

fix your period

Fix Your Period: Understanding and Managing Menstrual Irregularities Naturally

fix your period is a goal many women find themselves pursuing at some point—whether it's due to missed cycles, heavy bleeding, or unpredictable timing. Menstrual health is more than just a monthly inconvenience; it's a reflection of your overall well-being. When your cycle is off, it can signal underlying health issues, hormonal imbalances, or lifestyle factors that need attention. Luckily, there are natural and effective ways to support your body, understand your period better, and regain control over your menstrual health.

Why Periods Become Irregular

Menstrual irregularities can manifest in many ways: delayed periods, spotting between cycles, excessively heavy or light flow, or complete absence of menstruation (amenorrhea). Understanding why your cycle might be out of sync is the first step toward addressing it.

Hormonal Imbalance

One of the most common reasons for irregular periods is hormonal imbalance. The menstrual cycle is regulated by a delicate interplay of hormones such as estrogen, progesterone, luteinizing hormone (LH), and follicle-stimulating hormone (FSH). Disruptions in these hormones can cause your period to arrive late, early, or not at all. Conditions like polycystic ovary syndrome (PCOS) and thyroid disorders often interfere with hormone levels and menstrual regularity.

Stress and Lifestyle Factors

Stress plays a huge role in menstrual health. When you're stressed, your body produces cortisol, which can disrupt the hypothalamus—the part of your brain that controls the menstrual cycle. Excessive exercise, sudden weight changes, poor nutrition, or lack of sleep can also lead to irregular periods. These lifestyle factors can throw off your body's rhythm, making your cycle unpredictable.

Underlying Medical Conditions

Certain medical conditions beyond PCOS and thyroid issues can impact your period. Diabetes, uterine fibroids, endometriosis, and pelvic inflammatory disease (PID) are examples that may cause heavy bleeding, pain, or missed cycles. It's important to consult a healthcare provider if you experience severe symptoms or sudden changes in your menstrual pattern.

How to Naturally Fix Your Period

If you want to fix your period naturally, several lifestyle changes and remedies can promote hormonal balance and menstrual regularity. These approaches focus on nurturing your body holistically rather than relying solely on medication.

Maintain a Balanced Diet

Your menstrual cycle is sensitive to what you eat. Nutrient deficiencies can cause irregularities or worsen symptoms like cramps and fatigue. Eating a balanced diet rich in whole foods supports your hormonal health.

- **Include healthy fats:** Omega-3 fatty acids found in fish, flaxseeds, and walnuts help reduce inflammation and balance hormones.
- **Consume adequate protein:** Protein stabilizes blood sugar levels and supports hormone production.
- **Focus on fiber:** Fruits, vegetables, and whole grains help regulate estrogen metabolism and detoxification.
- **Avoid excess sugar and processed foods:** These can cause insulin resistance, which negatively impacts menstrual cycles.

Manage Stress Effectively

Since stress can wreak havoc on your menstrual cycle, finding ways to relax and unwind is crucial. Mindfulness practices, meditation, yoga, or even simple breathing exercises can help reduce cortisol levels and restore hormonal balance.

Regular Physical Activity

Exercise is a double-edged sword for periods. Moderate, consistent physical activity can improve insulin sensitivity, reduce stress, and promote hormonal health. However, excessive or overly intense workouts might suppress ovulation and cause missed periods. Aim for balanced activities like walking, swimming, or gentle yoga.

Herbal Supplements and Natural Remedies

Certain herbs have been traditionally used to support menstrual health. While scientific evidence may vary, many women find relief with natural supplements:

- **Vitex (Chasteberry):** Known for regulating hormones and alleviating symptoms of PMS and irregular cycles.
- **Ginger:** Helps reduce menstrual pain and inflammation.
- **Turmeric:** Its anti-inflammatory properties may ease heavy bleeding and cramps.
- **Dong Quai:** Often used in Traditional Chinese Medicine to support uterine health.

Always consult with a healthcare professional before starting any herbal supplements to ensure they are safe for you.

Tracking Your Menstrual Cycle: A Key to Fix Your Period

One of the most empowering tools for managing menstrual health is tracking your cycle. Understanding your period's patterns can help you identify irregularities early and make informed decisions.

