

# Period pain first steps

If you are struggling with horrendous periods, here are some first steps that could help you.

## Food

Reduce/eliminate refined sugar, ultra-processed food, food sensitivities, dyes, high fructose corn syrup, industrial seed oils, alcohol and caffeine. This will dramatically reduce overall inflammation.

## Supplements

Start taking minerals, especially generous amounts of magnesium.

## Herbs and oils

- Make a strong tea of 2 parts chamomile and 1 part ginger and drink during your period. This is highly anti-spasmodic, relaxant, anti-inflammatory and brings circulation to the pelvic area
- Try a tincture of Cramp Bark and/or Black Haw when your cramps get bad
- Drink nettle and raspberry leaf tea daily to increase minerals and uterine tone
- Apply a cramp-relieving essential oil blend like Dragon Time
- Apply Progressense Plus daily for its hormone balancing and cramp relieving qualities

## Movement

Start a daily movement routine, and focus on circulation and lymph moving activities during your period, like waking and gentle stretching

Hopefully these tips will help you as much as they've helped me!

If you want more individualized health coaching to get to the root of your period pain, get in touch with me about booking a consultation!

