

The NESWLETTER for the WOMAN on a quest to find the TRUTH



VOLUME 1 - NUMBER 2 - FEBRUARY 2006

“Intense love does not
measure, it just gives.”

Mother Teresa

Yale University

Research on PMS

[\(Click here\)](#)

**Video of an
interview of the
author (coming
soon)**

**Fill a survey on your
PMS (coming soon)**

Good day dear woman reader!

This month, I will we address the difficult reality that many of our young women have with their menstrual cycles. Our modern days differ very much from the days of my youth.

When I was young, sanitary napkins had barely started. As one of my clients of about my age shares: “In our youth, women were bitching about the ‘rags’, nowadays, women bitch about their PMS.”
How true!

The young women of this era have embarked much more on a supposed easy ride of free sex, adopting the contraceptive pill, which is a very mild Hormone Replacement Therapy. It might be too soon to look at what influence our era, since the ‘60’s, will have on a long-term basis, but one thing is sure, our young teenagers and women live it differently than us. Boys also, mind you.

So what is to be done as a parent when you have a young PMS-ing woman in your home?

Of course, the nature of the beast being what it is, sometimes, as a parent, it becomes difficult to really communicate with our youngsters for all sorts of good reasons. The same way an external and objective therapist might help and promote wonders with a person, a parent might just trigger rebellion and rejection from our youngsters for fear that you may want to get too close to their intimacy.

If you have the fortune of having a great and open relationship with your young females in the house, good for you. Other houses do not all have that image in front of them. So, what is one to do?

I urge you to become a seeker of the truth, *your truth*, for this is where one should start: Within. A simple exercise is to go back to your own monthly cycles, even if they may have been totally different than your daughter’s, and explore what you went through for yourself. If you are totally free from PMS, then great, but at least ponder on the possibilities of what her PMS could be trying to signify, to heal, to address and so on...

Another exercise is to browse through my book *My Beauty & My Beast, Mind, Body and PMS* and realize what might be in it for you and the other young daughter in your house.

[\(Link to book reviews\)](#)

As you explore what might be hiding in your own menstrual cycles and its

symptoms, you will become more in tune with her possible reality. The more you become objective about your own matters, the more you will be able to approach your daughter with a helping hand and simply suggest she explore her own reality.

If you become at ease with it, you will be able to pave some parts of the path for her to also explore and gain an understanding and a healing about it.

Another example would be for you to realize if you have cramps, why do you have them? These are rarely just “physical”. My experience has shown me that these cramps could be associated to all kinds of unresolved issues from the past. Is it fear? Is it anger or what else? Something sure, the nature of the PMS beast is that it does not have to be from a similar story to result in the same symptom. **My goal is to help you discover your subconscious messages through your own symptoms.**

On a last note for this month, and at the risk of repeating myself from the previous month, keep in mind that YOU HAVE A LOT MORE POWER THAN YOU THINK. **You can read and hear some testimonials that may “speak to you.”**

I WISH YOU A WONDERFUL MONTH.

[\(Link to my articles on my site\)](#)

NEXT MONTH: How to recognize your fears and how to free yourself?

P.S. Invite your friends (women and men) to fill out my surveys on my website for they help me continue my research.

Warmly:

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