

# PMS AND PERIOD HANDOUT



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Our periods and the time leading up to our periods are another way the body detoxifies. Many systems are in play and most of us have little knowledge and understanding of this process. We are “shedding” more than the uterine lining and if you experience what you think are hormonal irregularities this is a message from your body about other imbalances.



## AVOID CONSTIPATION

You are supposed to have very loose stools even diarrhea during your period. If you struggle with constipation or do not have loose during your cycle we recommend Oxy powder a high dosed oxygenated magnesium citrate.

## HORMONE DISRUPTING FOODS

Even while having cravings, it is important to understand caffeine, alcohol, refined sugars, artificial ingredients, dairy and gluten can disrupt your hormones making your current or next cycle worse in symptoms. Restrict these foods during times of symptoms and increase water intake.

## EMOTIONAL WELLBEING

There is a cultural stigma around the emotions we have during PMS and our periods. Emotions are either truth “shedding” from the subconscious and might need to be addressed, or can be excessive histamines or hormone disrupting foods. Consider an appointment to discuss proper support.

## LOW FERRITIN

If you have or have had low iron or low ferritin it is important to determine whether you need a protocol around your iron support either only during your period days or more. The liver filters blood and cannot work as well with excessive sugar and refined carbs in your diet.

## ADDITIONAL SUPPORT

Week prior you might benefit from B2 2x daily and CoQ10 60 mg 2x daily. Continue through period and then set aside unless your protocol indicates otherwise. For liver support we recommend Bioray Liver Lover.

