

**30**  
**DAYS** TO BETTER  
PERIODS &  
WOMB  
HEALTH  
**NATURALLY**

Leah Salmon

# **30 Days To Better Periods & Womb Health Naturally**

**By Leah Salmon**

**The Naturally You Coach**

**Naturally You Presents Leah Salmon's**

# **30 Days To Better Periods & Womb Health Naturally**

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## **This book is dedicated to...**

**Metrorrhagia**, the menstrual condition I developed as a teenager, I didn't know what you were or why you came to me, I was scared of what you could do to me and hid your presence from everyone. But you were crucial in my journey in natural health and wellness so thank you.

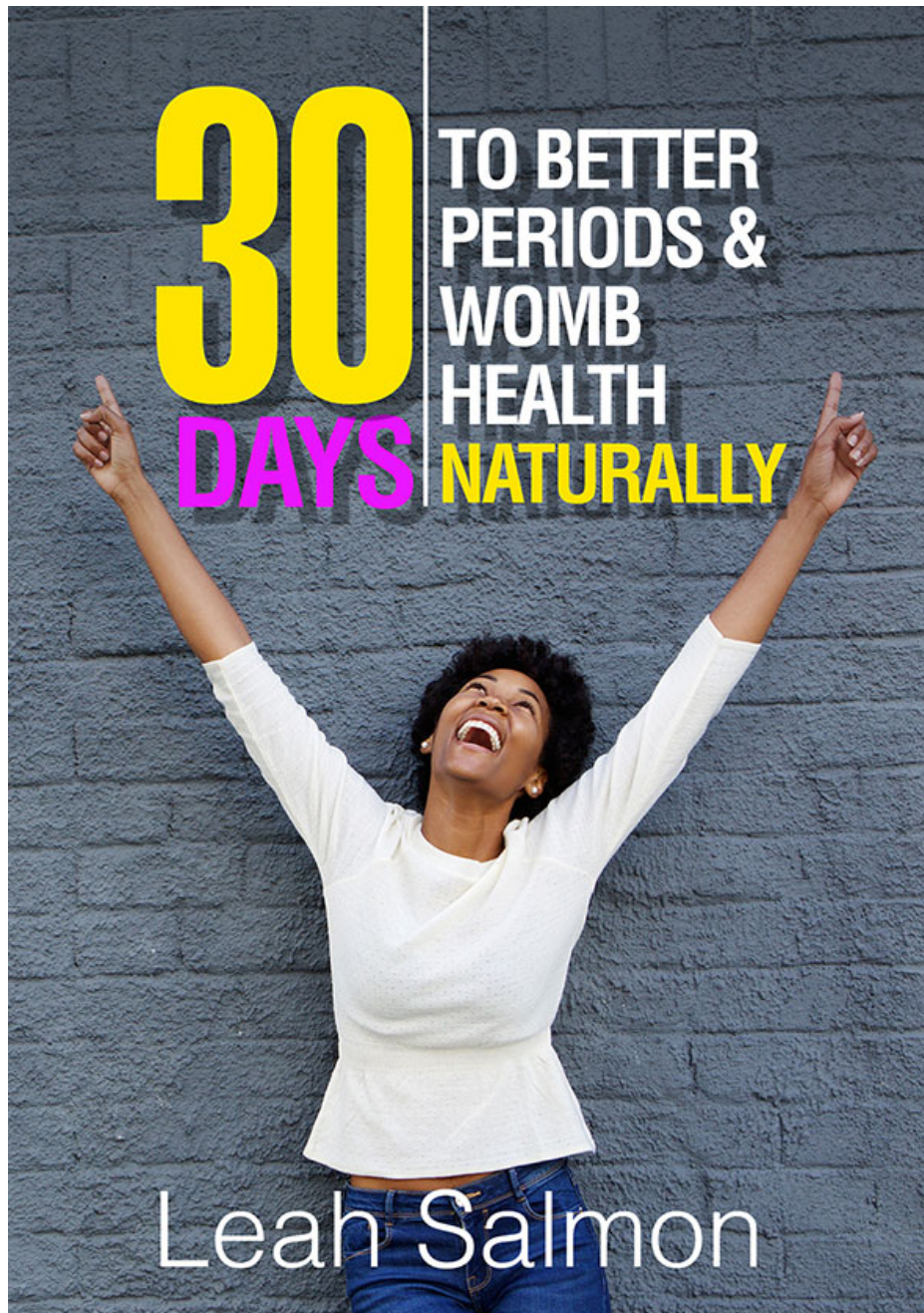
**To my dismissive gynecological doctor.** By completely dismissing my condition, you motivated me to take control over my life and health and no longer fear or hide what I was going through. You were actually pivotal in my journey, so thank you. Thanks to you I have learned more about herbal medicine, aromatherapy, nutrition and other natural health and wellness practices than I ever would have and my journey continues to this day.

