

Lifestyle advices to prevent Menstrual Related problems and support your health naturally



SYMPTOMS	LIFESTYLE ADVICES
Irregular period	<p>Try to build more structure in daily life (i.e. regular meals, sleep, exercise) - Create a routine!</p> <p>If possible, try to limit too many flights which are unearthing and interfere with cycle timing</p> <p>Ask yourself: "Is the rest of my life regular?"</p> <p>Have fun with no need to dash about all over the place</p> <p>Have an occasional spontaneous spurt of unadulterated pleasure (rather than constant hormonal uprising)</p> <p>Eat simply</p> <p>Avoid frenetic people and environments when possible</p>
Spotting between periods	<p>Eat nourishing food such as root vegetables and try to have warm cooked food rather than salads</p>
Lack of period (Amenorrhoea)	<p>Eat a well-balanced diet :</p> <ul style="list-style-type: none"> - natural sweet food such as rice, oats, millet, wholegrains. - Rich vegetables such as winter squash, carrots, parsnips, sweet pot; - pungent vegetables & spices such as leeks, onion, ginger, cinnamon, garlic, fennel, nutmeg) <p>Eat cooked food and chew well</p>
Periods are late or struggle to start	<p>More exercise just before period can help</p>
Heavy blood flow (Menorrhagia)	<p>Avoid strenuous exercise whilst bleeding but move your body to keep the energy moving. Stretching can be helpful.</p> <p>If low energy: rest!</p>
Heavy legs, slow movement	<p>Walking, stretching, <u>raise your feet up</u> to the level of the heart when resting on a sofa/bed</p>
Pain due to cramping of the uterus (Dysmenorrhoea)	<p>Apply Heat to the lower abdomen. A hot water bottle can relax spasming muscles.</p> <p>Massage nipples to stimulate ovaries and perineum</p> <p>Use a tennis/golf (x more pressure) ball to roll along lumbar spine, sacrum, buttocks</p> <p><u>Makko ho stretches</u>: SPLEEN/LIVER/KIDNEY</p> <p>Avoid stimulants (coffee, cigarettes, sugar, processed food)</p>
Lower back pain due to sacroiliac joints too loose	<p>Wearing <u>Hara belt</u> to give physical support to pelvis</p>

<p>PMS/PMT, Anxiety, Irritability, Mood swings</p> <p>Possible Causes:</p> <p>1. hormonal changes (progesterone therapy)</p> <p>2. Unhealthy diet:</p> <ul style="list-style-type: none"> - Low blood sugar - Too many fats may cause pressure on liver - Excess salt may cause fluid retention - Coffee/sugar deplete body of B vitamins (needed x healthy nervous system and emotional balance) <p>3. Prostaglandins imbalance (cause uterine spasm, slow circulation, pain-numb hands&feet)</p>	<p>PHYSICAL MOVEMENT may help to relieve a lot of the physical and emotional symptoms.</p> <ul style="list-style-type: none"> - Vigorous exercise (such as HIIT or cardio) or DANCE! - Try the LIVER <u>Makko Ho stretch</u>, - Kick and rotate your hips (it may help to release feelings like frustration and anger) - Express yourself vocally while moving - Allow yourself to experiment to have a different approach and find positive ways to use the enhanced discerning power women usually experience pre-menstrual (realise what's truly good x you, work on accepting and let go) - Take a more responsible attitude - Learn to listen to yourself more and meet your needs (so there will be less need to change things around at this special time) - Learn to love yourself for who you are rather than being so judgemental
<p>Emotional outpouring/ hypersensitivity</p>	<p>Time to oneself Try these <u>guided meditation</u></p>
<p>Breast tenderness</p>	<p>Massaging breast, side stretches involving breast (to move stagnant energy)</p>
<p>Pain in ovulation</p>	<p>Heat on lower abdomen/back to relax pelvis Rest</p>
<p>Headache</p>	<p>General work on feet, Rest Peppermint essential oil on temples and back of neck</p>
<p>Bloating of breast or abdomen, Water retention</p>	<p>Exercise Add natural diuretics (raw/steamed garlic&cabbage) 1 tsp dried parsley in hot water 3x day</p>
<p>Loose stools / constipation</p>	<p>Adjust diet to support</p>
<p>Endometriosis</p>	<p>Body scrubs to move blood Visualization techniques to release stagnation</p>
<p>Fibroids/ PCOS</p>	<p>Try to identify and work on any potential unexpressed emotivity, resentment, anger, frustration Move the pelvis (gentle hip rotation, figure of 8, belly dancing, Pelvic tilt) Use Essential Oils: Frankincense and Geranium over the liver, adrenal glands and kidneys daily Use Castor oil or green clay mask</p>
<p>Unexplained Infertility Possible causes: obesity/underweight/ misplaced womb jelousy/anger/selfpity Poor circulation</p>	<p>Regular exercise and relaxation Well balanced diet Body scrubs Check my fertility natural health solution to learn about your reproductive health and how to support yourself naturally in this journey</p>