daily walk, a fitness class, or a swim, find what you love and stick with it.

Step 5 - Test Your Individual Hormone Levels: If you're struggling with PMDD, hormone testing can provide valuable insights. Work with a healthcare provider to understand your hormone levels and explore whether BHRT could be beneficial.

Real Stories, Real Success.

How Others Have Thrived



Sarah's Story: After years of battling severe PMDD, Sarah found that an anti-inflammatory diet and supplementation with magnesium and omega-3s significantly improved her symptoms. She now enjoys more stable moods and better overall health.



Sarah

Emma's Journey: Hormone testing revealed that Emma had low progesterone levels. After starting BHRT with bioidentical progesterone, she experienced a dramatic reduction in anxiety and irritability, allowing her to lead a more balanced life.



Emma

Lily's Experience: Lily combined stress management practices like yoga with dietary changes to manage her PMDD symptoms. This integrative approach helped her regain control over her life and reduce her reliance on medications.



Lily





Getting Help

Services offered through VIP



1:1 Consultation

Schedule a professional consultation with Dr. Jenna W. Clack
Doctor of Pharmacy and Advanced Fellow of Anti-Aging, Metabolic
and Functional Medicine
(*PharmD FAAMFM ABAHP*)



DIY Hormone Test + Consultation

Order your salivary hormone test kit, follow the instructions,
and once the results are complete, have a 1:1 consultation
with Dr. Jenna W. Clack. This option allows us to consult
directly on the testing option(s) you select, which is included
and takes place once your test results are completed.

Pre-Menstrual Dysphoric Disorder Supplement Protocol

Welcome to VIP's **exclusive protocol** for Pre-menstrual Dysphoric Disorder, or PMDD. This protocol has been **specially curated** by Dr. Jenna W. Clack, an advanced fellow of anti-aging, metabolic and regenerative medicine, and was designed for women experiencing symptoms of PMDD. Before beginning any wellness protocol, it's important to speak with a professional to discuss interactions, symptoms, etc. If you would like to schedule a consultation with Dr. Clack, [click here](#).



Dr. Jenna W. Clack

The PMDD Protocol

At Visionary Intuitive Productions, we offer expert-curated, professional-grade supplement protocols that include key nutrients like magnesium, vitamin B6, and omega-3s. We also provide comprehensive hormone testing and personalized consultation to develop a treatment plan tailored specifically to you. **This is more than what you'll find elsewhere**—it's a personalized, professional approach designed to help you manage PMDD effectively. By taking control of your PMDD through a holistic approach, you can reclaim your well-being and live a more balanced life.



Get the PMDD Protocol



Visionary Intuitive Productions

Professional
Consultations

Wellness
Protocols

Testing
Options

Hormones, thyroid, etc.

VIP's
Blogs

*Lifestyle, wellness
& more!*

Video
Library

In addition to the 'PMDD Toolkit,' be sure to check out VIP's other wellness protocols and consultation options. And for even more functional wellness perfection, be sure and check out our YouTube page for new uploads weekly!



You've Got This!

Embrace Your Journey: Every step you take towards balance and well-being is a victory. Embrace your unique journey with grace, knowing that true healing is a path, not a destination.

TIPS

- **Tune Into Your Body's Wisdom:** Your body is a powerful guide. Listen to its whispers, honor its rhythms, and trust in the natural wisdom that flows through you. You are your own best healer.
- **Cultivate Inner-Harmony:** Harmony within creates harmony in life. As you nurture your body, mind, and spirit, you align with the frequency of balance, attracting peace, joy, and abundance.
- **Flow with the Cycles:** Just like the moon, you move through cycles of change. Trust in the ebb and flow, knowing that every phase has its purpose and beauty. Your light shines through it all.
- **Empowerment Through Self-Care:** Self-care is your superpower. By prioritizing your well-being, you empower yourself to live fully and joyfully. Remember, taking care of you is not a luxury—it's a necessity.
- **Align with Your True-Self:** You are a vibrant being of light and energy. When you align with your true self, you radiate a frequency that attracts wellness, love, and endless possibilities.
- **Create Sacred Spaces:** Your environment is a reflection of your inner world. Create spaces that feel sacred and supportive, where you can relax, rejuvenate, and reconnect with your highest self.
- **Trust the Process:** Healing is not linear, and that's okay. Trust the process, even on the days when it feels challenging. Every moment of care you give yourself is a step closer to the life you envision.
- **Celebrate Small Wins:** Celebrate every small win along your journey. Each one is a testament to your strength and commitment to your health and happiness. You are doing amazing things!
- **Honor Your Needs:** It's okay to put yourself first. Honor your needs, set healthy boundaries, and give yourself permission to rest, heal, and thrive. Your well-being is your priority.
- **Be Gentle with Yourself:** You are doing your best, and that is enough. Be gentle with yourself on this journey, knowing that progress, not perfection, is what truly matters.
- **Embody Your Power:** You are more powerful than you realize. By embracing your natural gifts and inner strength, you become the creator of your own vibrant, healthy life.



& We've Got You!

Why Having an Experienced BHRT and Metabolic Medicine Expert Matters

When it comes to managing PMDD, having a consultant who specializes in bioidentical hormone replacement therapy (BHRT) and metabolic medicine can make all the difference. With an in-depth understanding of hormonal health, they create personalized solutions tailored to your unique body chemistry. Bioidentical hormones, combined with advanced testing, ensure that your treatment is finely tuned to restore balance and alleviate symptoms, while minimizing side effects. Beyond just addressing your hormones, an expert will integrate holistic approaches, considering your metabolic health, nutrition, lifestyle, and stress levels. This comprehensive approach not only helps you feel better now, but it also **supports your long-term health, reducing future risks and enhancing your overall well-being**. With continuous support, expert insight, and cutting-edge treatment, an experienced BHRT and metabolic medicine consultant helps you reclaim control over your body and mind, empowering you to live fully and freely, beyond the symptoms of PMDD.



When your wellness expert understands **how your emotions, energy, and physical health are connected**, the results can be life-changing. This approach goes deeper than just treating symptoms—it helps **align your body, mind, and spirit**. By focusing on how emotions affect your health and using the science of energy and balance we **create a plan tailored to you**. With our experience in lifestyle wellness, we'll guide you to make choices that fit with your values and **help you feel your best**. This isn't just about feeling better today—it's about building a future of **vibrant health, emotional harmony, and personal growth**. You can trust this holistic system to help you thrive, every step of the way.



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