Benefits of Period Tracking

Keeping track of your cycle can reveal:

- Average cycle length and flow intensity

- Signs of ovulation through basal body temperature and cervical mucus changes
- Patterns related to mood swings, cramps, or PMS symptoms
- Effects of lifestyle changes on your cycle

How to Track Effectively

You can use apps, journals, or calendars to note down:

- Start and end dates of your period
- Flow heaviness (light, medium, heavy)
- Associated symptoms such as cramps, headaches, or fatigue
- Any unusual spotting or bleeding
- Lifestyle factors like stress or exercise levels

Over time, this data helps you spot what might be causing irregularities and provides valuable information for your healthcare provider.

When to Seek Medical Advice

While many menstrual issues can be addressed naturally, it's important to recognize when medical evaluation is necessary. If you experience any of the following, consult a healthcare professional:

- Periods that stop for more than three months without pregnancy
- Heavy bleeding requiring frequent changing of pads or tampons
- Severe pain that disrupts daily life
- Bleeding after sex or between periods
- Sudden, significant changes in your cycle or symptoms

A doctor can perform tests to diagnose underlying conditions such as PCOS, thyroid disorders, or uterine abnormalities and recommend appropriate treatment.

Empowering Yourself Through Knowledge and Self-Care

Fixing your period isn't just about addressing symptoms; it's about tuning into your body and making choices that support your overall health. Hormonal balance is influenced by diet, stress, sleep, and physical activity, so adopting a holistic view is essential.

By prioritizing self-care, nourishing your body with the right foods, managing stress, and staying active in a balanced way, you pave the way for a healthier, more predictable menstrual cycle. Remember, your period is a vital sign of your well-being—treat it with the attention and respect it deserves.

Frequently Asked Questions

What does 'fix your period' mean?

'Fix your period' generally refers to taking steps to regulate or normalize your menstrual cycle if it's irregular, painful, or otherwise problematic.

What are common causes of irregular periods?

Common causes include stress, hormonal imbalances, polycystic ovary syndrome (PCOS), thyroid issues, excessive exercise, and significant weight changes.

Can lifestyle changes help fix my period?

Yes, maintaining a balanced diet, managing stress, regular exercise, and getting enough sleep can help regulate your menstrual cycle.

When should I see a doctor about my period problems?

You should consult a healthcare provider if your periods are very irregular, excessively heavy, painful, or if you miss multiple periods without pregnancy.

Are there medical treatments to fix irregular periods?

Yes, doctors may recommend hormonal birth control, medications to address

underlying conditions, or other treatments depending on the cause of irregular periods.

Can diet affect menstrual cycle regularity?

Absolutely. Nutrient deficiencies or extreme dieting can disrupt hormones and cause irregular periods, so a balanced diet is important for menstrual health.

Is it normal for periods to be irregular in teenagers?

Yes, it's common for periods to be irregular during the first few years after menstruation begins as the body adjusts hormonally.

Additional Resources

Fix Your Period: Understanding and Addressing Menstrual Irregularities

fix your period is a phrase increasingly searched by individuals seeking solutions to menstrual irregularities that disrupt daily life. Menstrual health is a vital aspect of overall well-being, yet many experience cycles that are irregular, painful, or unexpectedly heavy. Addressing these issues requires a nuanced understanding of the underlying causes, available treatments, and lifestyle factors influencing menstrual health. This article explores strategies to effectively fix your period, delving into medical insights and practical approaches designed to restore hormonal balance and menstrual regularity.

Understanding Menstrual Irregularities

Menstrual irregularities can manifest as missed periods, excessively heavy bleeding (menorrhagia), prolonged cycles, or severe cramps (dysmenorrhea). According to the American College of Obstetricians and Gynecologists, up to 30% of menstruating individuals experience some form of irregularity at various points in their lives. These disruptions often signal hormonal imbalances or underlying health concerns, such as polycystic ovary syndrome (PCOS), thyroid disorders, or uterine abnormalities.

The menstrual cycle is regulated primarily by the interplay between the hypothalamus, pituitary gland, and ovaries. Any disruption in this axis can result in altered secretion of hormones like estrogen and progesterone, leading to irregular periods. For example, elevated levels of androgens in PCOS can inhibit ovulation, causing irregular or absent menstruation. Addressing these hormonal fluctuations is critical to fix your period effectively.

