

HEALING PROTOCOL for PAINFUL PERIODS

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This document will detail the most powerful protocol for painful periods I have ever seen. I created it for my daughter who suffered greatly each month, and now she is entirely pain-free each time. Always check with your doctor or medical professional before beginning any new regimen.

This protocol will be ideal for girls or women who have very painful monthly cycles and/or who are on monthly painkillers for it, such as Ibuprofen, etc. In the case of my own daughter, her periods were so bad that she would often pass out, vomit, sleep and endure great pain on the days just preceding her period and on days 1 and 2. Unbeknownst to anyone, she consumed so many Ibuprofen just to maintain life and work that she eventually ruined the lining of her stomach lining and developed Leaky Gut Syndrome. She was experiencing rectal bleeding, ulcers, and many Crohn's-like symptoms (even to a gastroenterologist).

I suspected that my daughter's root problem behind the painful periods was excess of a lipid compound called prostaglandins. They act like a hormone, but are not, and are released each month so that your uterine lining will shed on schedule. But if there are too many (of the bad prostaglandins; you actually need the good ones), then you will shed excessively, perhaps even resulting in endometriosis and certainly, painful periods. Another symptom is loose stools or diarrhea during your period, since prostaglandins cannot distinguish between what needs shedding and so they will often shed your intestinal lining too.

This protocol is for both the leaky gut AND lowering prostaglandins (especially during your periods). The actual list at the bottom of combined foods will be your lifeline. My daughter kept it in her phone and in cards in her purse for grocery shopping.

Our goal is to "heal and seal." We must heal your stomach lining and seal off the leakage. The Ibuprofen has played a huge part in any lining damage so we must also reduce your prostaglandin levels so that your periods aren't as bad and you don't need the pain killers. SO here is the combined list of foods to eat and foods to avoid. To heal both we must:

REMOVE : caffeine, sugar, wheat, dairy (unless casein-free), Ibuprofen, fatty foods (french fries, potato chips, doughnuts, bad oils). **STRESS***

REPLACE: with all foods below; **everything in red lowers prostaglandins; blues repair your stomach lining and heal leaky gut.** The **green is for strict consumption 5 days before period.**

REPAIR: with supplements of Magnesium, Bromelain and Quercetin.

REBALANCE: take a good probiotic supplement (I use Prescript-assist) and build your immune system back up so it can start helping you fight off bodily imbalances.

Lower Prostaglandins by eating:

avocado	garlic	Brussel sprouts
bananas	onion	oatmeal
pineapple	spinach	chicken breast
red grapes	broccoli	salmon
fruits, citrus	tomatoes	chick peas
ginger	carrots	legumes: beans, peas, lentils
parsley	sweet potatoes	pinto beans

(The following seeds/nuts are on the "avoid" list for Leaky Gut but on the "yes" list for lowering prostaglandins, so just chew these VERY well and don't gorge on them):

Sunflower Seeds

Almonds

Cashews

Walnuts

Peanuts

Peanut Butter (too much is bad for gut)

Drink **POMS** (and/or eat pomegranates); And lots of daily **WATER!**

SPICES TO ADD REGULARLY: TURMERIC, GINGER AND CAYENNE. CINNAMON. GARLIC. BLACK PEPPER. All are anti-inflammatories and replace Ibuprofen if you eat enough or take a supplement. (And **PAPRIKA** helps reduce muscle spasms so it relaxes the uterus).

Zinc supplementation a few days prior to the onset of menses has been shown to prevent premenstrual pain and bloating. These effects were achieved when zinc was administered to the test subjects in very high doses (30-mg doses, 1 to 3 times per day, 1 to 4 days prior to the onset of menses). These mega doses were far beyond the United States RDA for zinc, but the researchers who conducted the study believe that large doses of zinc for a few days a month are safe and unlikely to cause disturbances in copper metabolism (a copper deficiency is one of the first signs of an excessive zinc intake). Zinc, which requires vitamin B6 for proper absorption in the intestines, is found in a variety of foods, the richest dietary sources being oysters, red meat, and poultry.

**5 days before period each month, cut out meat, dairy and ADD LOTS of extra ZINC (mushrooms, cashews, chick peas) and MAGNESIUM (dark leafy green lettuce, spinach and kale: think SALADS, avocado, nuts/seeds, dark chocolate w/low sugar), QUINOA for protein, bananas, PINEAPPLE, broccoli, etc. Drink your herbal teas above. Anti-Inflame. SPICES above!
Smoothies are great options for breakfast.**

Herb teas. Traditional remedies for cramps include: **Mint**; **Dandelion** helps bloating (its a diuretic). **Green tea, Ginger tea** can be useful to prevent nausea and abdominal bloating. **Chamomile tea** also has anti-spasmodic qualities and can help relieve tension, anxiety and irritability.

Of utmost importance to the woman who suffers with monthly period pain is Bromelain, a protein-digesting enzyme that is found in the stem and core of pineapple. Pineapples are well known for their Bromelain content, but the core holds especially high concentrations of this compound (which can't be eaten). What my daughter does is buy whole pineapples each week at the grocery and she eats the pineapple fruit but then place the core and stem into a deep pot of water on the stove on medium heat. Do not let it boil (lest you kill the enzymes) but just let it steep for a few hours and then remove the core/stem and store the liquid in mason jars in your refrigerator. Let it be your default water all week (we call it "pineapple tea") and you will be astounded at the way it reduces your inflammation and period pain!

Heal Leaky Gut by eating:

Nourishing bone broths	Berry Fruits
Organic collagen gelatin (in smoothies, coffee, mixed with POM juice and refrigerated)	Coconut oil and coconut
Avocados	Olive oil
Bananas	Pickles (fermented cucumbers)
Pineapple	Quinoa
Lemon in warm water every morning on an empty stomach	Aloe water!

Non-starchy vegetables, including: alfalfa sprouts, artichokes, asparagus, bean sprouts, bell peppers, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chives, cilantro, cucumber, garlic, ginger, green beans, kale, leeks, okra, onions, romaine lettuce, parsley, snap peas, snow peas, spaghetti squash, spinach, summer squash, tomatoes, watercress, zucchini.

Fresh fruits, including: apples, apricots, berries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, limes, oranges, papaya, peaches, pears, pineapple, plums, pomegranate, tangerine, watermelon.

SPICES TO HEAL THE GUT: CUMIN, TURMERIC, GINGER, AND CAYENNE. SAME AS WITH THE ANTI-INFLAMMATORY ONES FOR YOUR PERIODS SO USE LIBERALLY.

STRESS:

Finally, a vital part of gut health is to be able to adequately manage stress. Excessive stress results in heightened cortisol levels that can over time wreak havoc on hormone functionality and other bodily processes including gut functioning. It also increases stomach acids that eat the stomach lining over time if excessive. It is important to avoid chronic stress.

When you feel stress coming on (at work, at home, in relationships, even for prayer) STOP, CLOSE YOUR EYES, TAKE A DEEP BREATH, PRAY, THEN SMILE AND CHOOSE JOY!