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# What Does Fiber Do To Help Ease PMS?

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## What Does Fiber Do To Help Ease PMS?

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While just about everybody knows that fiber is good for bulking up the stool and preventing constipation, many people are unaware that it can also do plenty to lessen the symptoms of PMS.

Fiber helps decrease excess estrogen - A high-fiber diet can help counteract one of the most likely causes of PMS - estrogen excess. It works like this: once estrogen completes its duties, it goes to the liver to become deactivated, then is excreted through the digestive system. But a high-far diet can reactivate estrogen in the intestinal tract and send it right back into the bloodstream, driving up the levels of circulating estrogen and bringing on symptoms of PMS. The more time that digestive wastes spend sitting in your colon, the greater the re-absorption of this "old estrogen." But if you eat foods containing soluble fiber, it will bind to estrogen in the intestinal tract and sweep it out of the body along with other digestive wastes.

A high-fiber diet helps improve glucose tolerance - Soluble fiber, when combined with water, forms a gel-like substance in the intestines that slows the rate of digestion. That means that glucose is released into your bloodstream more slowly. Since many women have trouble with fluctuating blood glucose levels during the PMS phase, this is a real plus. Fiber also helps keep glucose levels stable by altering certain hormones in the gut, which improve glucose metabolism in the liver. The upshot of all this is you will have fewer mood swings, more energy, and less desire to binge on sweets.

Fiber reduces the urge to binge by adding bulk to the food mix, which gives a feeling of fullness - Think about how full you'd feel after eating three slices of whole wheat bread. Now imagine how full you'd feel after eating a candy bar, which contains roughly the same amount of calories, but a lot less fiber. A high-fiber diet fills you up and takes time to consume. If you are eating six to eleven servings of whole grains and at least five servings of fruits and vegetables every day, you are probably not going to be inclined to top it off with a box of cookies or half of a chocolate cake! So on a high-fiber diet, you will probably find yourself eating more food but taking in fewer calories.

Fiber helps the body fully utilize progesterone - Some experts theorize that the highs and lows in blood sugar experienced by many women during the PMS phase result in a release of adrenaline to boost blood sugar levels. Unfortunately, extra adrenaline makes it hard for the body to use progesterone in an efficient way - which amounts to the same thing as progesterone deficiency. But by eating a high-fiber diet, blood sugar levels are stabilized and hormone levels follow suit.

Check out our website to learn more about PMS natural cure: [Natural Remedy For PMS](http://www.naturalremedy.com)

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