**To Paa Nabab Yaanuwn**, my spiritual guide and master teacher. Thank you for introducing me to the world of natural medicine, love of self, empowerment, spirituality and so much more so articulately.

**To Jennifer David**, my mommy. Thank you for respecting my wishes to be what I wanted to be.

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## Contents

Forward	Page 7
Chapter 1 I Thought I Was Bleeding To Death	Page 9
Chapter 2 The 7 Wonder Of Our Wombs	Page 15
Chapter 3 Menarche, Menstruation & Menopause	Page 23
Chapter 4 Why Periods Go Bad?	Page 31
Chapter 5 Chemical Medications & Why To Avoid Them	Page 47
Chapter 6 Natural Ways To Better Periods & Womb Health	Page 55
Chapter 7 Menstrual Conditions & Natural Treatments	Page 107
Chapter 8 Womb Conditions & Natural Treatments	Page 121
Chapter 9 Natural Sanitation	Page 139
Chapter 10 30-Day Womb Wellness Plan	Page 152
Chapter 11 Let's Get Started	Page 158
Chapter 12 Womb Health Resources	Page 160

## Forward

Today, many women are disconnected from their bodies with there being a lack of understanding of how our bodies work and how we can keep our bodies in the best of health.

This is very disempowering and can leave us vulnerable to misinformation, changing trends and information overload creating an environment of confusion that leads to inaction. We need clear advice that empowers us and gives us a true understanding of our bodies so that we can make informed decisions about our lifestyle so that we can become healthy, and stay healthy.

Women are the givers of life and our community's health starts with us. If we're healthy, our families will be healthy too so we need to be well informed and take action so that we can guide our families and thus our community towards optimal health.

To be a healthy giver-of-life, we need to remember to consider the health of our womb, something that is easily forgotten. It's important because apart from our womb being key to procreation, it also provides support to nearby structures such as the bladder, bowel and pelvis.

Therefore if our womb is unhealthy, other parts of the body may be affected too.

Womb conditions are very common and these conditions are a challenge. They can be severe, causing symptoms that affect our quality of life, fertility and mental health. Despite these conditions being common there has been a lack of information on the steps that we can take to naturally heal or more importantly prevent some of these conditions.

Leah Salmon's book, *30 Days to Better Periods and Womb Health Naturally*, fills this void.

Leah Salmon is a qualified nutritionist, bestselling author and life coach and has a wealth of experience and knowledge on women's health issues having worked in this field for over 10 years. She has supported hundreds of women, helping them see the importance of their diet in improving their health and wellbeing.

Not only is Leah Salmon an expert in the field but also she has personal experience having suffered from metrorrhagia.

This book combines her personal experience, the biology of the womb and practical steps that women can take to naturally heal their womb creating a much-needed, useful resource.

This book stresses the importance of understanding the root cause of womb conditions so that we can move away from symptom management to healing and prevention. It tackles issues such as PMS, painful periods, fibroids and endometriosis and is recommended reading for anyone wanting to improve the health of their womb.

Leah's book helps women begin to start the healing process by taking back control through a deeper understanding of their bodies and equips women to live the way we are intended to, naturally.

Abi Begho Founder of The Lake Foundation  
[www.TheLakeFoundation.com](http://www.TheLakeFoundation.com)





## Chapter 1

### I Thought I Was Bleeding To Death

Over the years, I've heard from so many sisters, friends and clients who suffer greatly during their period.

I used to be one of them until I turned my life around over 17yrs ago.

There's a kind of unspoken agreement between women, that if you look upset and someone asks, "Are you okay?" and you say, "I just started my period," or "my period is coming," you're meant to automatically sympathize with their pain and say "Awww you poor thing," or "Oh I understand," or "I feel you, mine is due soon, not looking forward to it."

Then an exchange of stories about how bad their cycles are or drug recommendations will often follow.

It's a bit like a rites of passage, when you can finally tell a good 'painful period' story, or you can relate to feeling off during your cycle, then you're officially female. But why have we come to accept this? Does it have to be like this?

I remember being out with about fifteen women and when the topic of periods came up, they all began discussing how bad their period pains were, with such acceptance that that was just how life was and you just have to deal with it, with drugs or a brave face.

