ESTABLISHING CLARITY
BUILDS STRENGTH

For both men and women e.g. husbands, wives, chassonim, kallas, taharos mishpocho teachers, women, girls, doctors, therapists, midwives, wellbeing organisations, family and friends.

"Oi! So many sholom bayis tzoros around…"

This is what a Rov mentioned to my husband in passing.

My husband answered as follows, "My wife feels that **help with hormones would bring more שלום, more peace, into relationships and homes**, **saving marriages**".

The Rov's disbelieving reply was, "I have just come from a meeting, a tragedy. A couple, with many children, is in the process of separating because of this very problem and they do not realise that their issues are cycle related and are **not** as a result of a relationship challenge."

My husband mentioned that we were working on spreading public awareness regarding help in this area. The Rov promptly offered to help fund the launch of this much needed initiative – Noam Ziv was set up in 2007, to address this.

The above gave the extra push to publicise the information that I myself experienced to be true and helpful. The incredible feedback shows how lives and homes have drastically changed for the better and become symptom free once given the knowledge and understanding of what is happening and how to address the challenging symptoms relating to PMS (premenstrual stress).

Following the letter is a list of PMS symptoms, information on PMDD (premenstrual dysphoric Disorder – more severe than PMS), the contents page of the book that helped me, suggestions of nutritional supplements, examples of suffering, revelations from reaching out and positive feedback received. We also have information available about perimenopause, post menopause and postnatal depression, which can be found on our website or by contacting us directly.

Please do share this information with others and feel free to contact me to ask any questions or to share your own helpful information regarding women's personal wellbeing, that can be of benefit to others, or to share your positive feedback בס"ד.

Hello,

Firstly, I asked HaRav Falk זצ"ל if it would be a breach of my own modesty to share this personal life experience before carrying out a public presentation and his answer was, "No, not if it alleviates suffering for others", which ב"ה it truly has done and continues to do.

The subject is premenstrual stress/tension (PMS) which is the cause of much anguish within families and often leads to serious שלום בית (relationship) problems.

PMS is a collection of physical and mental symptoms that occur before the period begins and cease with, or shortly after, the arrival of the period. Symptoms tend to worsen after childbirth. The following information is known by others via the media and therefore may rarely reach women in our communities who need the help, so I ask you to please refer people to our website, www.hormonalhealth.org or to me at sdc@noamziv.org or 0044 161 798 9415.

According to a survey by the NHAS (Natural Health Advisory Service), now called Femmar, just above 73% of all childbearing women in the UK were found to suffer in one way or another. The following source refers to the pain of the cycle and the pain of childbearing.

מדרש רבה בראשית "הרבה ארבה עצבונך והרנך" זה צער העדוי (פ' ווסת נידות)

After the birth of one of my children, I was personally challenged and ב"ה, realised straight away, that this was not normal for me and with סיעתא דשמיא it was recommended by a friend in our community that I obtain the book 'No More PMS!' by Maryon Stewart (1997 Vermillion – London). With its helpful information and many case histories (some of the severest nature), the book had helped both my friend and one of her friends.

The authoress, the influential Maryon Stewart, is the founder of Femmar (formerly NHAS) which has, over many decades, helped hundreds of thousands of women all over the world, with various health and hormonal matters.

The advice involves three suggestions;

1. DIETARY CHANGES e.g. eating more foods containing magnesium (e.g. avocado, nuts, tuna, legumes) and eliminating all forms of caffeine (coffee, tea, chocolate, coke, Dr Pepper, Pepsi, cocoa etc). Redbush/Rooibos tea is caffeine free.
2. NUTRITIONAL SUPPLEMENTS which are scientifically based and have been through properly conducted clinical trials. See further for the exact ones.
3. MODERATE EXERCISE on a regular basis.

The discomforts can be something of the past ב"ה. Husbands and wives may know that this is all connected to the cycle but the innocent children just do not understand what is going on.

Since this area is very **personal**, husbands and wives, children and young women **suffer in silence behind closed doors**. Very often relationships are horribly strained and spouses

may feel that they have serious problems at hand when it is purely hormonal and can be cured, or at least vastly improved, within a short space of time.

