

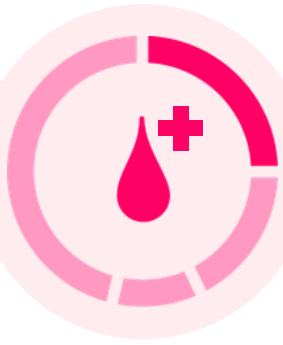


Period Relief Kit

- ▶ **Reduce PMS**
- ▶ **Ease Pain**
- ▶ **Manage Bleeding**

Nicole Jardim

Certified Women's Health Coach and
Founder of The Fix Your Period Collective



Period Relief Kit

Reduce PMS, Ease Pain and Manage Bleeding Challenges

The menstrual cycle is also known as the **fifth vital sign**. Why? Just like your heart rate or blood pressure, your cycle offers valuable insights into your overall health. So when things have gone awry... you've got raging PMS, cramps that keep you on the bathroom floor or bleeding issues like heavy or missing periods (and everything in between), **your body is speaking to you**. It's time to get to the **root cause** of what's causing your hormone issues. This guide provides a few foundational tools to get you started.

PMS

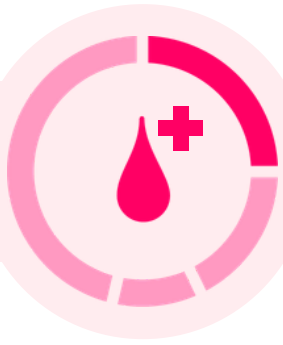
Let's start with premenstrual syndrome, aka PMS



What is it? PMS is a group of physical, emotional, and behavioral symptoms that occur in the luteal phase of the menstrual cycle, typically 1-2 weeks before menstruation begins. Common symptoms include mood swings, irritability, bloating, fatigue, headaches, breast tenderness, and food cravings

Why does it happen? PMS can occur for a variety of reasons and underlying factors, but it all comes back to your hormones. Estradiol and progesterone, your key sex hormones, are here to support you. If progesterone is low or if your hormones are dropping off too quickly in the lead up to your period, this can result in PMS symptoms.

Myths: PMS is unavoidable. PMS is just something you have to deal with as a woman. The week before your period is called PMS week. Nope! PMS *IS* avoidable. PMS is *NOT* something you inevitably have to deal with as a woman. The week before your period is not meant to be torture. It's time to say goodbye to PMS!



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Foundational Tools for PMS

Cycle Tracking

It is essential and life changing to understand the four phases of the menstrual cycle, your natural hormone fluctuations and how to track **ovulation**. This way, you know when you've entered the luteal phase and can make dietary and lifestyle adjustments to support you.

Option 1: [Listen to this podcast episode](#) on the 4 phases

Option 2 Learn how to cycle track [with FYP](#)



Breakfast

Balancing your blood sugar is key to happy hormones and balanced mood. Avoid the glucose spikes and crashes that lead to PMS by **stabilizing your blood sugar** with the most important meal of the day. Include at least 20g of protein + complex carbs, healthy fat and fiber.

Option 1: See [this how-to post on Instagram](#)

Option 2: Learn how to eat for your hormones with [Fix Your Period](#)



Sunshine

It's essential to **optimize your circadian rhythm** in order for your infradian rhythm to do its thing. Get sunlight into your eyes in the morning upon waking, and wind down at night with low light and darkness. Your hormones will thank you. P.S.: I call **Vitamin D** the period vitamin. And the best source? The sun.

Option 1: Wear [blue-light blocking glasses](#) at night

Option 2: Learn how to optimize your routine [inside FYP](#)



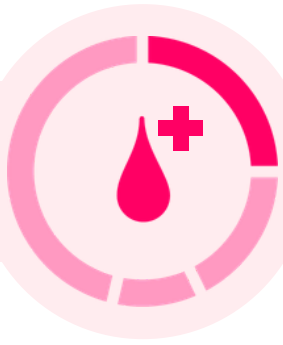
Quick Tip: Magnesium

When we're stressed, our minerals can become depleted. As **cortisol** goes up, **magnesium** takes a hit. Magnesium is essential for balanced mood and cognitive function + much more, ESPECIALLY in the luteal phase! Try a magnesium glycinate supplement and add epsom salt baths into your routine.

