

## Letter From A Reader

How great to get this letter from a newsletter reader.

25-year-old Lori is a freelance PA and in the last four years she's had ever worsening symptoms of PMS and the most difficult to cope with has been the depression. Lori was surprised but very happy when her doctor suggested a natural herbal medicine instead of the usual drugs and the result has been spectacular.

I was a very healthy child and became a veggie when I was nine. Although my parents were both vegetarians they gave me the choice and mum was happy to cook meat and fish for me when I was younger, but it was an easy decision to follow in the family footsteps. Out of the blue when I was 17 I started getting stomach aches and all sorts of digestive and bowel problems which gradually got worse and worse. Eventually I was sent for tests and told I had Irritable Bowel Syndrome. After making changes to my diet this problem settled down and then for the first time ever I experienced some uncomfortable problems with my periods.

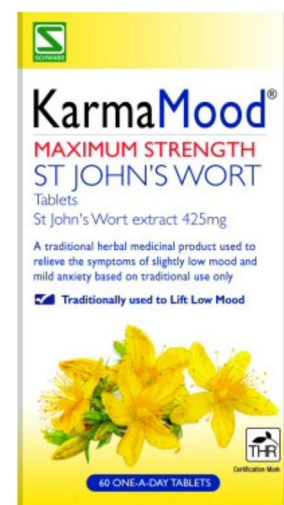
It started with tender breasts which then became painful. I got gradually more and more snappy as the months went by and was finding it increasingly difficult to concentrate. After a couple of years, the symptoms got progressively worse and were starting increasingly earlier, and by last Christmas I was feeling really awful for at least ten days before the next period began. I could cope with the pain but the mood swings and miseries stopped me going out and about with my friends and I was beginning to find it difficult to go to work. Even my poor husband Charles was affected and my depression was making him miserable too.

In desperation, I went back to the doctor who wanted to prescribe antidepressants but when I explained that other prescription drugs always upset my IBS and I wasn't keen to take them, she suggested I try the herbal antidepressant St. John's Wort that I had read about in your excellent Newsletter. I'd just finished a period and after just two weeks of taking one tablet a day St. John's Wort my next period was much less traumatic and by the following month it was just amazing. I did have some breast pain but there was no sign of the mood swings, depression or loss of concentration that had basically put me out of action for two weeks every month before. I've just had my third trouble-free period and there's no way I'm giving up on my daily pill.

MICHAEL SAYS:

How lucky Lori is to have such a great GP who is prepared to listen to her anxieties about drugs and suggest a natural alternative. The important thing about St. John's Wort tablets, like KarmaMood Maximum Strength <https://www.schwabepharma.co.uk/product/karmamood-st-johns-wort-tablets/> is that it contains a standardised dose of the herb so you get exactly the same amount of the active ingredients in every pill. Studies at the University of Exeter showed a dramatic reduction in the symptoms of crying, depression and tension and more than a 50% reduction in all symptoms.

St. John's Wort is proved to be an extremely effective treatment for mild to moderate depression and to be virtually free of side effects. Anyone



taking blood thinning drugs should speak to their doctor before using St. John's Wort as it may be necessary to adjust the dose of medication.

At 5ft and 7st7lbs her weight is perfect thanks to her healthy veggie diet and the exercise that she and Charles take together. Breakfast is always wholegrain cereals, with a cereal bar snack mid-morning; a healthy cheese sandwich and some kiwi fruit and may be soup at lunchtime and a home cooked veggie meal in the evening of pasta, jacket potatoes, stir fries, Quorn, tofu, or pulses together with lots of tropical fruits as she finds these easier to digest.



Lori has already found that eating little and often not only helps her IBS but also controls the food cravings of PMS. Taking some extra vitamin B6 in the [Alive Soft Jell multi nutrient](#) supplement would be a great help too and she should also add a tablespoon of Flax Seed Oil for extra essential fatty acids and isoflavones. For non-veggies use a fish oil supplement.

Karmamood and Alive products from chemists, health stores and some supermarkets.

Links:

[KarmaMood Maximum Strength](#)

<https://www.schwabepharma.co.uk/product/karmamood-st-johns-wort-tablets/>

[Alive Soft Jell multi nutrient](#)

<https://www.natures-way.com/products/soft-jell-womens-multivitamin>