

# You Deserve The Best . . . PMS relief!



From cramps to bloating, PMS makes so many of us miserable every month, which is why we asked health experts for their top natural remedies. Here's how you can foil it fast and feel great!

If you want . . .

## A TASTY ANTI-PMS POWERHOUSE:

### Coromega Omega3 Squeeze

Omega-3s alleviate cramps and irritability, but many supplements have a fishy aftertaste. Enter this pudding-like alternative. "It's delicious," declares Christiane Northrup, M.D. (DrNorthrup.com), author of *Women's Bodies, Women's Wisdom*. "You can stir it

into your yogurt or drizzle it on your ice cream. Each packet contains your RDA of omega-3s."

◆ \$21.99 for 30 at Coromega.com



## TO RELIEVE PMS-RELATED DEPRESSION:

### Vitex Agnus-Castus (Chastetree berry)

"This herb helps balance hormones," reveals Laurie Steelsmith, N.D., author of *Natural Choices for Women's Health*. "Take 175 mg. once a day from mid-cycle to your period." Adds Marilyn Glenville, Ph.D., author of *The Natural Health Bible for Women*: "Its effects

are comparable to an anti-depressant."

◆ \$3.89 at Vitacost.com



## ENERGIZING TEA:

### Cramp bark + nettles

Brigitte Mars, coauthor of *The Country Almanac of Home Remedies*, says there are two ingredients to look for in a PMS-taming tea: "Cramp bark, which is an anti-spasmodic herb that relaxes tight muscles, and nettles, which are high in minerals that fight the anemia and tiredness of PMS."

◆ Traditional Medicinals Female Toner, \$5.49, TraditionalMedicinals.com



## A RELAXING CRAMP-CRUSHER:

### Natural Vitality's Natural Calm Magnesium Supplement

Not only does this muscle-relaxing mineral prevent the spasms that cause cramps, "magnesium helps reduce anxiety and irritability," notes Dr. Northrup. Why this particular supplement? "You just mix one

packet of the powder with hot water—and it tastes good. Drink one glass a day the week before your period."

◆ \$13.17 at 911HealthShop.com

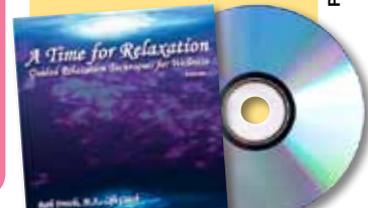


## A MIND/BODY REMEDY:

### Relaxation CD

Want a PMS solution that's practically effortless? Try a relaxation CD, says Alice Domar, Ph.D. (DomarCenter.com), of the Domar Center for Mind/Body Health. "In our study, women who listened to relaxation tapes for 20 minutes a day reduced physical and psychological symptoms by 58%!"

◆ *A Time for Relaxation, Vol. 1: Guided Relaxation Techniques for Wellness* by Beth Freschi, \$15.99 at Amazon.com



Photos: Media Bakery (2); iStockphoto; courtesy of vendors (5).

—Kristina Mastrocola

# Smart Switches!

Get a head start on fall shopping!

Instead of this

Glossy red flats like Reese Witherspoon's are the perfect accessory to pair with all your fall basics. At \$425, her Chloe pair costs a pretty penny . . .

TRY THIS

But ours are an incredible \$17 at Payless.com!

\$16.99, Payless (Payless.com, style name "Chelsea flat").

Instead of this



TRY THIS



Pick a lighter egg breakfast!

Instead of ordering the Meat Lover's Scramble at Denny's (1,140 calories), ask for a Veggie-Cheese Omelette (a much-better 460 calories)!

Instead of this



TRY THIS



Enjoy protein-packed chips!

Potato chips contain little or no protein. Falafel chips—made from chickpeas, black beans and fava beans—pack 8 g. of protein per serving!

Instead of this



TRY THIS



Splurge on a gorgeous roller bag!

Jimmy Choo's leopard roller bag costs \$5,000! Get an equally chic look with our pick from International Traveler (\$87 at Walmart).

Cut your commuting time!

Take a look at your chosen routes to and from work. Notice lots of left turns? Re-route your trip to include as many right turns as possible, and you can slash up to eight minutes off the average commute.