



The Well^{HQ}

STARDUST FOR YOUR CYCLE

What's in your diet can influence how you experience your menstrual cycle- alleviating symptoms and supporting hormone balance. Sprinkle some stardust on your cycle, and make sure your diet includes lots of:

ANTI-INFLAMMATORY FOODS

Higher levels of inflammation in the body have been connected to worse symptoms before your period. Also, the chemicals we release to have a healthy period can have knock on inflammatory effects. Using our diet as an anti-inflammatory strategy can help:

Fruits like raspberries, plums, peaches and avocado's.
Vegetables like garlic, onion, beetroot and sweet potato.
Oily Fish like salmon, sardines and mackerel.
Herbs like ginger, paprika and turmeric.
Seeds like flax seeds and pumpkin seed.

FOOD FOR GUT HEALTH

There's a set of bacteria in the gut called the oestrobolome, which can influence the amount of oestrogen in our body. Poor gut health can lead to excess oestrogen which can make symptoms worse and periods heavier. You can use certain foods to encourage really health gut bacteria:

Get enough fibre from foods groups like vegetables, beans and fruits, especially foods like asparagus, bananas, garlic, onions and whole grains.
Eat a diet that's diverse.
Eat fermented foods like yoghurt, kafir or kimchi.
Avoid sweeteners.
Take probiotics.

MICRONUTRIENTS

Micronutrients are the vitamins and minerals found in your food. Certain micronutrients have good evidence for helping reduce menstrual cycle symptoms and support hormone health:

OMEGA III

Found in oily fish (like mackerel and salmon) nuts (especially walnuts) and seeds (chia and flax).

ZINC

Found in animal products (especially red meat), whole grains (like wheat, quinoa, rice and oats), legumes (like chickpeas, lentils and beans), nuts (especially cashews and almonds) and seeds (like flax or pumpkin), dairy and eggs.

VIT D

Found in fish (like salmon, sardines and tuna), mushrooms, egg yolks, cows milk, soy milk and fortified cereals.

MAGNESIUM

Found in seeds and nuts (especially pumpkin seeds, almonds and cashews, peanuts or peanut butter), dark chocolate and legumes (like lentils, beans, chickpeas, peas), fruits like bananas and avocados, and leafy greens like kale and spinach.