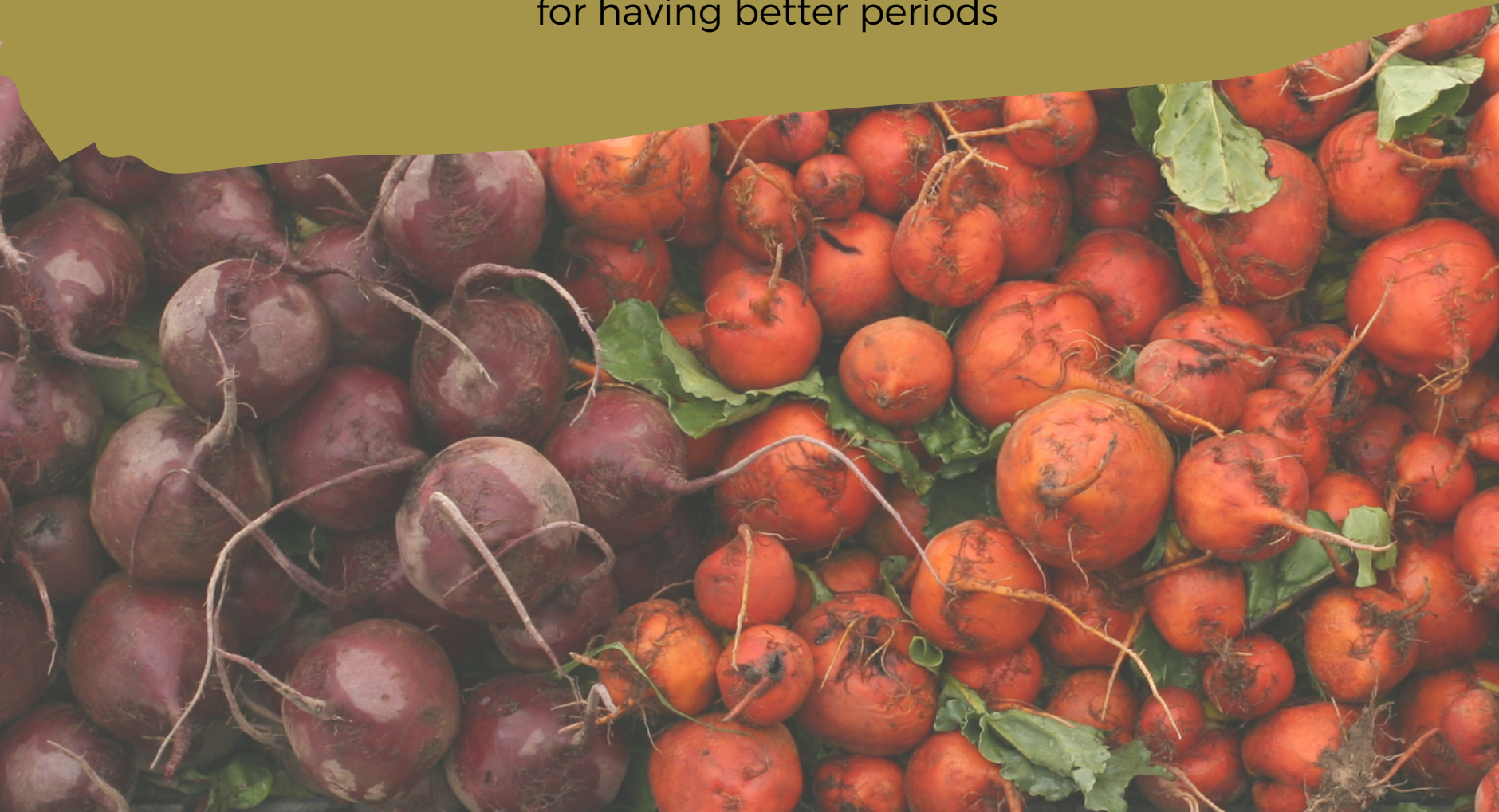




NEXT INGREDIENT

FOUNDATIONS

for having better periods



Background

This brief guide is intended for anyone who wants to have a better period experience. When periods are difficult, it is a clue that additional nutritional and lifestyle support is needed. Periods are about much more than being able to have a baby; they also provide us with many health-supporting functions, and are a much-needed detoxification of excess estrogen and iron. Just like the more commonly monitored vital signs- body temperature, pulse rate, respiration rate, and blood pressure, the period can be a fifth vital sign that gives us insight into the status of our health, it can also give us a road map for making health-related decisions.

Whether you are recovering from pregnancy, trying to conceive, coming off of hormonal birth control, or trying to have a regular period for other reasons, this guide can provide a starting point to get you into a good rhythm.

Provide consistency to your body to get the best results.

This material is an introduction to a world of resources that are at your fingertips that you can customize to work for you.

Contact Gail at Next Ingredient for one-on-one support and more resources at (541) 246 6550.

@nextingredient

www.nextingredient.com

FUEL YOUR BODY

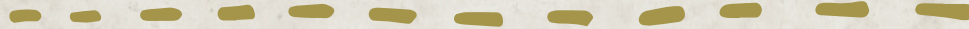


In order to run all of the organs in your endocrine system, you need fuel! The three components we need daily are Protein, Fats, and Carbohydrates. Or, if you are eating meat, there is already fat in it so pair animal protein (that contains fat) with carbs. You can think of these as macronutrients. Pairing these macronutrients together helps ensure that the fuel can connect with the cell, where it is used.

