

# HEAVY PERIOD

Flushing your life force down the loo..

Heavy periods are not cool or indeed part of a healthy period. We have developed a normalisation to them through the stories we have been told, and the ignorance of medicine. A heavy bleed can be a sign of many things and this selection of herbs are here to help, but as always listening to your body is key.

## BLOODY BRILLIANT TONIC

This is the one to take to balance out the hormones, it doesn't just do the oestrogens and progesterone's it does the lot. It is one of the few herbs that only has one action in the body and that is on the female reproductive system.

This is not recommended to take if you are using any form of synthetic hormones. Because this will need to follow the full cycle of an egg to maturity it is best taken for at least 3 months.

## I'VE LOST MY IRONEY

Heavy bleeds can take their toll on your body and leave you more than a little depleted. Low iron can be a really rubbish, feeling like you are walking through glue. This blend of herbs will help give your blood cells a boost, without the horrible side effects you can get from the prescription meds. Take this potion during the whole month and take the full dose during your period, it can be taken long term until you are back on your feet again.

## I'M BLOODY LIVID

Working on the liver is a key player with our period health, if that bad boy isn't working top notch, you can expect to have a bit of a sluggish system. The liver does an awful lot in our body and if the liver and gut aren't working well then they aren't clearing the crapola out of our body. This potion helps all facets of the liver to help it do the best job it can for your body.

## JUST TURMERIC

Turmeric is nature's wonder for inflammation, which is the root cause of most things that go tits up in the body. Take this potion as prescribed on the back of the bottle, take the full dose for 3 months, this is a potion that you can continue to take over a long period of time. It also supports your liver and digestion.

## BREW FOR YOUR BITS

A vaginal steam may sound the most cooky and new age thing you can do but suspend your doubts and give it a whirl. The heat that you get with sitting over this cuppa really does do wonders for the start of your period. Steaming is an old tradition, it can really help with a whole host of problems, and it really does feel wonderful to do. This comes with full instructions on how to use.

## CALM THE CRAMPS BALM

this needs to be in every perioders box of tricks, its such a soothing balm that can be applied liberally over the areas of your body that feel a bit sad when you have your period.

**Taking your potions** - All liquid potions are to be taken orally, you can mix them all together and take in one go. You may also dilute them further to help with the taste in water, squash, juice, tea. If you mix with boiling water it will help the alcohol to evaporate. There should be no side effects, sometimes you can get a slight belly upset as your body adjusts if you have any problems stop taking and get in touch with me.

### DISCLAIMER

I am not a doctor and I must always suggest that people go visit one if you feel the need, however you have come this far so I guess you may be looking for other alternatives to hormones, harsh medications and bleak outlooks. I am here to re-educate, offer support you won't find anywhere else and help you find the solution to the problems in your own unique body. My herbs are amazing, but if you would like some tailored support have a look at my Herbalist in a Box option where you get all these plus extra resources AND a group coaching call with me! I also have 1:1 consultations or for the full experience The Whole Shebang 6 month coaching programme to really get to grips with shizzel. Drop me an email if you would like to find out more

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