

# Painful Period Series: Introduction

Tired of painful periods dragging you down? Follow these 5 tips to have you feeling your best ALL month long!



## Sleep

Ya, ya, you've heard it before, but it's true! Getting a proper sleep is very important for your mood and overall health, but it is especially important for your hormones. Try to get a goodnight sleep every night, but especially around that time of the month, your body will thank you !



## Movement

Exercise can help to keep the blood flowing, improve mood and reduce period cramps. Choose your favourite type of exercise whether it's running, lifting weights, or doing yoga. Keeping movement throughout the month is important for treatment & prevention of period cramps!



## Diet

Due to the increase in inflammatory mediators during your period, it is important to also increase the amount of anti-inflammatory foods in your diet. Include foods such as broccoli, cauliflower, kale, brussel sprouts & cabbage (cruciferous vegetables). Foods rich in omega-3 fatty acids can also be helpful for decreasing inflammation (think fresh fish!).



## Detoxification

Modulate your hormones by adding in high fibre foods (beans, flaxseed), along with cruciferous vegetables mentioned above. Add in daily lemon water with green tea, and ensure daily bowel movements with plenty of water!



## See A Naturopathic Doctor!

If your periods have just recently become unbearably painful, or are becoming worse each month, it's probably time to see a doctor! Imaging and blood work can help to establish a diagnosis which can help to guide treatment. Naturopathic doctors offer a variety of options for gynecological treatment including acupuncture, herbal and supplement therapies.



Laura Pipher