Option 1: Get one of my [recommended mags in my dispensary](#).

Option 2: Grab [my favorite bath soak](#)





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Period Pain

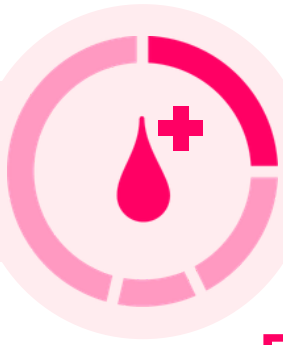
Next is period pain, aka **CRAMPS**



What is it? The medical term for painful periods is dysmenorrhea. There are two categories. First, **primary dysmenorrhea**, when menstrual cramps recur monthly and are not related to another disease or condition. Then, **secondary dysmenorrhea**, where the pain associated with menstruation is related to a secondary condition like endometriosis, uterine fibroids, adenomyosis or another similar condition.

Why does it happen? Dysmenorrhea is caused by contractions of the uterus as it sheds its lining (your period), a process regulated by hormone-like substances called prostaglandins. Higher levels of prostaglandins can lead to more intense contractions and therefore, more pain. There are several potential root causes of period pain including inflammation, blood sugar issues, stress, trauma and more.

Myths: Period pain is normal. Cramps are just part of being a woman. Periods are supposed to be painful. Birth control is the only way to solve your period pain. I could go on! **NONE** of these are true. Period pain may be common, but it's not something you are meant to live with. Your body is speaking to you and there are natural solutions that can help.



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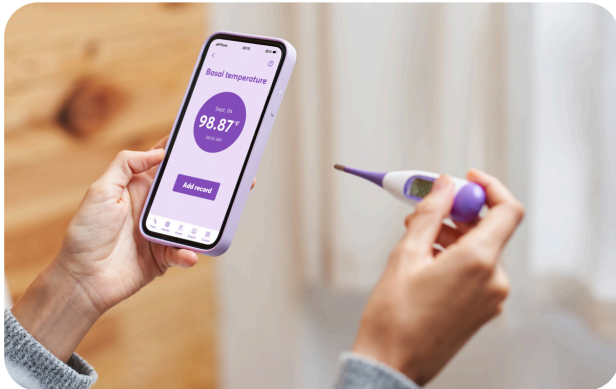
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Foundational Tools for CRAMPS

Cycle Tracking-Know When Pain Strikes

Again, It is essential and life changing to understand the four phases of the menstrual cycle, your natural hormone fluctuations and how to track ovulation. This way, you know exactly when to expect your period, and can make dietary & lifestyle adjustments to **get ahead of the potential pain**.

Option 1: [Read this free article](#) on the best cycle trackers
Option 2: Learn how to cycle track with [Fix Your Period](#)



Rein In Invisible Inflammation

Limiting alcohol and inflammatory foods like processed carbs & sugar can significantly reduce or even eliminate period pain. These things increase inflammation in the body, which can raise levels of **prostaglandins** (which lead to intense uterine contractions resulting in pain). Your diet is a key component to managing period pain naturally.

Get a full plan for quenching inflammation [inside Fix Your Period](#)



Topicals & Devices for Period Pain

There are many pain relieving topicals you can apply to your lower abdomen that work super well for cramps. **1) Clary Calm Women's Monthly Blend Rollerball**, just roll it on multiple times a day leading up to your period and during your period. **2) Get a Thermacare Adhesive Heat Wrap** and put it on during your period for targeted pain relief. **3) Livia Menstrual Pain Relief Device**

Take my [free Hormone Health Assessment](#) and find all these recs with explanations + discounts inside FYPC!