Common Causes of Irregular Periods and How to Address Them

Polycystic Ovary Syndrome (PCOS)

PCOS is a common endocrine disorder affecting approximately 10% of women of reproductive age. It is characterized by hormonal imbalances that affect ovulation and menstrual regularity. Symptoms include irregular or missed periods, acne, weight gain, and excess hair growth.

To fix your period when dealing with PCOS, lifestyle modifications such as weight management and regular exercise can improve insulin sensitivity and hormonal balance. Additionally, healthcare providers may prescribe hormonal contraceptives or insulin-sensitizing medications like metformin to regulate cycles.

Thyroid Disorders

Both hypothyroidism and hyperthyroidism can disrupt menstrual cycles. An underactive thyroid may cause heavier, more prolonged periods, while an overactive thyroid might lead to lighter or less frequent menstruation.

Diagnosing thyroid dysfunction involves blood tests measuring thyroid hormone levels. Treatment typically includes hormone replacement therapy or antithyroid medications, which can help restore menstrual regularity.

Stress and Lifestyle Factors

Chronic stress influences the hypothalamic-pituitary-adrenal (HPA) axis, potentially suppressing gonadotropin-releasing hormone (GnRH) and disrupting menstrual cycles. Similarly, extreme physical activity, sudden weight changes, or poor nutrition can negatively impact menstrual health.

Incorporating stress-reduction techniques such as mindfulness, yoga, or cognitive behavioral therapy (CBT), alongside balanced nutrition and moderate exercise, can help fix your period naturally by promoting hormonal equilibrium.

Medical and Therapeutic Interventions to Fix

Your Period

Hormonal Birth Control

Combined oral contraceptives (COCs) are often prescribed to regulate menstrual cycles, particularly in cases of irregular or heavy bleeding. They work by providing consistent levels of estrogen and progestin, which stabilize the endometrial lining and suppress ovulation.

Pros of hormonal birth control include predictable periods, reduced menstrual cramps, and a decreased risk of endometrial cancer. However, potential side effects such as mood changes, weight fluctuations, and blood clot risk should be considered.

Non-Hormonal Medications

Nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen can reduce menstrual bleeding and alleviate pain by inhibiting prostaglandin synthesis. Tranexamic acid is another option for those experiencing menorrhagia, as it helps reduce excessive bleeding by promoting blood clotting.

These medications provide symptomatic relief but do not address underlying hormonal imbalances, making them more suitable for temporary management rather than long-term solutions.

Natural and Alternative Therapies

Herbal supplements such as chasteberry (*Vitex agnus-castus*) and evening primrose oil are popular alternatives thought to support hormonal balance and improve menstrual regularity. While some studies suggest modest benefits, evidence remains limited, and these should be used cautiously under medical supervision.

Acupuncture has also gained attention as a complementary therapy for menstrual irregularities, with some research indicating potential improvements in cycle regularity and symptom severity.

Practical Tips to Support Menstrual Health

Fixing your period often requires a multifaceted approach that combines medical treatment with lifestyle changes. The following practical tips can enhance menstrual health and promote cycle regularity:

- **Maintain a Balanced Diet:** Emphasize whole foods rich in vitamins and minerals, including iron, magnesium, and vitamin D, which support hormonal function.
- **Regular Exercise:** Moderate physical activity helps regulate hormones and manage weight, both critical factors in menstrual health.
- **Manage Stress:** Incorporate relaxation techniques such as meditation, deep breathing, or journaling to reduce the impact of stress on your cycle.
- **Track Your Cycle:** Use period-tracking apps to monitor symptoms and cycle length, which can assist healthcare providers in diagnosing and treating irregularities.
- **Avoid Smoking and Limit Alcohol:** Both can exacerbate hormonal imbalances and negatively influence menstrual health.

When to Seek Medical Advice

While occasional irregularities are common, persistent changes in menstrual patterns warrant professional evaluation. Warning signs include:

- Periods consistently shorter than 21 days or longer than 35 days
- Excessive bleeding requiring frequent pad or tampon changes
- Severe pain interfering with daily activities
- Sudden cessation of periods for more than three months without pregnancy

Consulting a gynecologist or endocrinologist can help identify the root cause and develop an effective treatment plan to fix your period.

