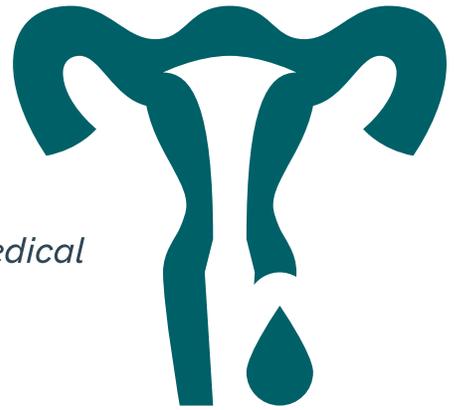


Top Period Tips

Prepared by Ashwood FertilityCare Center's NaPro Medical Consultant Teresa Kenney, WHNP



01

Track Your Cycle

Tracking your Cycle or Fertility Awareness is the first step to being an advocate for your female health. [Ashwood FertilityCare Center](#) has programs for women of all ages.

02

Cramps

Ibuprofen is magic for cramps if taken the right way. Take 600-800mg every 6-8 hours around the clock through the crampy days. It will reduce flow by 20-30% (not joking) if taken around the clock on heavy days.

03

Exercise

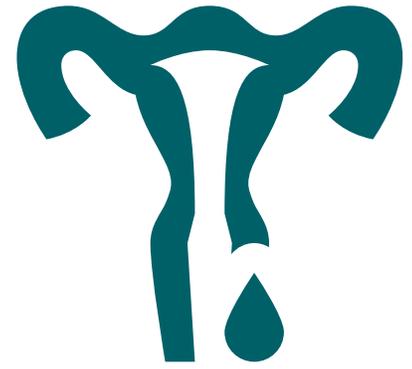
Exercising on the days of your period for 30 minutes to an hour will reduce the cramps and make you feel happier.

04

Say no to Sugar

Cutting out sugar, dairy, and processed foods will lead to less PMS, fewer cramps, and less bloating.

Top Period Tips cont...



05

Vitamins

Optivite-PMT, a multivitamin for women, can ease PMS and period discomforts. Found on Amazon.

06

Fish Oil

Taking Fish Oil 2000 mg at bedtime and 400 mg magnesium glycinate at bedtime daily will also help reduce cramps and other PMS symptoms.

07

Stress

Stress is a huge factor in making our periods worse since it increases our "fight or flight" hormone! Do everything you can to decrease stress.

08

Relationships

Relationships are important to your periods. Yes, the more time you spend with friends supporting and loving each other the better your hormones will be.

If these tips do not work consider seeing a Pro Woman's Health Care Provider to assist you in finding the underlying issue. [Ashwood FertilityCare Center](https://www.ashwoodfertilitycare.com) is here to assist you in advocating for your female health and connecting you with a Restorative Reproductive Health care provider who will work with you for real solutions to your symptoms. Let us know how we can help: info@ashwoodfertilitycare.com