



THE COMPLETE GUIDE TO

Menstrual Cycle Supportive Beverages

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Menstrual Cycle-Supportive Beverages

Fixing your period doesn't have to be complicated. One of my favorite [#PracticalPeriodTips](#) is to incorporate some cycle-loving beverages into your daily routine. I gathered some of my favorites for you. Enjoy!

Water with Salt or Liquid Minerals

BENEFITS: REHYDRATE YOUR BODY AFTER HOURS OF SLEEP

I recommend adding a pinch of sea salt or dropping liquid minerals into about 8-12 ounces of room temperature or warm water each morning and drinking that before you consume anything else. Starting your day this way gives you a nice dose of minerals and electrolytes first thing in the morning and can help rehydrate your body after hours of sleep.

You can use [CrucialFour sea salt](#), [Celtic sea salt](#), [Redmond's salt](#) or whatever sea salt you've got. Or you can use a liquid mineral product like [Concentrace Trace Mineral Drops](#) or [CellFood Liquid Concentrate](#).





Menstrual Cycle-Supportive Beverages

Bone Broth

BENEFITS: SUPPORTS GUT, BONE, AND JOINT HEALTH AS WELL AS IMMUNE SYSTEM FUNCTION

Bone broth is a nutrient-rich infusion made by slow-cooking the bones of healthy animals with vegetables, herbs, and spices. It contains gelatin, collagen, vitamins, minerals, and amino acids such as glutamine, glycine, and proline, which all help support the integrity of the gut lining, bone and joint health and immune system function.



Make your own broth - there is a great recipe for this inside the [Fix Your Period app](#) or you can find recipes online. You can also purchase bone broth from one of the brands below, find it at a local farm, farmers market or in a health food store. recommend drinking 8-12 ounces of bone broth a day.

Recommended Brands

- [Brodo Bone Broth](#)
- [Kettle & Fire Bone Broth](#)
- [Fond Bone Broth](#)
- [Epic Bone Broth](#)



Explore Fix Your Period app hormone-approved recipes, products and so much more:

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Menstrual Cycle-Supportive Beverages

Green Juice

BENEFITS: IMPROVE DIGESTION, REDUCE INFLAMMATION, RICH IN NUTRIENTS YOUR BODY NEEDS DURING YOUR MENSTRUAL CYCLE

Green juice is a nutrient-dense beverage made from a combination of green vegetables, such as cucumber, celery, kale, spinach, cilantro and parsley, along with other ingredients like apples, pears, ginger, lemons or limes for added flavor. It is typically prepared by juicing these vegetables and fruits, extracting their liquid and leaving behind the fibrous pulp. You can also add spirulina or [chlorella](#) to your green juice for an extra dose of vitamins, minerals and antioxidants.



Hot Tip #1: I only use half an apple or pear in my green juices to avoid too much sugar and a blood sugar spike.

Hot Tip #2: If you're working on remineralizing, and you're not having bone broth then I suggest 8 - 12 ounces of green juice a day or a few times a week. Green juices are great in the summer months and bone broth works well in colder months, but these beverages can be enjoyed year-round.



Menstrual Cycle-Supportive Beverages

Adrenal Cocktails

*BENEFITS: IMPROVES IRON ABSORPTION, IMMUNE BOOSTING,
ADRENAL SUPPORT*

An adrenal cocktail is a drink that contains vitamin C, potassium and sodium. This vitamin and these minerals are essential for adrenal health, and adrenal health is essential for a healthy menstrual cycle.



A "classic" adrenal cocktail contains 4-6 oz of coconut water, juice of 1 lime or lemon and 1/4 tsp salt (see FYPC Shop for recommendations). It's delicious! I suggest drinking this 1-2x a day after meals especially if you're feeling stressed, fatigued, burnt out or anxious.



Try a Supplement Version:

You could also try a supplement version!

Check out the [Adrenal Cocktail powder or capsule supplement from Jigsaw Health](#) (use code *PERIOD*), which is based on the dosages above for sodium and potassium. Or try the [Pickleball Cocktail option](#) (use code *PERIOD*), which has significantly more potassium and can help you if you're very potassium deficient.

Note that: If you have high blood pressure, blood sugar imbalances, insulin resistance, PCOS, or kidney issues, consult your doctor before trying adrenal cocktails, as they may affect potassium or blood sugar levels. Pregnant women can safely enjoy adrenal cocktails, as they support increased potassium needs during pregnancy

For even more information and recommendations, check out the [Adrenal Cocktails 101 Protocol](#) inside Fix Your Period.