The journey to fixing your period is highly individual, influenced by personal health, lifestyle, and underlying conditions. By combining medical insights with practical strategies, many can achieve greater menstrual regularity and improve quality of life. Understanding the complex hormonal interplay and recognizing when professional intervention is necessary are key steps toward reclaiming control over menstrual health.

Fix Your Period

fix your period: Fix Your Period Nicole Jardim, 2020-04-30 Forget 'women's troubles' and get your cycle working for you. For most women, one week (or more) out of every month is sacrificed to having a period or anticipating its arrival. And it is largely experienced as a colossal disruption – from being doubled over in pain and suffering from acne outbreaks to loss of sex drive, exhaustion, insomnia and major moodiness. Yet when women seek medical assistance, they are usually told to accept it or take birth control pills to 'balance' hormones. What's wrong with this picture? Everything! Period problems are not simply to be endured or covered up with pills – they are our body's way of telling us that something is wrong. And ignoring these signs can lead to bigger health issues – including fertility problems – down the line. This is where Fix Your Period comes in. Based on decades of work with women, Nicole Jardim's all-natural approach will help you to see the red flags (no pun intended) that your period (or lack thereof) can alert you to, how to troubleshoot these symptoms to get a better understanding of the problem and, most importantly, what to do about it. It is an empowering approach that will give you the essential tools to take control of your own healing. Whether you are suffering from PMS, PCOS (polycystic ovarian syndrome), irregular periods, painful periods, endometriosis, fibroids, Fix Your Period will enable you to regain normal, healthy periods and get your life back on track.

fix your period: Summary of Nicole Jardim's Fix Your Period Everest Media,, 2022-05-21T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Your menstrual cycle is a vital sign of your general well-being, and it is important to recognize that your period is a marker for underlying medical conditions and even chronic disease states. #2 Your period is a reflection of your genetics, lifestyle, and overall health. It is not the same for everyone, and there is a lot of variation out there. By getting comfortable with your cycle, you'll have a better understanding of what's going on in your body and what your symptoms mean. #3 The menstrual cycle is a natural cycle that women go through, and it is responsible for four distinct phases. As in the natural world, our bodies are constantly ebbing and flowing. #4 The first phase of your menstrual cycle is the bleeding phase, which lasts for about 3 to 7 days. It marks the start of the follicular phase, during which a region of your brain known as the hypothalamus secretes gonadotropin-releasing hormone, which instructs your pituitary gland to release follicle-stimulating hormone.

fix your period: Fix Your Period Nicole Jardim, 2020-04-28 Nicole Jardim walks the talk, and I am confident that her programs will help ignite the hormone balance you are most needing and restore your vitality. --Dr. Sara Gottfried, New York Times bestselling author of The Hormone Cure and The Hormone Reset Diet A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women's health and nutrition coach and co-host of the podcast The Period Party. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it The Curse! For many, it's not just an inconvenience--it's a colossal life disruption, forcing them to miss work, school, appointments, or dates. We've been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren't a nuisance, they're information. When you learn to decode your period (or lack thereof), you'll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim's proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim's Fix Your Period is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids--and for anyone who wants to take charge of her hormonal health--and regain control of her life--naturally.

fix your period: Period Repair Manual Lara Briden, 2017-09-14 Period Repair Manual is your

guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: * How to come off hormonal birth control * What your period should be like* What can go wrong * How to talk to your doctor * Treatment protocols for all common period problems, including PCOS and endometriosis This international bestseller contains insights from endocrinology professor Jerilynn Prior and more than 300 citations. It's written by a naturopathic doctor with more than twenty years of experience and is a compilation of everything that works for hormonal health.

fix your period: Your Period Handbook Natasha Richardson, 2020-01-31 For the millions of menstruating women who suffer from debilitating pain, erratic periods, heavy bleeding, or the effects of premenstrual syndrome every month, this book explores a crucial missing link: stress. Drawing on personal experience of overcoming crippling period pain and clinical expertise as a medical herbalist, Natasha Richardson gives practical advice on using simple herbal remedies and how to change the way we approach our daily schedules - from sleep to nutrition. Common menstrual problems are explored with advice on how to treat their underlying causes. Heavy bleeding, erratic cycles, missed periods, painful cramps, acne, breast tenderness, PMS, migraine, and anxiety are featured plus the red flag symptoms to watch out for. Conditions such as endometriosis, PCOS, and fibroids are looked at in depth with accompanying treatment plans.

