

Balancing your cycle

During PMS, as our hormones change, our blood sugar levels fall, which leads to cravings for high-sugar foods. This can exacerbate symptoms of PMS, including constipation, bloating, poor sleep, fatigue and tummy aches. As a result, managing your blood sugar levels through your diet and making good food choices is even more important during PMS.

Dietary recommendations

1. Balance blood sugar

Blood sugar imbalances can contribute to mood swings, irritability and fatigue. Eat protein, complex carbohydrates (e.g. whole grains, quinoa, lentils), and healthy fats at each meal to stabilise blood sugar levels.

2. Reduce refined sugars and processed foods

These foods spike blood sugar and can contribute towards PMS symptoms.

3. Consume cruciferous vegetables daily

Consume cruciferous vegetables (e.g. broccoli, Brussels sprouts and kale) to aid hormone detoxification.



4. Consume Omega 3 daily

Include Omega 3 fatty acids (e.g. chia seeds, flaxseeds, and walnuts) to reduce inflammation.

5. Increase fibre intake

Increase fibre (e.g. vegetables, fruits and flaxseeds) to support oestrogen metabolism and PMS-associated gut symptoms.

6. Eat potassium-rich foods

Potassium-rich foods may help to reduce water retention, e.g. bananas, spinach and sweet potatoes.



7. Eat magnesium-rich food

Ensure adequate magnesium intake (found in almonds, pumpkin seeds and leafy greens) to reduce sugar cravings.

8. Limit caffeine and alcohol

Limit caffeine and alcohol, as they can disrupt mood stability and sleep quality.

Lifestyle advice

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| + Regular exercise | Strength training exercise helps improve mood, energy levels and circulation and can help to support hormonal balance and metabolism. |
| + Prioritise sleep | 7–9 hours of sleep per night to allow proper hormonal regulation. |
| + Destress | Stress can worsen PMS symptoms, so take time to actively de-stress. |
| + Exposure to natural light | Sunlight helps regulate melatonin and serotonin levels, which impact mood and sleep. Spend at least 15–30 minutes outdoors daily, especially in the morning. Consider a light therapy box if you have limited sun exposure, particularly in winter months. |
| + Reduce environmental toxins | Some chemicals found in plastics, cosmetics and household products may disrupt hormonal balance. Choose BPA-free containers and avoid heating food in plastic. Opt for natural skincare and cleaning products. |