

# Take Control of your Menstrual Cycle

1. *NUTRITION*
2. *EXERCISE*
3. *HYDRATION*
4. *SUPPLEMENTS*
5. *MINDSET*

## 1. Nutrition

What are you putting into your body?

Let's look at your typical meal day:

breakfast

---

lunch

---

dinner

---

Stick to REAL food.

When grocery shopping, shop *around* the store. Do not buy items in packages. Focus on buying fruits, vegetables, and meats. Homemade food is the best.

Incorporate dark leafy greens, bone broth, wild-caught fish, broccoli, and citrus fruits.

If you are reaching for the chocolate, stick to above 70% chocolate that has no dairy.

What oils are you cooking on?

Eliminate all of the bad oils and stick to the good ones such as coconut oil and avocado oil.

Are any foods triggers?

Most common triggers are dairy, gluten, and soy.

## 2. Exercise

How often do you exercise?

If you are just starting out, focus on low-impact exercises such as yoga, walking, biking, and swimming.

### 3. Hydration

How much are you drinking?

---

Calculate how much you should be drinking.

How much you weigh multiply by  $\frac{2}{3}$  or 0.67

Example:

Weight: 130 lbs

$130 \times 0.67 = 86.67$  ounces

$86.67$  divided by  $33.814 = 2.56$  liters

The easiest way to start drinking water is to drink 16 oz of warm water with lemon in the morning. If you have never done this before start gradually with 4 oz and increase it every other day until you reach the 16 oz mark.

## 4. Supplements

Are you taking any supplements?

---

\*It is important not to play a guessing game of which supplement you need to take. Blood work is important and can show what your body is missing. Please also stick to supplements from health care professionals as store bought contain a lot of synthetics and 95% of them contain petroleum. Shocking I know! So watch out what you put inside your body!

Common supplements that women might be missing if you are having PMS symptoms are:

Calcium

Vitamin D

Omega-3s

B Vitamins

Iron

Magnesium

## 5. Mindset

Stress can influence how are body percieves the world and impact are hormone levels. Start the day and end the day with reflections.

Daily in your journal write:

In the morning:

1. I am excited for this today-

---

In the evening:

2. I was thankful for this experience today-
- 

\*Remember it takes time to change your routine and it takes time to see and feel the changes. Healing is a journey. Take it one day at a time.

With gratitude,

Dr. Kseniya, DC