fix your period: The Period Brain Sarah Hill, 2025-09-25 Do you ever wish you could skip the week leading up to your period? So many of us feel like we're riding a premenstrual roller coaster every month and, as women, we've learned to accept it - until now. In this transformative book, award-winning researcher Dr Sarah Hill explains why during the luteal phase - the second half of our cycle - we feel emotional, bloated, tired, anxious and even depressed, and, most importantly, what we can do to avoid experiencing the same crash every month. Drawing on the very latest research, you'll find out how to: · Sidestep PMS 'cravings' by eating more - you burn up to 11% extra calories in the luteal phase! · Exercise in a way that's invigorating instead of draining · Understand your sex drive and why it changes across the month · Navigate motivational and energy dips without added stress · Use anti-inflammatory foods to ease PMS Providing you with a science-backed roadmap to understanding PMS and the more severe form, PMDD, this book will empower you to finally take control and feel at your best whether you have your period or not.

fix your period: You Can Have a Better Period Le'Nise Brothers, 2022-03-08 A practical guide to understanding your cycle and balancing your hormones with nutrition and yoga, for a calm and pain-free period. Written by Le'Nise Brothers, a nutritional therapist, yoga teacher and popular women's health, hormone and wellbeing coach. You Can Have A Better Period is a straight-talking resource to help women understand their menstrual cycles and finally get answers to questions such as: "why am I so moody right before my period?", "are periods supposed to be so painful?", "why is my period so heavy?", "is it normal to get headaches right before my period?" Le'Nise Brothers takes us through each phase of our cycle, including a clear programme of nutrition and lifestyle changes. The book explains which supplements work and the key stress management habits we can implement, to bring long-lasting and sustainable changes to our hormonal balance and menstrual health. In Western society, we have accepted a cultural narrative that periods are supposed to be painful, emotional and messy. This book will be a practical guide that helps women change the way they look at their period, and finally harness the power of the fifth vital sign.

fix your period: Summary of Lara Briden's Period Repair Manual Everest Media,, 2022-03-22T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The period is coming out of hiding. Women are starting to embrace their periods, and not fear them. Period apps make it easier to track your cycle, and as a result, make periods seem more normal. #2 Your period is not just your period. It is an expression of your underlying health. When you are healthy, your menstrual cycle will arrive smoothly, regularly, and without undesirable symptoms. When you are unhealthy in some way, your cycle will tell the story. #3 When treating a patient with gluten sensitivity, it is important to also treat the underlying issues that cause

the patient to have symptoms. In Meagan's case, her Psoriasis and Irregular Periods were both caused by gluten sensitivity. #4 The pill is a band-aid solution that suppresses skin oils, overrides hormones, and forces you to have a bleed. It does not regulate hormones, but rather switches them off entirely. Natural period repair is a different approach that supports your ovaries rather than suppressing them.

fix your period: *Summary of Lara Briden's Period Repair Manual* Milkyway Media, 2022-05-03 Please note: This is a companion version & not the original book. Book Preview: #1 The period is coming out of hiding. Women are starting to embrace their periods, and not fear them. Period apps make it easier to track your cycle, and as a result, make periods seem more normal. #2 Your period is not just your period. It is an expression of your underlying health. When you are healthy, your menstrual cycle will arrive smoothly, regularly, and without undesirable symptoms. When you are unhealthy in some way, your cycle will tell the story. #3 When treating a patient with gluten sensitivity, it is important to also treat the underlying issues that cause the patient to have symptoms. In Meagan's case, her Psoriasis and Irregular Periods were both caused by gluten sensitivity. #4 The pill is a bandaid solution that suppresses skin oils, overrides hormones, and forces you to have a bleed. It does not regulate hormones, but rather switches them off entirely. Natural period repair is a different approach that supports your ovaries rather than suppressing them.