Some women suffer a large part of the month. Some young daughters may be mistreated by parents who think that they are being difficult and very cheeky when they themselves are suffering what perhaps their own mothers never experienced – this behaviour being a cry for help.

**Help in this area means bringing שלום into homes, sparing families tremendous tension, improving quality of life and relationships for all concerned, especially for those who already have added stresses to bear** e.g. difficult relationships, work problems, challenged children, financial stress, worries, eating disorders, disturbed sleep and physical illness.

**Many women do not even realise that the cause of their inability to cope with daily pressures is simply their hormonal changes, triggering symptoms as a result of nutrient deficiencies.**

I feel I have discovered a treasure to be shared. Help in this area means a happier, calmer woman – everyone benefits.

Following this letter is a list of the various symptoms and a copy of the contents page of the book that helped me. Women who read this book will not feel alone or strange. Husbands will gain insight and understanding and will have more mercy on their wives, daughters and female staff.

This problem is very common and can be treated. Recovery occurs within 1-4 months.

The larger the family, the harder it gets, as there is more to deal with at a time when one's emotional and physical self is suffering. The untreated stress can cause severe consequences, even divorce. A newly married man could get a big shock when he experiences a personality change in his spouse. A few days of recurring misery is enough to give him the feeling that there may be a problem with the person he married. Young girls experience fear to date and to get married, feeling ashamed of their mood shifts.

Every 'suffering woman or girl' is different – different symptoms, different degrees of intensity and different lengths of time – some for 2-3 days before, others for 3 weeks of the month.

The following can cause aggravation of the symptoms:

- Oral contraceptive pill (this can trigger or greatly accentuate the suffering)
- Increased age 30-40
- Post childbirth phase
- Lack of physical exercise
- Operations
- Extended periods of nursing a baby. When a mother is expecting, the foetus takes the nutrients first and then the mother takes hers. When she nurses the baby, the nutrients

again go to the baby first. Repeated pregnancies, especially close to one another together with nursing phases, especially lengthy ones, can result in nutrient depletion that not only affects the mother's wellbeing, but also the health and wellbeing of future babies, if left uncorrected. A woman who is already deficient of nutrients is more likely to experience PMS and/or postnatal depression. Of course, both pregnancy and nursing are blessings, however one needs to take action to avoid PMS or postnatal issues from occurring as well as protect the health of future pregnancies. For further information see our postnatal information.

I ask, with all my heart, that this information be passed on or made accessible to those who need it. I do not mind speaking to anyone who needs encouragement to implement suggestions. However, I am totally unqualified to give any medical advice.

Thank you for taking the time to read this communication!

It is important to note that neither I nor my family are promoting the book, vitamins, Femmar or information for remuneration. This is purely a חסד, a kindness.

There is nothing more beautiful than a house with שלום (peace) and nurturing, understanding relationships.

The recipient of this letter has the opportunity to reestablish שלום and alleviate the suffering of husbands, wives, girls and children.

Best wishes,
Sincerely and with gratitude to ה',



Mrs Sara Devora Chrysler

PS. A woman who has not experienced hormonal stress cannot relate to this happening or to the severity of the symptoms. It is very real. Should anyone think that this is just a case of learning to be more understanding and working on one's מדות, one's character alone, then that person is sadly mistaken, possibly since ה' has spared them from the challenges of PMS. Please pass the information on, regardless of personal feelings, as you could be RESCUING A FAMILY.

## PMS SYMPTOMS

Hormones have a profound effect on mood and behaviour. The following are symptoms, all varying in intensity depending on the individual.

