

# PAINFUL PERIOD

periods aren't meant to hurt..

Pain seems to go hand in hand with periods, it's just accepted as a given and that's what we have to put up with every month - I'm here to tell you it isn't normal, it isn't part of the process and is a sign your body isn't 100% happy. Pain is pain is pain, where ever you feel it your body is saying 'excuse me. something is wrong'. This selection of herbs can really help, but getting to the bottom of it is where you will make it go away.

## 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 with Croney Joany its really a superwoman mix!

## CALM THE CRAMPS

If you get pain with your bleed then this is what you need to have in your back pocket. This really helps to calm your uterus down if it's doing the funky chicken every month. You can take it whenever you feel you have discomfort but I would recommend taking it a day or two before your period starts until it finishes, this is also great for ovulatory discomfort too.

## 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!

## 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.

## LOVE YOUR LABIA LIP BALM

If you get dry or sore labia you need this in your life, anything that might cause it irritation it needs this soothing balm applied liberally. It can also double up as a wonderful natural lube (not to be used with condoms). You don't have to suffer uncomfortable sex this little pot of gloriousness can really give you back your mojo. Just because we are in this time of our lives doesn't mean we still can't enjoy sex and a dry vag doesn't have to be the norm!

**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

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