

RELAX THY UTERUS

The uterus is a muscle, thus anything that relaxes a muscle will help with period cramps. Things that are known to naturally relax your muscles are yoga poses, magnesium, epsom salt bath, CBD and deep breathing. It is also important to know that we have worse cramps when using products that have toxins in them. Our body cramps worse as a way to naturally push it away.

SEED CYCLING

Something that has been around as long as seeds have, it's a newly popularized natural option that women are using to help balance their whole cycle and even thyroid health. It's the concept of taking a tablespoon of ground chia & pumpkin seeds, starting day 1 of your period, consuming for two weeks and then switching to ground sunflower and sesame seeds for the second two weeks of your cycle. We love FUNK IT seed cycling brand for a simple process!

Top 5 Tips for Natural Period Pain Relief

Period symptoms can be a reflection of everything from diet, mindset to stress

MIND OVER BODY

Obviously your mind and body are connected (thankfully so our heads don't fall off). So let's pretend our thoughts are connected to our body (it's real). And next time Aunt Flow is visiting you decide to greet her with open arms & positive affirmations instead of the typical mind hole we go to wallow in. Over time she will start to be nicer back. Use your thoughts and words to be in alignment with your new knowledge and actions and watch things accelerate faster than you can imagine.

Say it with us.....

- My period is powerful
- My body is balanced
- I am connected
- I take good care of my body



**DIVINE
DROPS**

USE THY HERBALS

It's been known for centuries that herbals are Mother Nature's medicine. You can drink them in tea, use them in essential oils or even incorporate them into your diet. Peppermint & chamomile to calm the body ~ garlic, ginger & turmeric to reduce inflammation~ white peony to reduce muscle spasms & fennel tea to warm the abdomen. Give your body one thing at a time a try & listen to your body, goddess.

CALM THY INFLAMMATION

Pain in all the body is typically a response to extra inflammation. Inflammation is triggered by foods we eat that "flare" us up. Support your cycle and whole body health by being mindful how much sugar, bad oils and sodium you consume. Give yourself grace when you're on your period, but don't allow it to be an excuse to eat junk food and perpetuate painful period problems.