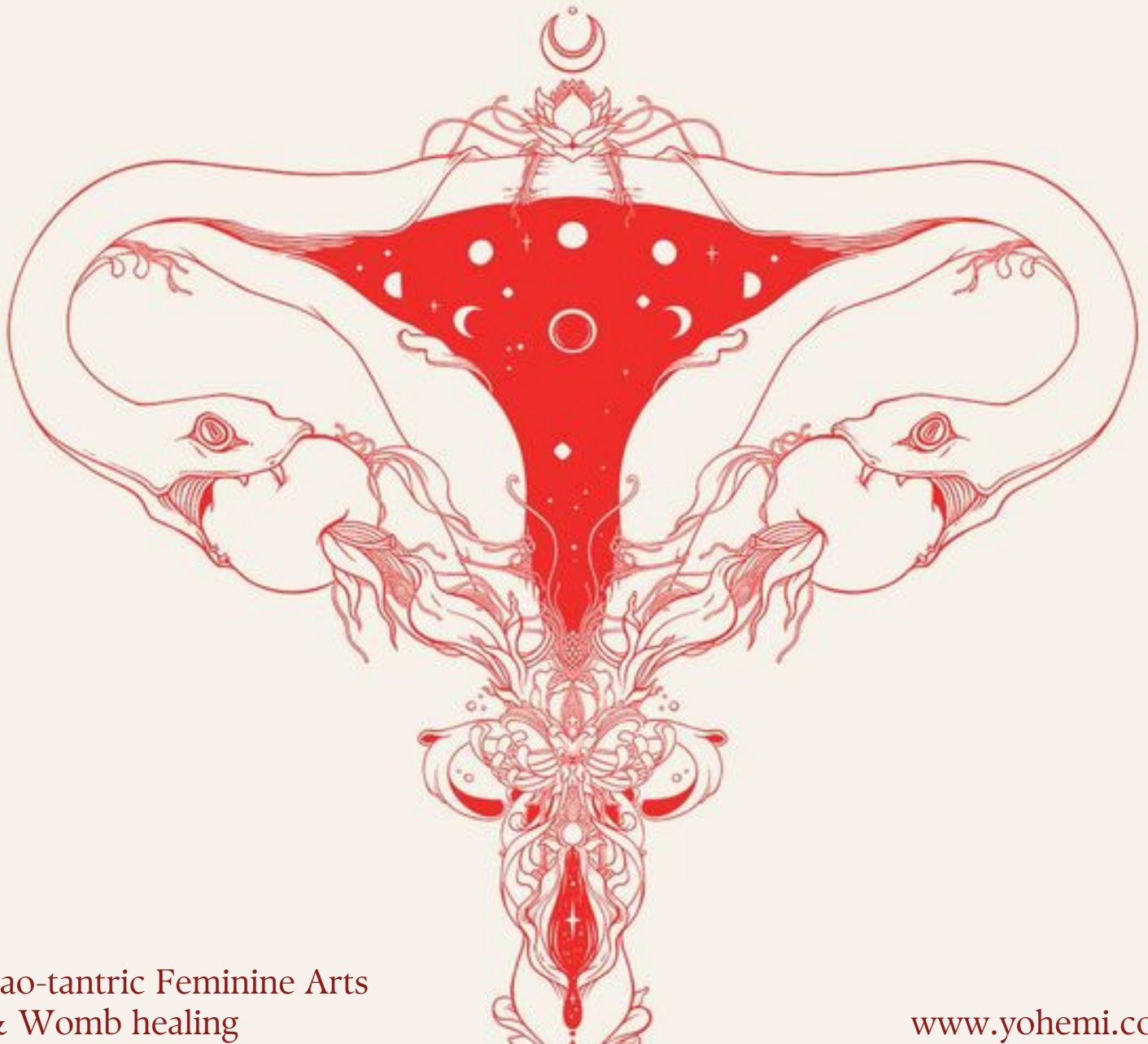


FREE WOMB GUIDE

Tips to manage and deal with menstrual pain



Tao-tantric Feminine Arts
& Womb healing

www.yohemi.com

TIPS TO MANAGE AND DEAL WITH MENSTRUAL PAIN



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Introduction

Your womb is a source of power, creativity and pleasure. It is a place where spirit and matter meet. It is a birthing channel, not only for babies but also your soul creations.

Many women experience menstrual cramps and pain. Although it's very common, it's not natural. There are many factors that might sit at the root of it - including physical, mental, emotional, ancestral, spiritual.

When you are dealing with pelvic imbalances and menstrual pain it is absolutely essential to respect your whole monthly cycle and natural energies of each phase of your cycle. I really recommend you start by learning about your cycle and notice how your body changes in each phase of your cycle on a physical, emotional, mental, creative and sexual level.

In this womb guide you will learn practical tips about how to listen and take care of your womb well-being.





