

Your Cycle Care Guide

With Love, Our Remedy xoxo



5 Natural Cramp Remedies

With Our Remedy



Period back pain is something many people suffer from. It can go anywhere from your lower back, into your legs and even feel like its in the tip of your toes. And it can make you bloody moody.

Everyone gets it slightly different. Some have to curl up in a ball with stomach cramps, others get the lower period backaches and some, some lucky few, get nothing.

These cramps are caused by hormones released during menstruation which start contractions in order to shed the lining of your uterus.

Over the years we've tried lots of ways to get monthly period aches under control. We've gone through some pretty strong over the counter meds specifically for period issues that have made us feel almost high and spacey, and some natural remedies too.

Personally, we love a natural remedy, **so we have rounded up our top 5!**



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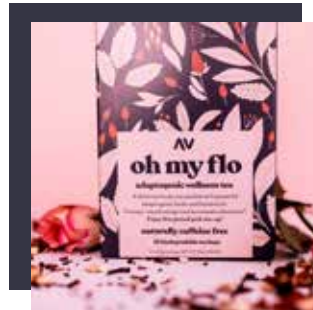


1. Magnesium

There's a few ways you can up your magnesium, intake during your period. The most natural is some magnesium rich foods such as walnuts, almonds, pumpkin seeds and dark choc. To make it easier for yourself you could get magnesium supplements.

2. Heat

Heat is a god send when it comes to period pain! We have this wrap around hot water bottle in the office, which we love! A regular hot water bottle is also great, a nice warm bath or some heat patches.



3. Oh My Flo Tea

Our tea is packed full of adaptogens, which help your body fight stress, like stress caused by your period! It also contains raspberry leaf, one of the best herbs for cramps as it can help strengthen your uterus. Plus it works well with the above tip! Nice and warming with a hot water bottle or in the bath!

4. Orgasm

So maybe you're not feeling your sexiest (or maybe you are!) but this can be really beneficial for cramps. When you orgasm, your body releases chemicals like oxytocin and dopamine that act as painkillers. The blood rushes to the uterus and helps relieve cramps



5. CBD Oil

Taking CBD every day can help balance your prostaglandin hormone. People with high levels of the prostaglandin hormone tend to have worse cramps. Take a few drops of CBD every day, so when your period comes round your body is prepared!

Period Q&A with Doctor Ramla

Common questions, answered by a Doctor

Why is my period blood brown?

During the menstruation/period, the brown blood with no other symptoms is most likely the old blood from previous periods that just took a little extra time than usual to leave the uterus. Staying inside the uterus causes the blood to oxidize and change colour. It is quite normal, mostly during the start and at the end of periods.

Why am I spotting between periods?

Most of the time, it is not anything serious when there is spotting in between periods. It may be due to hormones, birth control, injury to the vaginal wall, pregnancy, STDs, and several other mild reasons. It'll help if I know the frequency and amount of blood in your spotting episodes. I'd suggest if you are bleeding profusely, suspect an STD, or experiencing any other symptoms as well as spotting, you should consult your doctor.



Why does my period blood smell weird?

The period blood and the bacteria residing inside the vagina react and give the period its odour. If your period smells weird out of the blue, it may be possible, you are either experiencing an infection due to a forgotten tampon or an STD.

Can you sleep in tampons?

Yes. It is safe to sleep in your tampons but not for more than 8 hours. Make sure to change the tampons every 8 hours irrespective of the flow and use proper absorbency for your flow. Otherwise, it may cause serious infections like Toxic Shock Syndrome.

Why do I get egg white discharge?

The egg-white discharge during your cycle is most likely the cervical mucus. It is also called 'the fertile discharge'. It keeps the vagina lubricated and helps the sperm to reach the egg easily and safely. It is common around the ovulation period and is due to changes in levels of estrogen in your body.

How can I make my mood better before my period?

You can try multiple remedies like; exercise/Yoga, eating a balanced diet with calcium-rich foods like milk, yoghurt, cheese, green veggies etc, avoiding caffeine or alcohol, taking herbal supplements, sleep for at least 7-8 hours and watch your sugar intake!

Can I stop being bloated before my period?

Bloating is a common symptom of PMS. By relieving the symptoms of PMS, bloating can be relieved. Apart from the suggestions made above; avoid salty food or eat a low sodium diet, avoid refined sugar, drink more water, consider birth control pills but they act differently for different people.

Why does my period bloat last all month?

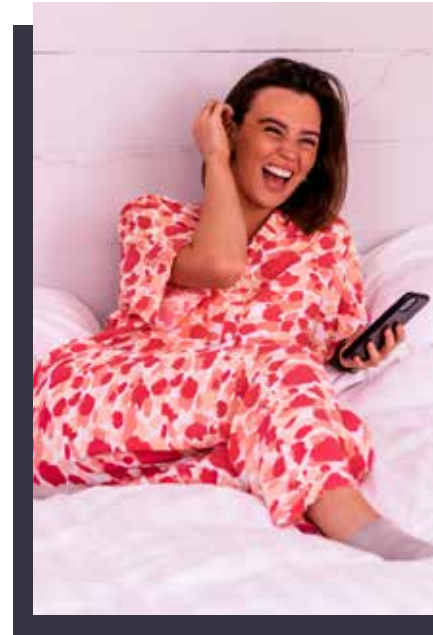
What happens is, while on period, our body retains water and salt under the influence of progesterone and estrogen levels. The cells become swollen with water and salt and cause bloating. The hormone levels change all the time and therefore, sometimes you experience bloating and sometimes you do not.

Can you get pregnant on your period?

The answer is yes. It's not very simple though. There are different scenarios. Firstly, women may experience spotting while ovulating and may get pregnant thinking they are on their period. Secondly, it is next to impossible to get pregnant during the first two days of your period. But the likelihood increases with each passing day. Now, sperm can stay viable inside a woman for 5 days which means the likelihood of having sex during the first two days and getting pregnant on the 5th day while still bleeding is not impossible. It is quite rare though.

Why are my cycles random lengths each month?

A menstrual cycle is an intricate play of various hormones inside the body. Their duration, quantity, and timing vary from person to person. Moreover, certain factors like birth control pills, extreme weight changes, certain medical conditions, etc also alter the cycle length. The normal cycle length is roughly 21-38 days. If yours falls in this range, there is nothing to worry about.



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Our period pick me up set is a raspberry leaf adaptogenic tea and 500mg or 1000mg CBD. The perfect combo that may help fight bloating, cramps and mood swings, all packaged in sustainable materials. **Get 25% off with code 'pickmeup25'**

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