

The 4 Types of PMS and their Nutritional Foundations

The class will focus on the 4 types of PMS, differential diagnosis of the 4 types, their unique nutritional differences and how to effectively restore normal function for symptomatic relief.

Hour 1:

- Normal Menstrual Cycle
- 4 Types of Premenstrual Syndromes

Hour 2:

- How Macro-nutrient Imbalances Influence Normal Function of the Autonomic Nervous System and Endocrine System