At one point, it seemed like they were trying to outdo each other with their stories of how bad their cramps, blood loss and other symptoms were. Out of all the women in the room, there was only myself and one other woman who said we didn't get period pains. At first I saw some other women kind of turned their noses up at me like I didn't belong, while others just looked at me blankly.

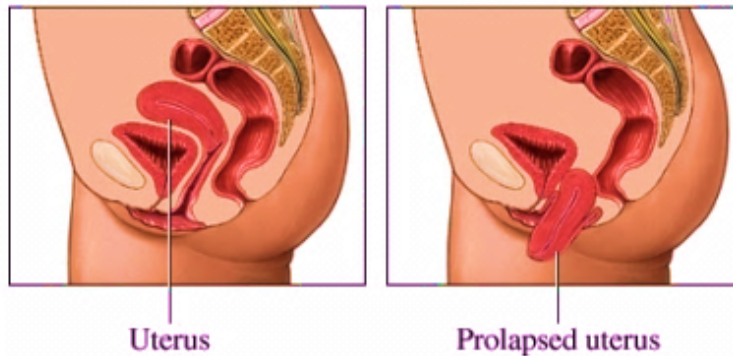
As I tried to relay what I did to get rid of mine, I could see the look of desperation leave many faces, there was a glimmer of hope, but I also realize I would be able to help a lot more women by compiling the advise into one book, so here it is.

The reason I know so much about getting rid of PMS and menstrual problems, was because healing myself of a menstrual problem was what started my career in natural health and since then, I've been helping women relieve their menstrual problems ever since.

When I was 17yrs old, I developed a condition called Metrorrhagia. The condition makes you bleed between your periods, so I would have a monthly period, accompanied with painful cramps, heavy bleeding, mood swings, tiredness and more, then roughly 2 weeks after finishing, I'd bleed again.

At first it was just some spotting, then it was more like a 3-10 days light period.

“There were times I’d bleed so much I thought I was going to bleed to death and my womb was going to fall out.”



Even though I said that in jest at the time, during my studies, I discovered that your womb could actually come out of your body, which is called having a prolapsed uterus, which I had no signs of thankfully but the constant bleeding was still very worrying for me.

I didn't know what was causing it, it was distressing to me and my mind went all over the place thinking I had every condition under the sun. I wasn't happy about going to the doctor or Gynecologist or to an STD clinic or anything like that, I feared they would dismissed me or offer me drugs or an operation after a five minute chat.

When I ended up working in a Genitourinary Medicine or GUM clinic (more commonly know as an STD clinic) as a medical secretary, I finally plucked up the courage to see one of the Gynecological doctors that worked there. I just didn't know how to get rid of it and I had had enough of hiding it and fearing it.

As I feared, after a very short chat, with no testing, samples or advice, the doctor basically wrote it off. She told me there was nothing wrong with me and told me to come back in 6 months if it got any worse.

Any worse? I've been bleeding every 2 weeks for 2yrs and  
you want it to get WORSE?

It was devastating, I felt so let down, like I had finally found the courage to deal with my condition and put my trust in a doctor to tell them what was happening with me, only to be dismissed.

I know this is a common experience when we visit orthodox medical professionals, you know that there is something wrong with you, but when you go and share it with the doctor and try to get treatment for it, if their available tests come back clear, they will tell you that there is nothing wrong with you.

This is normally the experience when you have an understaffed doctor's surgery, a doctor who isn't particularly great at their job, one who isn't particularly attentive to their patients or one who just completely passes off the conditions and symptoms that don't match their tests.

I don't know which of the above it was in my case I just knew they'd done nothing to help me, or had they?



After the initial disappointment and frustration of that experience I decided that I wanted to treat myself naturally. After some research I felt empowered and motivated to do it. I started studying, researching foods, herbs and aromatherapy. I made changes to my diet, made a herbal blend for myself and enlisted the help of some essential aromatherapy oils. I used a few things at a time and within about two weeks I saw a reduction in the bleeding and by about the second cycle it was gone and has never come back.

I was so excited about what I had done; I started telling my friends, some of whom wanted a slice of the action, which I of course shared with them. It worked for them too. Over the years a few of us even attributed the teas that I created to how fertile we subsequently became. The experience is what actually sparked the desire in me to make this my career, helping people naturally improve their health with foods and natural remedies instead of drugs and surgeries.

