

My Favourite Herbs For Painful Periods

1

Vitex Agnus Castus (Chaste Tree)

Chaste Tree is a great herb for treating many hormonal conditions through its direct actions on modulating progesterone. This herb is helpful in many "estrogen excess menstrual concerns" (bloating, acne, breast tenderness) and painful periods (fibroids, endometriosis). This herb also has mild pain killing properties which is great for decreasing period pain!

2

Zingiber Officinalis (Ginger)

Ginger is one of my all time favourite herbs in general, but when it comes to painful periods, this herb works well with its anti-inflammatory and antispasmodic qualities. Ginger does double duty for those who experience loose stools, bloating & nausea with their period, as it can aid in digestion and decrease nausea.

3

Viburnum Opulus (Cramp Bark)

Cramp bark is a herb a little less commercially well-known, but don't let that fool you. This herb is one of my essentials when it comes to decreasing period pain (indicated by the name). Cramp bark is a very strong antispasmodic & vasodilator which allows it to alleviate cramping associated with all smooth muscle. If you are allergic to aspirin (salicylates), however, you need to stay away from this herb!

Note: Everyone is different! Always see your naturopathic doctor before taking any of these herbs to ensure there are no concerns regarding interactions with current treatments or conditions, allergies to herb components & to make sure you are dosing appropriately!

Laura Pipher