

# RUDE WONDERS

*your questions answered*



Karen Alexander is a BANT registered nutritional therapist who works with Wild Nutrition. She is currently completing an MSC in personalised nutrition

## Difficult moods

**Q** I suffer from PMS and it makes me really moody and snappy with my husband and children. Is there anything you can suggest that may calm down my moods? Carla\* from Dublin

**KAREN ALEXANDER ANSWERS:** There are a number of steps you can take to support your hormone metabolism throughout your cycle which in turn will help reduce your PMS symptoms. Balancing your blood sugar should be the first priority by eating protein and healthy fats at every meal and snack. This will also help to maintain energy levels and support your nervous system. Foods such as eggs, fish, hemp, flax and chia seed, avocado, chicken, turkey, beef, pork, beans and pulses. If you prefer a smoothie maybe add some protein powder and maca as this will help to balance hormones. Focus on low sugar fruits such as berries and use fresh nut or seed milk where possible.

Foods high in protein often contain tyrosine, tryptophan and phenylalanine enabling your body to produce certain neurotransmitters such as serotonin which enhance your feelings of happiness and wellbeing and aid in restful sleep. Eat healthy fats such as avocado, ghee, coconut oil, wild caught fish particularly oily fish - such as salmon, mackerel, anchovies, sardines and herring, grass-fed meat, cold pressed hemp and olive oil, olives, small amounts of nuts and seeds. Avoid margarine and fried food that will put extra pressure on your liver to process and can be pro-inflammatory.

Increase liver-supporting foods and beverages as your liver is important in regulating your hormones. Foods such as cruciferous vegetables, leafy greens, watercress, garlic, onions, turmeric and fennel. Many of the foods listed above also contain magnesium which will support the reduction of PMS. To ensure you are getting enough magnesium soak for 20 minutes in an epsom salt bath twice a week and take a supplement.

\*Not her real name



Dr Daniel Jones is Director of Research and Development at Revive Active Products [www.reviveactive.ie](http://www.reviveactive.ie)

## Achy knees

**Q** I like to run and cycle, but have noticed that my knees are starting to ache. This has improved since I realised that I should spend more time on a warm-up, but it is still there. Can you recommend anything that would help? John\*, 50 from Galway

**DR DANIEL JONES ANSWERS:** Many people experience achy joints, but through nutrition it is possible to support the function of the joint and alleviate many of these symptoms. Joint pain often develops as cartilage within joints breaks down as a consequence of ageing or overuse leading to inflammation of the joint tissue, friction and finally the symptoms of joint pain.

Addressing joint inflammation is one of the first steps in relieving achy joints. MSM is a powerful natural anti-inflammatory effective at alleviating joint tissue inflammation. MSM is also an important source of sulphur with antioxidant properties. It can be found in garlic, cruciferous vegetables and egg yolk.

The next step is to keep joints lubricated to help reduce bone rubbing and friction, a major driver in joint inflammation. Hyaluronic acid acts as a lubricant and shock absorber within joints. It can be found within soy and dairy products. In addition, glucosamine acts in synergy with collagen to protect and promote joint cartilage repair. It is found in shellfish.

Finally, hydrolysed marine collagen peptides are the building blocks for cartilage tissue. When found in adequate amounts in an individual's diet, they help to restore and repair deteriorated cartilage. Collagen can be found in sources of protein including fish. \*Not his real name