Quick Tip: Targeted Supplements

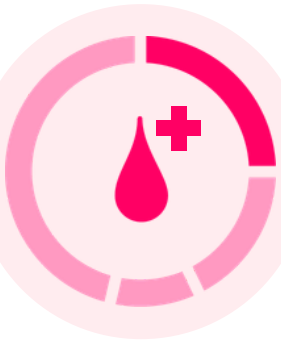
Targeted supplements are a great add on to your foundational lifestyle tools. My favorites for period pain include **1) Curcumin**, the active compound in turmeric, which has anti-inflammatory properties to help reduce pain.

2) De Lune Cramp Aid, a supplement designed to target period pain with B-vitamins, ginger, fenugreek, and zinc.

3) Red raspberry leaf tea, which is a soothing uterine tonic.

More in my [Painful Periods supplement protocol](#)



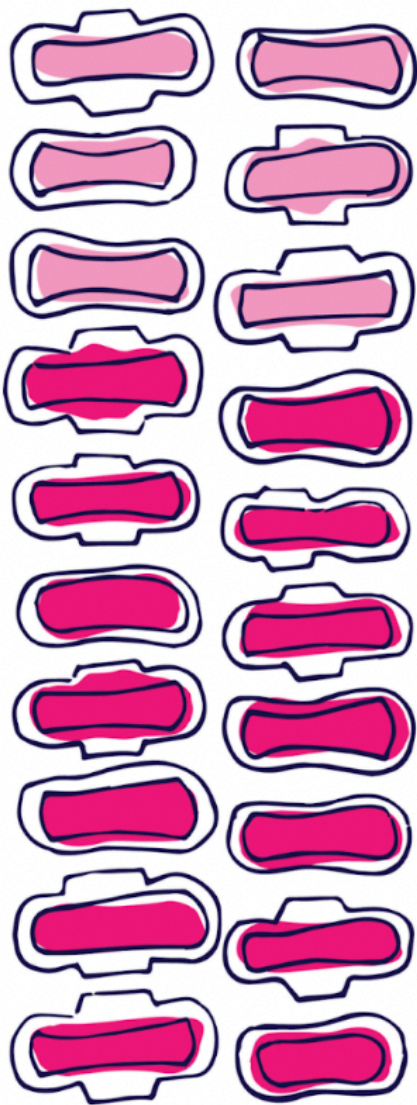


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Bleeding Challenges

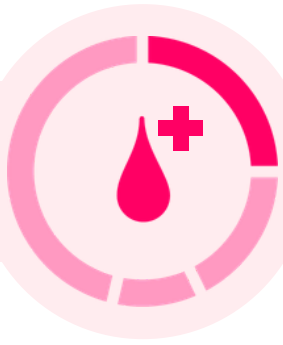
Finally, various issues with menstrual bleeding



What are they? Common menstrual bleeding issues include heavy periods (menorrhagia), light periods (hypomenorrhea), missing periods (amenorrhea), irregular periods, and more. These variations in menstrual patterns are yet another way that your body is communicating with you about your overall health.

Why does this happen? There are a variety of underlying factors that can lead to different bleeding challenges. Heavy bleeding may be due to fibroids, thyroid issues, estrogen detox problems and more. Light periods may be due to stagnation, lack of ovulation, structural issues and more. Missing periods may be due to stress, over-exercising and more. Irregular periods may be due to PCOS, blood sugar issues, stress and other factors.

Myths: Heavy bleeding is just something you have to deal with. Light periods are amazing. It doesn't matter if you stop getting your period. If your period is irregular there's nothing you can do. Nope! All these things are *false* and there are natural solutions, for all varieties of menstrual bleeding issues.



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Tools for Bleeding Issues

Cycle Tracking - Start Here

One more time (lol), it is essential and life changing to understand the four phases of the menstrual cycle, your natural hormone fluctuations and how to track your fertility signs. Ovulation plays a role in all types of bleeding issues, so it's key to **first understand when and if you are ovulating**.

