

# PMT

## Put Myself Top of the list..

PMT is really your body screaming at you, depending on the severity and the type of symptoms that pop up for you will depend on what you need. There are different types of PMT this selection of herbs are to help with the most common symptoms that crop up. If you want to get a better handle on them, sign up for my free charting course on the website so you can see what's going on for you.

### BITCHING

This blend is specifically for the perimenopause and the weirdness that can go down. The herbs in here are for the specific symptoms that can happen, hot sweats, brain fog, feral PMT. This is best taken for as long as you are experiencing symptoms. It is a fabulous tonic for the body at this time. You can take it at the full dose for a month or two and then come down to a lower dose and remain there if your body is happy to do so, knowing you can up it at any time.

### 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.

### 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. Take alongside Bitching for a super power mix!

### 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.

### AUNT TEA FLOW

Tea is an under rated way to take herbs, this tea has the combination of herbs that help to support your body during your period, you can drink it every day all day, it's a wonderful brew to have by your side to help support your body. I recommend you drink it all the way through the month. You could add some honey in there to sweeten it up if you wish, the herbs will probably make a couple of brews before you throw them in the compost!

### CALM THE CRAMPS BALM

This is a pot of wonder, you can fling it in your bag so you have something to rub on during your period. You can apply where it is needed as often as you like - it also smells amazing! It has essential oils to help with pain and balancing out during your period, as much amazingness as you can get has gone into this little pot! Apply to back, tummy, legs or your boobs if they get a bit sore too!

**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 shizzen. Drop me an email if you would like to find out more

[gemma@thewellwomanproject.com](mailto:gemma@thewellwomanproject.com)

[www.thewellwomanproject.com](http://www.thewellwomanproject.com)