fix your period: Period Fix Nicole, 2021-03-14 A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women's health coach and co-host of the podcast The Period Party. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it The Curse! For many, it's not just an inconvenience—it's a colossal life disruption, forcing them to miss work, school, appointments, or dates. We've been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren't a nuisance, they're information. When you learn to decode your period (or lack thereof), you'll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim's proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim's Fix Your Period is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

fix your period: Is This Normal? Jolene Brighten, 2023-04-06 Is This Normal? is a book that all women need on their bookshelves. Sarah E. Hill, Ph.D. author of How the Pill Changes Everything When discussing period pain or mood swings, hormonal imbalance or fertility issues, women everywhere consistently ask their doctors one thing: Is this normal? Whether it was from her patients or her hundreds of thousands of social media followers, Dr. Jolene Brighten has heard this simple question more times than she can count. In Is This Normal?, Dr Brighten candidly shares what your sex-ed teacher should have said but didn't. TMI isn't a term in her world. She answers all those personal questions you've always wondered but might not have felt comfortable asking, including topics as wide-ranging as the menstrual cycle, postpartum health, libido, acne, the orgasm gap, and vaginal discharges. No topic is too gross, gooey, or OMG to be off-limits. Featuring a twenty-eight-day plan to take back your cycle and dozens of charts, checklists, and diagrams that help keep it real while keeping you educated, Is This Normal? is the ultimate guide to hormonal harmony and sexual empowerment.

fix your period: The Period Brain Sarah E. Hill, Ph.D, 2025-09-30 Do you feel like you're riding a premenstrual roller coaster every month that leaves you feeling hungry, tired, angry, sad, and unsexy? Leading researcher and women's hormone expert Dr. Sarah E. Hill explains why we feel so universally icky before our periods— and what to do about it. The problem isn't that women are hormonal; the problem is that the second half of the menstrual cycle—the luteal phase, when the

hormone progesterone rises and estrogen decreases—has been systematically ignored by science and medicine. Progesterone is at the heart of every feeling we associate with PMS: it affects our daily sleep and calorie needs (hello, cravings!); whom we're attracted to; our sex drive; and—as every woman can attest—our mood. Because the luteal phase is understudied, every bit of health, diet, and relationship advice you've followed is based on that first, estrogen-glow half of the month or, worse, was designed for men. The rules that work for us in the first two weeks of the cycle don't always fit in the second, causing most of us to spend half the month following advice that is completely at odds with the way our bodies work at this time. It's no wonder we feel awful! Dr. Hill demystifies how our bodies work, so you can work with your hormones to:

- Sidestep PMS “cravings” by eating more –you burn up to 11% extra calories in the luteal phase!
- Exercise in a way that's invigorating instead of draining.
- Understand your sex drive, and why sex has different meaning across the month.
- Quit bad habits more easily thanks to progesterone's addiction-busting properties.
- Navigate motivational and energy dips without added stress.
- Incorporate anti-inflammatory foods and habits to naturally ease PMS.

The Period Brain is a science-tested roadmap to understanding PMS and PMDD. It's time we demand a better month, every month – and usher in a new era in women's health. Period.

fix your period: *Period Power* Maisie Hill, 2019-05-02 'Hill's advice is straightforward and no-nonsense' - The Guardian 'A life-transforming book... fascinating' - Daily Mail 'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of *The Modern Cook's Year* ---- A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In Period Power you will discover how to:

- Maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them
- Identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle
- Plan your month to perform at your best in all aspects of your life
- Figure out if you have a hormonal imbalance and what to do about it

Period Power is a no-nonsense guide with all the tools you need to improve your menstrual health.

fix your period: *Go With Your Flow* Cherrelle Slaney, 2022-04-03 The simple guide to the menstrual cycle. An easy-to-digest look at how your hormones influence your life. Are you fed up with unpredictable moods that leave you questioning who you are? Wouldn't it be nice to live a life where you feel in control of your emotions? There's a reason you experience PMS and mood swings – your hormones. They affect everything from your self confidence, your relationships and even your parenting style. You feel like you're not quite the person you want to be and it leaves you feeling frustrated and out of control. You deserve to live a life that is less stressful, more balanced and a whole lot happier. As a woman diagnosed with PMDD, I know what havoc your hormones can wreak on your life. The angry outbursts and mood swings that come with being premenstrual affect everything from your relationships, your parenting style and your self confidence. By learning how

my hormones worked and putting strategies in place to support my emotional needs, I have turned my life from chaos to calm. The things I have learned along this journey have been nothing short of life-changing and I'm here to show you exactly how to do it too.