Option 1: Read this [free article on FAM](#) (what it is, how it works, who it's best for and next steps)



Heavy or Long Periods - Top Tips

The **gut and liver** help process and remove hormones, like estrogen, which can contribute to heavier bleeding. **Supporting detox pathways** through gut and liver-supportive foods (e.g. bone broth, leafy greens, fermented foods) can improve hormone balance and reduce your flow. Bonus: I love red raspberry leaf tea, a uterine tonic that helps to reduce excessive bleeding.

Unlock the [Natural Solutions for Heavy or Long Periods Protocol](#)



Light Periods - Top Tips

Castor oil packs support light periods by improving circulation & lymphatic flow to the pelvic area, which will promote ovarian health, improve ovulation and stimulate menstrual flow. **Maca**, an adaptogenic root, can help regulate estrogen production by supporting the endocrine and nervous systems, and potentially increase flow. **Saffron**, this spice may increase estradiol levels & increase your flow.

Option 1: Unlock the [FYP Castor Oil Protocol](#)

Option 2: Find Maca and Saffron recs in [my dispensary](#)



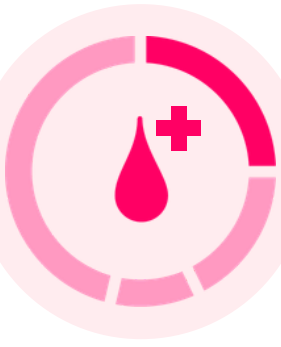
Missing or Irregular Periods - Top Tips

Increase intake of nutrient-dense foods, to increase hormone production and restore ovulation. Regulate cortisol levels by focusing on **stress-buffering techniques** that bring you joy, to support ovulation. **Seed cycling** (eating specific seeds during different phases of the cycle) can provide essential nutrients and regulate periods. **Acetyl L Carnitine**, helps move fat from outside the cells into the mitochondria, and can help bring back a missing period.

Option 1: Get my [Seed Cycling Protocol](#) & Moon Cycling Protocol

Option 2: Get Acetyl-L-Carnitine in my [supplement dispensary](#)





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Next Steps

Start with my free **Hormone Health Assessment**
And gain access to your very own **Personalized Period Dashboard**

This quick assessment tool will give you a deeper look at what's actually going on with your hormones and period.

Think of it as your body's personal check-in - minus the white coat, awkward small talk, or gaslighting.

You'll get clear insights and targeted next steps to start feeling better fast.

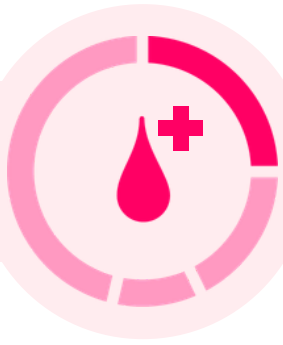
Start Your Hormone Health Assessment

Explore the **Fix Your Period App**:

My new app experience with a clear roadmap to achieving better periods, at any age!

Get your very own Personalized Period Dashboard, an in-depth 7-module course, condition-specific video protocols, chat support, a fully customizable cycle tracking experience and more.

Start For Free



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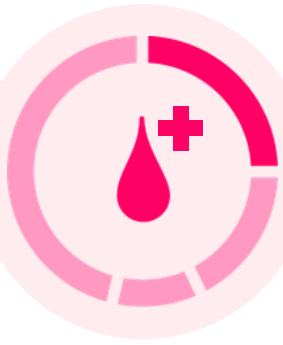
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Nicole Jardim is a Certified Women's Health Coach and Author of [*Fix Your Period: 6 Weeks to Banish Bloating, Conquer Cramps, Manage Moodiness, and Ignite Lasting Hormone Balance*](#) a life-changing step-by-step natural protocol to ignite lasting 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](#).