**PMS A (Anxiety) 80% of sufferers**

- Nervous tension
- Mood swings (including severe anger)
- Irritability
- Anxiety

**PMS H (Hydration) 60% of sufferers**

- Weight gain
- Swelling of extremities
- Breast tenderness, pain and swelling
- Abdominal bloating

**PMS C (Craving) 40% of sufferers**

- Headache
- Craving for sweets and chocolates
- Increased appetite
- Heart pounding
- Fatigue
- Dizziness/faintness

**PMS D (Depression) 20% of sufferers**

- Depression
- Forgetfulness
- Crying
- Confusion (restlessness)
- Insomnia

**OTHER SYMPTOMS**

Disorientation, clumsiness, tremors, shakes, thoughts of suicide (negative thinking), agoraphobia (fear of going out), heavy aching legs, generalised aches, bad breath, excessive thirst, urge to throw things, sensitivity to music and light, increased physical activity, backache, lower abdominal pain, loss of libido, mouth ulcers, acne, hostility, swollen abdomen, wind, constipation, diarrhoea, boils, hives, cystitis, swollen ankles, painful joints, hay fever, restlessness.

**Some may experience many of the above to some degree. Imagine the distress!**

The symptoms can lead to uncontrolled behaviour (e.g. screaming, smacking or hurting the children from nervous tension).

## PMDD

I have met women and girls who were diagnosed as having PMDD, which Maryon says is a label given to women who have even more severe PMS. In her extensive clinical experience over the years, most PMS and PMDD symptoms disappear when women restore balance to their bodies.

In the majority of cases, it is all done naturally without any medicines or hormone treatments. If you happen to be the exception to the rule – do not feel despair if the way to heal yourself is via medicine. I have been told by a few young women that they gained immensely from taking antidepressant medication, only prescribed by doctors or specialists, for what is called severe hormone induced depression. Normal functionality is exceedingly

important and sometimes it is necessary to take medication to enable this. As said, the majority of women recover the natural way.

There is a time and place for different methods of healing, if need be.

## THE BOOK - NO MORE PMS!

BEAT PREMENSTRUAL SYNDROME WITH THE MEDICALLY PROVEN WOMEN'S NUTRITIONAL ADVISORY SERVICE PROGRAMME, BY MARYON STEWART (1997 VERMILLION – LONDON)

I received kind permission from Maryon Stewart to print the list of contents and symptoms to give an idea of the difficulties that we are referring to.

**CONTENTS**

Foreword by Leslie Kenton vii
Introduction x

PART ONE THE REALITIES OF PMS
Chapter 1 A problem as old as the hills 1
Chapter 2 Functioning normally 5
Chapter 3 PMS defined 12
Chapter 4 The making of PMS 15
Chapter 5 Anxious, irritable and uptight 19
Chapter 6 Bloating, weight gain and breast tenderness 37
Chapter 7 Sugar cravings, headaches and fatigue 47
Chapter 8 Depression, crying and thoughts of suicide 57
Chapter 9 Other symptoms – clumsiness, loss of drive and agoraphobia 69
Chapter 10 The social implications of PMS 80

PART TWO NUTRITION AND OUR BODIES
Chapter 11 Why is PMS more common today? 95
Chapter 12 Medical treatment 113
Chapter 13 Nutritional treatments 120
Chapter 14 Nutrition and the body: vitamins and minerals, what they do 125

PART THREE THE NUTRITIONAL APPROACH – A SELF-HELP MANUAL
Chapter 15 Choosing a nutritional plan 147
Chapter 16 A tailor-made nutritional programme – Option 3 164
Chapter 17 Nutritious recipes 208
Chapter 18 Stress of distress 229
Chapter 19 The value of exercise and relaxation 233
Chapter 20 Other valuable therapies 244
Chapter 21 Other related problems 249
Chapter 22 Men who no longer suffer 263

PART FOUR APPENDICES
1. Dictionary of terms 269
2. Food additives 272
3. Nutritional supplement suppliers 273
4. Recommended reading list 274
5. Useful addresses 276
6. Charts and diaries 281
7. References 285

Index 291
Further help 301

**Please Note: It is not essential to buy the book in order to achieve results.**

## NUTRITIONAL SUPPLEMENTS

The vitamins referred to in her book are:

- Lamberts Optivite Multivitamins and Minerals for women
- Lamberts Magasorb 150mg (Magnesium)

Some do add the following if they are not taking a multivitamin

- Vitamin B complex
- Vitamin D

It is important to use good makes as I experienced headaches when I once took a cheap version of magnesium.

Some people have been very successful taking Agnus Castus.