fix your period: Cosmic Health Jennifer Racioppi, 2021-01-12 Renew your sense of purpose to achieve health and happiness with this actionable guide that incorporates astrology, integrative wellness, and positive psychology - from a renowned astrologer and integrative health practitioner. There's much more to astrology than weekly horoscopes, personality types, and predictions for the future. For astrologer and transformational coach Jennifer Racioppi and her clients, it is a guide to living in sync with the natural rhythms of the universe to achieve optimal health and astonishing success. Cosmic Health provides a groundbreaking cross-disciplinary approach to cultivating physical, emotional, mental, and spiritual well-being. By honoring your individuality, your role in the universe, nature, and the seasonality of life, you will be armed with the knowledge-and magic-you need to cultivate uncompromising health. Inside this book, you'll learn to: * Open yourself up to the big-picture patterns that influence you-the daily, seasonal, and monthly cycles that govern your biology-and leverage those patterns for conscious action, growth, success, and a thriving life. * Decode the planets and their cycles to get a precise blueprint of your evolving emotional, physical, and spiritual health needs-like how to exercise for vitality, cultivate your purpose, tackle obstacles, and skillfully care for your emotional needs. * Support your specific astrological makeup and goals with healing rituals that serve as sacred medicine, enriching your spiritual connections. * Develop a rock-solid understanding of the connection between astrology, health, and evidence-based personal-development practices so you can nurture your resilience, elevate your well-being, and realize your heart's desires. * Learn to view health and life challenges as a threshold to self-actualization. * Put your intuition and self-knowledge at the heart of your quest for health. Join the thousands of others who have used this body of work to transform their lives into fulfilling and multidimensional reflections of their Cosmic Health.

fix your period: Cycles Amy J. Hammer, 2023-02-07 PubWest 2023 Book Design Award (Gold) Reclaim your cycle and support your health with this detailed guide featuring 100+ recipes and practices from RN, and author of *How to Grow a Baby*, Amy Hammer. There is no one-size-fits-all guide to your cycle. But registered nurse Amy Hammer arms you with a strong foundation in physiology and hormonal health, explores historical and sociocultural aspects of women's health, and reimagines the phases of the menstrual cycle as aligning with the four seasons to provide a detailed guide for living well in your body. Also included are nutritive recipes (kabocha squash curry soup, seed balls, wild salmon congee), supportive movement practices to incorporate into your whole day (abdomen relief stretch, buddy walking, foam rolling), and self-care rituals and recipes (dandelion-infused breast massage oil, alternate nostril breathing) to guide you through each phase of the menstrual cycle and of life—from the young adult and menstruating years to perimenopause and menopause. Become in tune with your internal rhythm, reclaim the meaning of self-care, and cultivate optimal health for every season of life. This comprehensive, body-literate guide includes: 40 nutrient-dense, menstrual-phase specific recipes that support hormonal, emotional, cognitive, gut, and overall health. The science behind menstrual cycles and how hormonal fluctuation impacts your brain, breasts, skin, and weight. How to track your cycle using fertility awareness methods, allowing you to naturally and effectively avoid or pursue pregnancy. Supportive full-body movement, self-care, and nutrition tips that optimize physiological and hormonal health throughout the phases and your lifespan.

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again—by friends, family, and even doctors. After dedicating her entire clinical career to deconstructing the menstrual cycle, women's health expert Kirsten Karchmer knows better. During her more than twenty years of research and treating thousands of patients, Karchmer found that most period problems women experience—even the most painful ones—are totally correctable and more surprisingly reflective of overall health and fertility. In this forthright, spirited, and all-encompassing guide, Karchmer draws on her decades' worth of experience as a women's health expert to break down the myths so many women have been led to believe about their periods. For the more than 82 million women in the world who suffer from menstrual conditions, *Seeing Red* explains the importance of a healthy menstrual cycle (and how to achieve it) and why it is important to the women's movement. Menstrual cycles are not a curse, but an instrument providing women with one of the most valuable, regularly occurring, and free diagnostic tools they have, giving them access to unprecedented health and power.

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