

Managing Cycle Symptoms



Period Pain

Ibuprofen: take proactively (before the pain gets really bad) and consistently (throughout a whole day(s)).

Heat: apply to tummy, or use warm baths.

Exercise: Aerobic (low intensity) and Yoga, (there are some specific yoga poses which can help).

Nutrition: Do you have any diet triggers which make symptoms worse? (these can be things like caffeine, alcohol, processed foods, cows dairy).

Breast Pain

A **good fitting bra** can alleviate breast pain. Always use a sports bra for activity.

Ensure a flawless fit (especially if your breast size changes across your cycle).

Heavy Periods

Ibuprofen can reduce menstrual flow by up to 50%.

Nutrition: Eat foods high in Omega 3, avoid cow's dairy. The **Mirena IUD** or other hormonal contraceptives can lighten or eliminate bleeding.

Headaches

Stay hydrated by drinking regularly throughout the day - check your urine is a pale straw colour.

Avoid drinking caffeine to excess, and ensure you are eating regularly throughout the day to keep blood sugar levels stable (avoid simple sugars, go for complex carbs)

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PMS

Exercise: Aerobic Exercise and Yoga.

Nutrition: Get lots of magnesium, Zinc, Calcium, Vitamin D in your food, and avoid diet triggers such as alcohol and caffeine.

Bowel Changes

Ibuprofen can help with diarrhoea during periods.

Nutrition: Eat little and often.

Limit alcohol, caffeine and fizzy drinks. Cut down on sugary or processed high fat foods. Limit fresh fruit to 3 portions per day.

Bloating

Nutrition: Eat little and often.

Chew your food well (10 to 20 chews per mouthful). Only have 1 portion of fruit at a time and avoid fruit juices and smoothies.

Reduce salty and processed foods, stay hydrated (Your wee should be pale straw colour)

Exercise: Aerobic exercise, find yoga moves for digestive health.

Fatigue

Nutrition: fill your diet with energising foods like brown rice, potatoes, spinach, lentils, chickpeas.

Ensure all meals contain a source of protein, plenty of veg and a source of wholegrain carbs.

Space meals evenly and regularly throughout the day to stabilise blood sugar.

Exercise: restorative exercise like yoga, low intensity aerobic exercise.