Later in life, I looked back at that doctor in the GUM clinic of Central Middlesex Hospital in London and thanked her for motivating me to take my health into my own hands. I now share this guide with you so that in the next thirty days, you too can feel the joy and relief of a naturally healthy period and healthier womb, so let's begin.

## Progress Page For Chapter 1

It's time to read, reflect and put to work what you have learnt by answering the following questions:

1. Have you had a menstrual, womb health or other type of symptom you've ignored for a long period of time and just learnt to live with it?
2. Do you still have that health challenge mentioned above?
3. If yes, what help do you need to help it naturally?

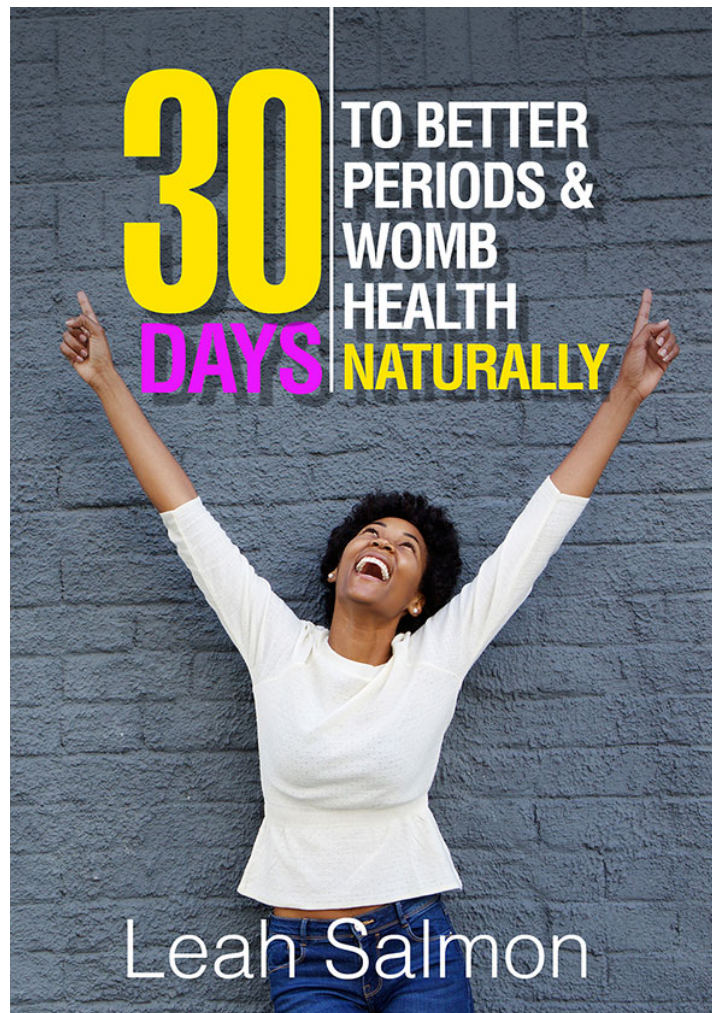
**Action Step!!!** If you still have an unresolved health challenge you've learnt to live with, make a commitment to yourself to find a way to rebalance your body, so you don't have to live with below par health any longer, you're worth a lot more than that and deserve to experience vibrant health.

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## About the Author

### Leah Salmon – The Naturally You Coach

Leah is a bestselling author of 6 books, homeschooling mother of 6 children and 1 angel, wife to 1 ☺, speaker and nurturing and supportive nutritionist & life coach to black women and mothers.

One part of her journey began when she cured herself of a menstrual condition in her early 20s and then after having 2 premature babies, the last of whom passed on at 8mths old,

Leah regained her womb health and went on to have 5 uncomplicated full term homebirths.

At the beginning of 2017, Leah set a goal to help 100,000 black women to eat for health, think for happiness and live in harmony, which she calls Becoming Naturally You, by 2020. To achieve this, Leah's uses her books, events, online courses, online videos, articles and speaking engagements, all focused on promoting healthy eating, natural remedies, personal development, home education, black empowerment and economics.

Leah is also the founder of The Naturally You Day, Leah's Raw Food Feast workshops, Amun University (an online training school with courses exclusively from black community experts), Teaching Our Own The Black Homeschooling Fair, editor of Naturally You Magazine and a regular speaker on natural health and wellness.

When she's not homeschooling, getting creative in the kitchen, coaching private and group clients or creating new books, videos, articles and courses, she enjoys watching comedies, being in nature, basking in the sun, reading and spending time with her very loud and very extended family.



**To connect with and find out more about Leah, go to:**

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