

THE PMS & PERIODS HANDOUT

- Our periods are another way the body detoxifies. We are “shedding” more than the uterine lining and it is important to know what to do to support the detox process and help your ovulation, PMS and periods.
- **Avoid constipation.** You are supposed to have very loose stools possibly even diarrhea during your period. If you struggle with constipation or do not have loose stool during your cycle we recommend Global Healing Center Oxypowder – a high-dosed oxygenated magnesium citrate.
- **Avoid 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.
- **Avoid 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 such as ovulation, the week before your period and during your period.
- **Increase water.** Water is very important to keep blood flow healthy especially if you are susceptible to clots. 64 ounces divided into manageable amounts throughout the day is the ideal amount.
- **Avoid caffeine.** Not only is caffeine a hormone disruptor but it is also a diuretic which means it can contribute to dehydration.
- **Pain.** Tips for reducing painful periods include castor oil packs, heating pads, and ingesting 3–4 drops of DoTerra Clary Sage in an empty veggie capsules 3–4x a day.
- **Emotional support.** Emotions are either truth “shedding” from the subconscious and might need to be addressed, or they can be from excessive histamines or hormone-disrupting foods. Consider an appointment to discuss proper support.
- **Additional.** Week prior add B2 2x daily and CoQ10 60 mg 2x daily. Continue through period and then set aside unless your protocol indicates otherwise. Support the liver with milk thistle or dandelion tea.