Speak to the clinician at a vitamin company or a pharmacist to ascertain the right quantity for you according to your personal circumstances. Sometimes supplements conflict with certain medications - please bear this in mind beforehand.

It is also possible to book a thorough consultation with Maryon Stewart regarding your personal circumstances, especially if they are complex in any way.

## EXAMPLES OF SUFFERING

"I lived years and years of misery, and in order not to destroy my special moments with my children when they came home during the holidays, the only solution was to take unwanted medication to remove my period over Pesach and the summer holidays. I have suffered violent migraines."
A grandmother, Manchester.

"My life goes up and down. Two weeks great – I can achieve, do, do, do – and two weeks I can't think straight, everything falls to pieces, even picking up a sock is too overwhelming."
Young mother, Manchester.
(Please note that one of the symptoms is confusion)

"One Yom Kippur I was chatting peacefully to my neighbour whilst the children played quietly. My daughter walked past me and, without meaning any harm, gently bumped my elbow on the armrest. Despite being a day when we strive to control our every action, I felt intense anger and a powerful urge to lunge out at my daughter with a beating (so out of character). A totally unnatural reaction and just not me... Then within half an hour the flow began, explaining everything. Being Yom Kippur and not having everyday demands on me, I was able to hold back ב"ה but think of all those women who do not, at moments like these."
Young mother, South Africa.

"A family member was locking the front door and the key became jammed for a few brief seconds. Normally I would not even notice. Suddenly a feeling of intense irritation came across me causing me to verbally lash out at her and I stormed off in another direction. Irrational."
Post sem girl

"I felt the symptoms building up and was therefore trying my best to stay calm. ב"ה my husband wanted me to look after myself rather than aggravate the situation by overdoing things. I decided to make kuchens for a Shabbos treat. The edginess was there, simmering and on a slow rise. I looked forward to my husband walking through the front door when I could offload the day's events and ask him to lend a hand with a few things. He popped in saying, "Hello, see you in a few minutes, I'm just off to Maariv." Well, that innocent comment caused an eruption within me and I just had to do something with my edginess and built-up inner tension. I promptly took the three raw kuchens and threw them. I must admit that I felt a release. My husband came home, walked into the kitchen and said, "What on earth has happened?" I answered, "You went to Maariv – and I threw the kuchens." He looked at me with a very puzzled look.
I said "All the symptoms are here. It is 'that time'. Being understanding, ב"ה he told me not to feel bad – this is not you! I felt comforted as I too knew that this is not how I usually react. The flow started shortly afterwards."
Young mother, Manchester

"My doctor says that the only help for me is antidepressants. I do not want to take them as I would like to have more children and nurse them. The other option was to take the Pill."
Young mother, Stamford Hill

**Once such severe symptoms begin, one yearns for the flow which means that relief is soon on the way.**

## RESPONSES TO THE ABOVE MATERIAL, HIGHLIGHTED THE FOLLOWING

1. Help in this area makes other נסיונות easier to bear and deal with.
2. Information leads to self-knowledge, not self-criticism, shame, fear and discord.

3. Children recall misery and express fear of a marriage partner displaying the same behaviour.
4. Women don't feel alone, and this letter is a push to do something about the matter.
5. After childbirth, there is enough to deal with already and this information helps ladies' hormones to normalise more effectively.
6. Gratitude that a hidden subject is being addressed.
7. Husbands feel that their wives have bad מדות when they're actually struggling physically and emotionally as a result of chemical changes.
8. Some women live with guilt and shame as a result of people misunderstanding their situation.
9. A call to reach women behind closed doors.
10. Marriages can dissolve as a result.
11. Encouragement to us to reach out to others.
12. Fears of the single girls who are afraid to get married, lest their חתן see the transformation in them at this time.
13. Trauma of young girls who are misunderstood by parents.
14. Those who don't suffer to begin with, then suddenly do, as a result of taking the Pill.
15. A request to educate husbands so that they can understand what is going on and be relieved that they are not alone.
16. Some women suffer constantly owing to the Pill. (i.e. throughout the month)

