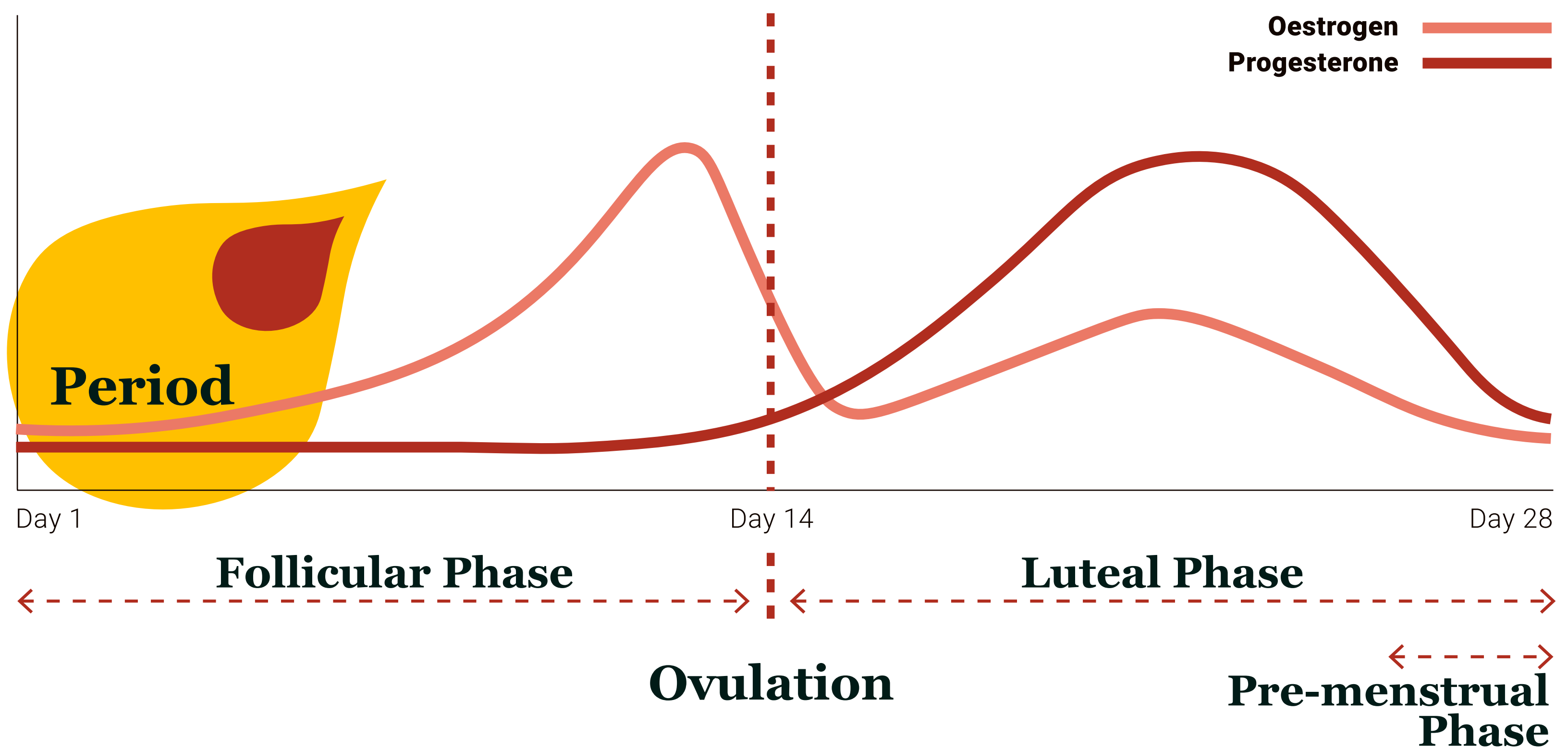


# Know your menstrual cycle

P1



## Period

While hormone release patterns apply to all, the menstrual cycle is experienced differently by each female.

### Period Pain

- Take Ibuprofen proactively and consistently
- Warm baths or apply heat to your abdomen
- Low intensity (aerobic) exercise, yoga
- Consider magnesium, zinc and turmeric
- Identify and cut back dietary triggers (e.g. alcohol, caffeine)

### Headaches

- Hydrate
- Avoid excessive caffeine
- Regular meals and snacks to stabilise blood sugar levels

### Heavy Periods

- Ibuprofen can reduce menstrual flow by up to 50%
- Omega 3 and turmeric may help
- Try avoiding cow's dairy
- Hormonal contraceptives can lighten or eliminate bleeding
- GP can test iron levels if symptoms suggest low iron

### Bloating

- Eat little & often, avoid large meals, chew food well
- Eat one portion of fruit at a time, avoid fruit juices / smoothies
- Reduce salty and processed foods
- Stay hydrated
- Low intensity exercise e.g. yoga

