

The GOTTFRIED PROTOCOLS

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Your Condition

PMS?

Possible Cause(s): Low progesterone, excess estrogen, and often both, especially in perimenopause (age 35-50)

Step 1 FOOD/LIFESTYLE/ MOVEMENT

1. Exercise -

Frequency matters more than duration - 5 times per week for 30 minutes at a moderate intensity.

2. Acupuncture, homeopathy and/or visualization

3. Supplements

- Vitamin B6, 50 to 100 mg/day

- Calcium (carbonate or citrate), 600 mg 2x/day

- Magnesium citramate, 150-300 mg/day

Step 2 BOTANICALS*

Chasteberry
(Vitex agnus-castus)
500 – 1,000mg/day

Saffron (Crocus sativus)
15mg 2x/day

St John's wort*
(Hypericum perforatum)
300 mg 3x/day -
found to help
when combined

with Chasteberry in
perimenopause

Step 3 BIOIDENTICAL*

Progesterone not proven to help

**The Gottfried Protocols are intended as health information and not medical advice.
Please consult your doctor before following Step 2 and Step 3 of the Protocols.*