## POSITIVE FEEDBACK RECEIVED

"I want to tell you that since I received advice from you about hormones, my life has changed. From black dark days, lying on the couch all day, upsetting my husband all the time, and for nothing, when I now look back. I cannot believe what has transpired for me since last year Succos since following your advice.... and I am thanking you, my שליח, my messenger. I suffered from severe insomnia and was up all night and then could not attend to my family in the day. I could not even pursue a career. To think of the life I had. Now that I feel myself, I embarked on a meaningful career and can only do this owing to how amazing I feel. I can honestly say that my life started at the age of 41. I just can't believe it. I did daven to ה' to help me avoid the caffeine and take the supplements. When I bake kuchens for the family I make my own different treat. My husband buys me treats that are caffeine free."

In an extreme case, a woman had been to an endocrinologist to help her. The symptoms improved but she had to stop the treatment as it caused halachic problems. She followed this programme: "I cut out caffeine, took the vitamins and didn't even feel it coming until it arrived ב"ה."

"The biggest מעלה, benefit, is that my husband doesn't feel that he ended up with a raw deal."

"My husband knows I'm normal, I have a cure now, but my friends need the advice too. I don't want to share my personal life with them – please reach out to more ladies."

"Thank you, it's a great relief to know I'm not alone and there's lots of others like me. Maybe you can write an article on how to convince husbands."

"Hidden subjects need to be addressed if you want to save marriages."

"I feel so much better now I can actually understand myself."

"I saw numerous siblings suffer. It's so daring, necessary and courageous to speak out, despite the personal subject matter."

"What a relief to be able to talk about these personal matters – I'm afraid of the next stage – menopause."

"Thank you for this information. I wish I had heard it earlier. I'm about to get divorced. I have the נסיון of a terrible marriage and this challenge. Life is at breaking point for me."

Husband: "Not only do I have my wife back, but my home is a new home."

Husband: "Where do you get the courage to speak about such a personal matter? This may just be our salvation."

"I'm calmer with the children, no more sudden breakouts into anger. I made a שמחה, things could have been a disaster, I just smiled to myself that I coped so well. A while later the same lady told me that she was having a child because of the letter. She was cured and emotionally stable again to bring a child into the world ב"ה."

An allergist: "I have seen countless marriages fall apart because of this. He encouraged more publicity."

A very reserved unmarried young lady came for a chat. She left reassured, feeling normal. At her חתונה, she hugged and kissed me; "You saved my life. I've shared your information with others."

A young girl suffered 3 weeks in the month and was petrified to go on שידוכים. She could only go on very short dates because of the distress. Her parents used to sit in her room with her, trying to pacify her. They understood the physical symptoms but not the emotional ones. Her sister said to me, "You saved her life and her marriage". The young girl subsequently showed such gratitude, and a willingness to help spread the word.

A single mother who was desperate, having to manage all her children and life alone: "Thank you so much, please let me help you do work in this area to help others."

A family that experienced years of שלום בית trauma, and had spent hours consulting various personalities (who may not have been aware of this condition) bought the book and followed the advice. They are now for the first time engaging in normal family interaction ב"ה.

An esteemed grandmother from out of town walked to me on a שבת: *Please put the information into Yiddish and Hebrew. Reach as many women and men as possible. The only time I was okay was when I was expecting. My son begged me to be cautious when making his* שידוך *that he should not have a wife who reacts as I did.*

A Rebbetzin present at one of my talks immediately went off caffeine on her return home and feels much better: *Your talk was endearing because it was from personal experience. My mother straight away sent letters to my sisters and tells every woman she can about this help, making copies for them as well.*

A woman joyously remarked that she had a baby after years of infertility, as she was unaware of the ability to use traditional medication alongside supplements and homeopathy, which she learnt from our presentation.



Noam Ziv is the trading name of Harmony NP Ltd
37a Bury New Road, Prestwich, Manchester, M25 9JY, UK
(00) 44 161 773 4500 info@noamziv.org



Company Limited by Guarantee. Registered no: 8972845 (England) Registered office: 47 Bury New Road, Manchester, M25 9JY, UK

Charity Number 1193837