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Why your Period is Being a Pain

5 reasons and treatments
towards improving period pain



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As common as it is, period pain is not normal. Your period should just sneak up on you. You go to the bathroom and whoop, you realise you're bleeding... that is the goal. However, unfortunately, for a LOT of us, that is not the case. Again, unfortunately, women have been told for decades that "pain is normal" and just a "part of being a woman."

Hell no.

Pesky period pain can be caused by a number of factors.



Here are 5 common reasons.

1

Histamine Intolerance

Histamine is actually a good thing. Its involvement in our immune system helps keep us protected from allergens and unwanted invaders. However, too much of it, or an inability for your body to properly process histamine, can be a leading contributor to period pain. A simple way to test if this is you, take an antihistamine when you get your period. If your pain subsides/decreases, chances are histamine is a problem for you.

Longer term solution:

- Reduce histamine enhancing foods such as; dairy, alcohol, tomatoes, banana's, fermented foods (sauerkraut)
- Supplement Magnesium Glycinate, SAME and/or Quercetin daily as they help naturally reduce histamine levels

2

B6 deficiency

B6 a.k.a P5P or Pyridoxine is a crucial piece of the healthy period puzzle. It helps with lowering prolactin, lowering histamine, promoting ovulation, decreasing inflammation and aiding the synthesis of neurotransmitters such as GABA and serotonin.

Dosing activated B6 in the range of 30-60mg is ideal. Toxicity of vitamin B6 can occur, therefore it is suggested individuals supplement in the luteal phase only.

3

Endometriosis

If pain is your number one symptom and concern, then Endo is something to think about.

The latest research in endometriosis is that it is a problem of the immune system that impacts your hormones and reproductive system.



Over 70% of our immune system is found in your gut. If you also have bowel/gut problems, have been diagnosed with IBS AND get period pain, then endometriosis is definitely something to look into.

Your first step is to look into your gut health. Assess your bowel habits.

Your second step is to do everything in your power to get more VARIETY of fibre in your diet. When I say variety, I mean plants. All plants contain fibre. That is fruits, vegetables, legumes, whole grains, nuts, seeds, herbs and spices. Can you fit 30 different types of plants into your week?

4

Iodine deficiency

If sore breasts and lumpy breasts is a large and consistent period symptom for you, then it is likely you have an iodine deficiency.

Simplest way to solve this, supplement iodine. However, you need to be careful.

Too much iodine in someone who has positive thyroid antibodies can do damage at too high of a dose. However, if you do not have thyroid antibodies, a higher dose of iodine is superior.

You want to be aiming for:

- If hashimoto's/thyroid disease is present, no more than 300mcg/day
- No thyroid disease 1-3mg
- Pregnant or breastfeeding, iron supplementation is not recommended

5

Inflammation

Your period is actually a cascade of inflammatory events. This is a good thing. We require inflammation in order to bleed. However, too much inflammation can cause too much pain. Prostaglandins and muscle cramps are the two leaders contributing to pain. If we can reduce these, we will have reduced, or hopefully mild to no period pain.

My favourite way to do this; a combination of B6, Magnesium and Taurine.

This will help decrease inflammation and boost GABA, a neurotransmitter essential for a healthy cycle.



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