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These initials stand for **Premium Magnesium Supplement**. Magnesium: relaxes muscles (including the colon for those with spastic colon or constipation), is advised for heart health, can aid vasal dilation for migraine sufferers or for those with varicose veins, and it reduces chocolate cravings—many people craving chocolate actually are craving magnesium. Interestingly, Type A personalities can require up to 8 times more Magnesium than Calcium despite the fact that the “normal” ratio is only 3:1. And it can be very balancing for women just before their periods or during menopause.

Interestingly enough, the symptoms of magnesium deficiency include water retention, calcium loss (which can lead to osteoporosis), anxiety and depression, chocolate cravings, and constipation. In fact, the symptoms sound rather like the Pre-Menstrual Syndrome. Some researchers believe one cause of magnesium deficiency in women is dominant estrogen levels whether from poor diet, steroids and hormones in meats and dairy products, the *xenoestrogen* toxins in our environment (usually from petroleum products), and aging.

Although all we hear is that women become estrogen deficient as they age, in actuality, they become estrogen dominant. While estrogen production from the ovaries indeed lessens, it is still being produced elsewhere. Conversely, progesterone levels begin to drop dramatically in the mid 30s, to nearly zero by actual menopause.

Therefore, most women, by their mid-thirties, would do well to supplement their diets and their Basic programs with **PMS**. One woman we know takes 6 capsules daily and has become far easier to live with! Many have found its addition has allowed for more restful sleeping. ■

*For more on Estrogen/Progesterone balance,
see Human FAQs: PMS & HRT*