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Mineral Drinks

BENEFITS: HYDRATION, MINERAL ABSORPTION, AIDS DIGESTION

There are lots of mineral/electrolyte drink mixes available, but only a few contain what I consider to be adequate amounts of magnesium and potassium in comparison to sodium.

Here are the ones I recommend:

- [Jigsaw Electrolyte Supreme](#)
- [Jigsaw Adrenal Cocktail](#)
- [Jigsaw Potassium Cocktail](#)
- [PaleoValley Essential Electrolytes](#)

Here are a few other Fix Your Period community favorites:

- [Needed Hydration Support](#)
- [Goodonya Hydrate Electrolyte and Mineral Powder](#)
- [Saltt Electrolyte Powder Drink Mix](#)
- [LMNT Electrolyte Mix](#)
- [Rayvi Mineral Drink Mix](#)

Explore Fix Your Period app

You can enjoy mineral/electrolyte drinks at any time of day, but first thing in the morning is particularly great. They are especially helpful before, during or after sweaty workouts, intense sports activities or using a sauna. They're also helpful after drinking alcohol, during airplane travel and when you have an illness like a cold, flu or other virus. All of these scenarios can lead to electrolyte loss and mild to severe dehydration, so it is important to replenish every day.





Menstrual Cycle-Supportive Beverages

Teas

Tea, known for its soothing properties, offers a delightful array of options to support various aspects of the menstrual cycle. Rich in antioxidants and natural compounds, these teas provide relief from menstrual cramps, promote hormonal balance, and alleviate symptoms like bloating and mood swings.

Whether it's the hormone-regulating properties of red raspberry leaf, or the comforting warmth of ginger tea, each cup offers a nurturing embrace to help ease the journey through the menstrual cycle.



Red Raspberry Leaf Tea

Red raspberry is an astringent herb and uterine tonic - it tones the smooth muscles of the uterus which helps regulate flow and reduce blood loss, and plays a role in reducing period pain. Can also be helpful for start and stop periods and possibly other types of dysfunctional uterine bleeding.

How to Enjoy It: Drink a cup a day for 30-60 days to see if it improves your symptoms or drink it every day the week before your period. You can also drink it indefinitely.



Nettle Tea

Stinging nettle has antioxidant, anti-inflammatory, and antimicrobial properties. It's an antihistamine, lowering levels of histamine in the body, which works well for hayfever, seasonal allergies or allergic reactions, as well as conditions affected by high histamine like ovulatory moodiness and discomfort, PMS and PMDD. Nettle also stimulates hair growth and reduces shedding.

How to Enjoy It: 1-2 cups of nettle tea a day either hot or made into iced tea. I love to mix nettle tea with red raspberry leaf tea (see my recipe below).



Menstrual Cycle-Supportive Beverages

Teas



Ginger Tea

Ginger is known for its potent anti-inflammatory and antioxidant properties. It is a natural remedy for menstrual discomfort, reducing the severity of cramps and abdominal pain. Ginger's warming nature stimulates blood circulation, promoting healthy flow during menstruation and its digestive benefits can help alleviate nausea and gastrointestinal discomfort often experienced during the menstrual cycle.

How to Enjoy It: Slice a one inch piece of ginger, add it to a saucepan with two cups of water and boil for 10-15 minutes depending on how strong you want it to be. Pour the tea through a strainer and enjoy 1-2 cups a day in the week before and during your period.



Peppermint Tea

Peppermint tea offers a refreshing and invigorating experience. Peppermint tea's ability to relax the muscles of the gastrointestinal tract may help ease bloating and digestive discomfort. The menthol present in peppermint has analgesic properties that can effectively alleviate pain associated with menstrual cramps and muscle spasms.

How to Enjoy It: 1 cup after meals to promote digestion or at any time during your cycle when you want to support digestion and reduce bloating and abdominal discomfort.

Important Note About Introducing New Ingredients, Herbs and Herbal Teas

While most of what I've shared in this handout are completely safe to consume regularly, it's super important to check with your doctor if you have any diagnosed conditions or are on any medications, before adding any new teas, herbs or unfamiliar ingredients to your routine.

For example, nettle can react with medications that include blood thinners, diabetes medications, heart disease and blood pressure medications. It should also be used with caution by those with hemochromatosis (iron overload) and hyperkalemia (high potassium).

Additionally, if you're pregnant, consult with your healthcare provider before consuming any herbal remedy or tea. This is especially important because many herbs are contraindicated for pregnancy.



Menstrual Cycle-Supportive Beverages

Red Raspberry and Nettle Tea Infusion

This is my favorite cycle-supportive home-made tea blend. Make a batch and drink it hot or iced (the best during hot months)!