We also need micronutrients like fat-soluble vitamins, water-soluble vitamins, and minerals, but the first step is to get enough of the macronutrients every day. Micronutrient examples are Retinol and Potassium.

In focusing on the following steps, you can help your body get what it needs in order to be supported during menstruation. Once it starts being consistently nourished, periods will become easier, PMS symptoms can become minimal or disappear and you can actually start being more functional during your period!

FUEL YOUR BODY (CONTINUED)



TIPS:

- Eat within 30 minutes of waking up. If you aren't accustomed to eating right when you wake up, start with a snack and work your way up to a meal.
- Don't consume caffeine on an empty stomach. Make sure to eat a meal first, before drinking caffeine. This will help with blood sugar balance and make it more possible to resolve difficult symptoms.
- Focus on at least 30 grams of protein with every meal. You can build your plates around your protein component, and then add carbohydrates to that. If you are using animal sources of protein, you will already be getting in fat.
- Incorporate vitamin and mineral-rich foods in your diet, such as Seafood, Grass-fed Beef, Squash, and Dark Chocolate.
- Consume a raw Carrot daily. This can bind to excess estrogen and move it out of the body.
- Avoid polyunsaturated fatty acids like canola oil, soybean oil, and other highly processed oils. Use more stable fats like Ghee, Tallow, and Coconut Oil.

FUEL YOUR BODY (CONTINUED)



SNACK EXAMPLES:

- Cottage Cheese and Melon
- Whole Milk and Sourdough Toast
- Bone Broth, Cheddar Cheese and Apple slices
- Beef Stick, Gouda Cheese, and Pear
- Goat Cheese and Dates

DRINK EXAMPLES:

- Mineral rich teas like Nettle, Raspberry Leaf, Oatstraw, Red Clover & Dandelion
- Raw Milk
- Coconut Water
- Water with a pinch of Salt and a splash of Lemon juice

ADDITIONAL TIP:

If still hungry before bed, make sure you are eating enough of all three macronutrients throughout the day. You can also incorporate one of these snack options in the evening, so that you don't wake up hungry in the middle of the night.

SUPPORT YOUR SLEEP



Our sleep/wake cycle is intricately linked with our hormonal experience. Sleep is one of the most important things you can do for your health!

Work toward sleeping 7–9 hours per night

Try to be asleep by 10 PM at the latest. Staying up late can cause stress hormones to rise, which throws off our hormone balance.

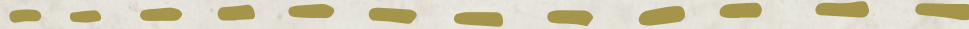
Wind down in the evening to get your mind and body ready to sleep well. This could include a warm bath and a calming herbal tea.

Expose yourself to morning light first thing when you wake up. Then, expose yourself to outside light throughout the day, including evening sunlight to help get your brain into a gentle mode that is conducive to sleep.

EVENING ROUTINE EXAMPLE:

After dinner, set your phone aside for the night, and take a short walk. When you get back, turn on a few warm lights, take a quick shower, put some moisturizer on your skin, put your pajamas on, and read a book for a few minutes.

MOVE YOUR BODY



It's very important to move our bodies everyday. Sometimes we may go through a phase where we feel that pushing ourselves to exercise makes us feel worse. If that is the case, focus on getting in movement through walks and light exercise. Movement helps our lymphatic system, thyroid function, it helps to detox estrogen, and it teaches our body to use the fuel that we eat.

Make sure you aren't hungry or exhausted during your workout and that you are properly fueling with food and electrolytes before and after workouts.

Be mindful of the effect of strenuous workouts before or during your period. Movement is meant to support, rather than to cause undue stress on an already taxed system.

MOVE YOUR BODY (CONTINUED)



See how you feel when you get between 7–12,000 steps in per day

- Regular, gentle movement around your period, such as
 - Walking
 - Yoga
 - Biking
- More active movement mid-cycle such as
 - Strength Training
 - Cardio
 - Climbing

Work toward being able to strength train 3–4 times/week (building muscle supports hormonal health in a major way. Consider exchanging some of your cardio workouts for strength training.

ADDITIONAL TIP:

Include lymphatic drainage into your daily routine, such as rebounding, dry brushing, massage, and stretching.

FOUNDATIONS



SUMMARY

The three sections in this guide (Fuel Your Body/Support Your Sleep/Move Your Body) provide the foundations that we need to start with in order to have healthy periods. Rather than bypassing these three categories and investing in supplementation and other costly tools, we start with the foundations and then add in other therapies if needed. Use this guide as a starting point, a check-in, and a baseline to come back to, any time you are challenged by your health.

ADDITIONAL TIP:

If you find that one of these categories is quite challenged, you can start by looking at the two other components. If something is missing in one, the other two will be affected. For example: Staying up late can throw off our appetite the following day, and give us less energy for physical activity.

Gain More Support

If this intro has made you curious for more period support, or insight for other health challenges such as digestion or exercise intolerance, you might consider working one-on-one with Gail at Next Ingredient in the form of consulting sessions.

A few coaching sessions can help you get to the point where you know how to support your cycle, as well as get you on your way to working with other aspects of your wellness journey.

If you are interested in screening for mineral deficiencies, you can book an HTMA service through Next Ingredient, which includes lab testing, a results interpretation, and a customized nutrition plan.

Contact Gail Kloosterman at Next Ingredient for one-on-one support and resources at **(541) 246 6550**.