



HOW TO FEEL RESTORED DURING YOUR PERIOD

Peaceful & Powerful Nutrition

HI, I'M BONNIE!

I am the founder of Peaceful & Powerful Nutrition. Welcome! I have been practicing as a Registered Dietitian Nutritionist for over 2 years. As a fellow menstruator, I have had a LOT of challenges around my period health. Irregular periods, intense PMS, cramps, all that jazz.



At one point, I was on oral birth control for almost 3 years. I noticed it was changing my body in ways I hadn't anticipated, and I made the decision to do something different.

It took a lot of healing, but I am so glad I am at a point where my periods feel healthy and balanced. No, they are not always perfect, but I feel empowered with my period health. You can feel this way too! I hope this guide serves you well, my friend. ♥

1.) TREAT THIS TIME LIKE SHABBAT

Shabbat, the Jewish day of rest, is about taking time to ourselves, to take a break from our daily hustle and bustle. Treat the first days of your period the same way. Sleep in (or make sure you go to bed early to get enough sleep). Don't run a bunch of errands if you can help it. Order your favorite food or ask someone to cook for you. Let this time be slow and nourishing.



2.) GIVE GRATITUDE FOR YOUR BODY

This goes beyond thanking our body for allowing us to walk, talk, and hold things (though, that's all good too!).

There is a beautiful brucha (blessing) for giving thanks for our bodies that bleed and cycle with the moon, written by Tori Leucking and provided by At The Well Project. Check it out [HERE](#), and notice if you feel different after giving thanks for your amazing body.

3.) TAKE CARE OF YOURSELF

"Self-care" is more than bubble baths and spa days. Self-care can be as simple as:

- Making sure to take a shower when you get home
- Eating enough during the day
- Getting enough sleep
- Drinking enough water
- Having time to yourself to recharge doing whatever activity you please

4.) NOURISH

I know from experience that appetite can plummet during the first days of a menstrual cycle. Food can be the last thing on our minds. If it has been awhile since you've eaten, try something easy to prepare and digest to start, such as toast or soup.

If you frequently find yourself going many hours without eating, try adding something that is nutrient-dense and calorie/protein-dense. Here are a few ideas:

- Whole milk Greek yogurt with berries
- Trail mix - nuts, seeds, and dried fruit
- Hummus and pita chips
- Apple and nut butter
- Popcorn and cheese cubes





Are you ready to go deeper?

**Join me for a free strategy call
at
[peacefulpowerfulnutrition.com
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