Recipe Ingredients:

- Red Raspberry
- Nettle Leaf
- Lemon Balm
- Rosehips

I recommend ordering loose leaf tea from a company like Mountain Rose Herbs or anywhere that sells certified organic and sustainable teas.

Directions:

1. In a bowl mix 1 oz or 2 tablespoons (or two tea bags) each of red raspberry leaf and nettle leaf, and ½ oz or 1 tablespoon (or one tea bag) each of lemon balm and rosehips.
2. To prepare your tea, boil 32 oz or 4 cups of water.
3. Add 3 tablespoons of your tea mix to a 32 oz/1 quart large glass mason jar or a teapot with a strainer, and pour the boiling water over it.
4. Let it steep for 15-30 minutes. You can also cover the jar and let it steep overnight to create a strong infusion.
5. Strain the tea if you made it in a glass jar, and enjoy it hot or iced.
6. You can add a teaspoon of honey if you want to sweeten it up. I also love adding freshly squeezed lemon juice when drinking it cold.
7. Store the remaining tea in the refrigerator for 3-4 days.
8. Put your dry tea blend in a glass mason jar, cover tightly with a lid and store in a cool, dry place.



Loved this guide? There's more where this came from!



[Try the Fix Your Period app Free](#) and gain access to:

- The **expanded Menstrual Cycle Supportive Beverages Handout**, including Shilajit, more info on Adrenal Cocktails and additional teas. Available inside the How To Eat For Your Hormones Pillar!
- **Your Personalized Period Dashboard** and **targeted next steps** to take to improve your cycle health
- A full e-course, targeted **Protocol Videos** for your pain points, coaching **chat support** and more

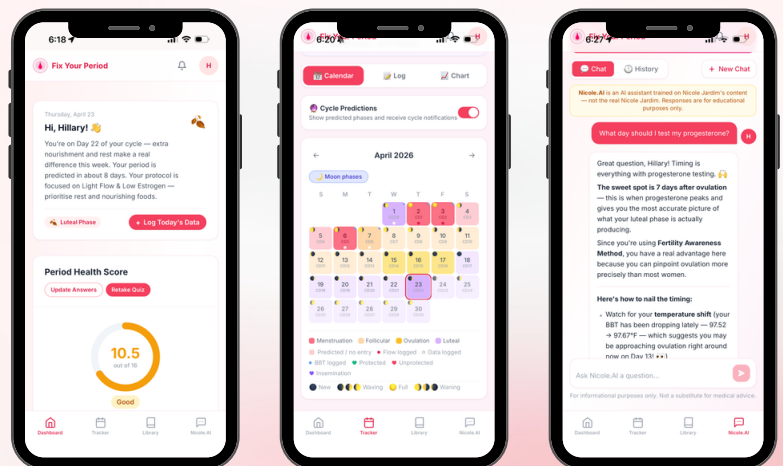
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Created by Nicole Jardim, Certified Women's Health Coach and Author of *Fix Your Period*

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Fix Your Period





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Nicole Jardim is a Certified Women's Health Coach and Author of [*Fix Your Period: 6 Weeks to Banish Bloating, Conquer Cramps, Manage Moodiness, and Ignite Lasting Hormone Balance*](#) a life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular and missing periods. She has developed education and offerings that empower women to reclaim their hormone health using a method that combines evidence-based information with simplicity and sass.

Her work has impacted the lives of tens of thousands of people around the world by addressing the root cause of what's really going on in their bodies and minds rather than treating just their symptoms. She passionately believes that the fundamentals to healing any hormone imbalance lie in an approach that addresses the unique physiology of every woman. This is essential to reclaiming and maintaining optimal health and vitality at any age.

Nicole is the founder of the [Fix Your Period](#) app, a first-of-its-kind experience that will give you a clear roadmap to achieving better periods. Fix Your Period is an interactive and dynamic platform that starts with you taking a [Hormone Health Assessment](#). From there you'll receive an easy to implement plan to support your hormones and overhaul your menstrual cycle.

Nicole is the founder of the [Institute for Menstrual Health](#), which offers training programs, mentorship and resources for an international community of women's health practitioners and coaches. Through its signature program the [Women's Hormone Health Certification](#), Nicole teaches other health practitioners and coaches the fundamentals of hormones, menstrual cycles and fertility.

Finally, Nicole is the host of [The Period Party](#), a top-rated podcast on Apple Podcasts, the co-author of [The Happy Balance](#), a recipe book filled with over 80 hormone balancing recipes, and has been called on as a women's health expert for sites such as [The Guardian](#), [Well+Good](#), [mindbodygreen](#) and [Healthline](#).