General advice

Below are some general tips on how to create more balance and relaxation in your body and pelvic area:

- **Slow down**, be still & rest – especially important in your pre-menstrual and menstrual phase
- **Healthy balanced diet**
- **Create more blood flow & move the energy in the pelvis** using breath, sound and movement. Menstrual pain is often caused by stagnancy, energetic blockages, trauma (injury or sexual)
- **Breathing and sighing in your pelvis** helps to relax all your muscles, anus, perineum, yoni, belly. **Send loving awareness in your womb** and re-establish communication between your brain, your womb and your ovaries
- **Womb self-massage** – 2x per week
- **Yin hip opening yoga** sequences
- **Yoni egg practice** (after your bleed) helps you to tone your pelvic floor, re-sensitize your vagina, activate acupuncture points connected to internal organs so it's like internal whole-body massage
- **Yoni de-armouring** releases blockages held in your vaginal tissues
- **Orgasm** can help to dissipate the sexual energy and improve the flow in your pelvis



Keep your womb warm

- **Enjoy warm baths, heating pads, hot water bottle, and warm foods.**

This helps to keep the menstrual flow normal and healthy (start 1-2 days before your period).

- **Yoni steaming**

It's a powerful feminine stillness practice. Sit, breathe, be present with your yoni

The best time to do it:

- in a luteal phase (once or twice) – 2-3 days before period – It keeps the whole pelvic floor warm and helps to soften your pelvic floor, relax muscles of your yoni, perineum, anus
- after your bleed – it helps to shed last endometrial lining

Recommended herbs lavender, rose, camomile, mangold, rosemary

- **Castor Oil Packs** – improve immune system, decrease stress and adrenaline levels, break down stagnancy, scar tissues

How to simply prepare a castor oil pack?

Apply castor oil on your lower belly, cover with a cling film, place a towel and hot water bottle on top. Rest and breathe into your womb for 30 mins – 1 hour
– pay attention to thoughts, images, memories, feelings that arise and make note of them in a journal. Avoid when heavy bleeding.



Dietary changes

A dietary approach that nourishes the body fully will also help you to attune to your spiritual, intuitive side. This helps re-establish emotional flow and can often help normalize a woman's hormonal levels.

Number one to do in order to balance your hormones and reduce the amount of inflammatory chemicals is to get your insulin levels down:

What to avoid/ reduce?

- refined carbohydrates, products with refined sugar and refined flour such as cookies, cake, chips etc.
- grain products
- dairy products (or switch to organically produced dairy foods)
- caffeine

What to eat?

- a lot of fresh vegetables, fruits, legumes and protein (tofu, tempeh, free-range chicken, grass fed beef, naturally raised pork, salmon, seafood, eggs from free-range chickens)
- healthy fats – avocado, ghee, coconut oil
- cruciferous vegetables – kale, collard greens, mustard greens, broccoli, cabbage and turnips – they modulate estrogen levels (helpful for fibroids and endometriosis)



Nutritional supplements

When we bleed we release many nutrients so it is important to re-mineralize the body after your bleed to fully support the body's transition. Below are some supplements and herbs for your nourishment:

- **Multivitamin** – mineral supplement rich in B complex, zinc, selenium, vitamin E and magnesium
- **Vitamin A** – it regulates excessive estrogen levels
- Get enough **iodine**
- **Essential fatty acids, Omega 3 fatty acids** (in fish oil or marine algae) excellent for menstrual cramps
- **Sources of fish oil** – capsules, sardines packed in their own oil or olive oil, mackerel, salmon, swordfish. Other alternatives – flaxseed oil, sesame, sunflower, macadamia nut, walnut oils
- **Take magnesium vitamins** during your whole cycle or **magnesium salt baths** – 2 nights before you bleed. Cramps and headaches often related to magnesium deficiency
- **Drink cacao** – rich in magnesium, zinc, iron, antioxidants, serotonin.

Create a cacao drinking ritual - feel your heart intention, drink it with presence and sensuality and let it open your heart and womb.



Plants & herbs

Herbs to help with menstrual pain and cramps:

- **Make a moon time tea** – mix nettle, rose, raspberry, ginger
- **Make infusions** – it helps to extract all nutrients from plants – get a 3l jar – put a big cup (half raspberry, half nettle), fill it up with hot water, put a lid on and leave it over night, in the morning is ready – drink it before, during and after your bleed
- **Ginger tea infusion** – boil it for 20 mins, mix it with turmeric – dissipates pain, it warms you up
- **Make tinctures** – take it in drops 5 days before, during and after the moon (herbs soaked in alcohol for a whole moon cycle)
- **Organic herbal teas** – nettle, rose, maggot, raspberry leaves, willow bark
- Try a herb **Pueraria mirifica**
- Take **black cohosh** or “**cramp bark**” as a preventive
- **Menastil** (made from calendula oil) for cramps

Note: Please speak to a professional if you have any doubts about using these herbs.



Emotional needs & inner work

Addressing your emotional needs is a vital part of your womb healing journey alongside of dietary changes, physical exercises and other feminine practices mentioned above. None is likely to completely cure pelvic problems if you don't address the energetic cause and release the energetic blockages in the pelvis.

Ask the following questions and journal:

- What are my emotional needs?
- What would I like to see happen in my job or my life that would nourish me fully?
- Am I getting enough rest?
- Do I believe that I have the power to change the conditions of my life?

Also write down everything that you'd like to create in your life. Note where you have any blocks to this process (you can identify them by "yes, but...")

"Heal the womb, heal the woman."