

TRADITIONAL CHINESE RESTORATIVES



YOUR TEA



The Truth about PMS

By Your Tea

关于PMS的真相

All words written by our TCM practitioners for Your Tea

A smiling woman with blonde hair is shown in the top left corner. The background features a decorative orange pattern of repeating geometric symbols, resembling a traditional Chinese motif, on the right side.

Welcome!

'Reproductive health issues' is a topic that we here at Your Tea, are queried about daily. Well, we will be honest... hourly! Too many women suffer with reproductive health problems like it is a nasty rite of passage as a female. At Your Tea, we believe knowledge is power. That's why we want to provide you with the knowledge to take control of your health. Our qualified Chinese Medicine practitioners have dug deep into their wealth of knowledge and together, we present to you this wonderful eBook, packed full of information allowing you to make decisions that benefit your wellbeing now and for years to come. Our Fertility Tea is a mild blend designed for the mind, body and soul of women.

Think PMS, postpartum exhaustion, digestion, irregular cycles, inflammation, PCOS, endometriosis and pregnancy. Our main box online contains 60 teabags; the ideal consumption duration.

Let's be honest, that time of the month is never fun. The cramps, bloating, headaches, and general irritability associated with our periods can make us feel like we're living a nightmare. The good news is, you're not alone; about 85% of women have at least one PMS symptom each month.

But standing together in solidarity isn't a valid entry into the PMS remedies handbook. So, how can you help kick PMS to the curb and experience a happier period? We hand it over to our TCM practitioners to explain in depth.

Questions? Talk to us on
@fertilityteaherbs & **@yourtea** or email us at **hello@yourtea.com**

Wisdom awaits, enjoy.



Fertility actually means...

What does 'fertility' really mean? Don't freak out. Hear me out. Fertility isn't just about babies – fertility is like having fertile soil. Let's explore that.

You're forgiven for the mini melt down when you heard the word 'fertility.' But before you throw a temper tantrum, it's not all bad. I'm not talking about priming yourself for a baby immediately – I'm talking about setting your body up for the win – so that it thrives, no matter what. Rather than take the approach of fixing it once you are ready to have children (which many will tell you didn't work out so well... because healing takes time), fixing problems when they arise is the only way to long-term health. And whilst I know your later years are way away, what we do from early on shapes our whole lives, and nobody deserves wellness more than you do.

So it's time to educate and allow women to make their own choices and that's all about helping to educate yourself because as we have learnt, health starts with the individual.

Sadly, all too often we are approaching health from a place of fear. We don't really fully understand our diagnosis or the best treatments and we might head into conditions like PCOS or Endometriosis without fully knowing what's going on. We fear the worst (when it very often isn't the case at all) and we can be pressured into harmful treatments that don't actually fix the problem. We are going to help you overhaul your body, to gain truthful information and to become the best version of YOU. Nobody loses here – we want you to thrive.

If all you learn today is this – listen up! There isn't necessarily a one-size fits all approach to any health concerns, working out your special plan can take a little effort but the rewards are limitless!



Our Fertility Tea And Your Reproductive Health

The special blend of herbal ingredients found in our Fertility Tea go to work on the reproductive system. Specific ingredients in this formula contain powerful antioxidants that promote fertility as it helps to 'clean up' the body and any damage that our lifestyles may pose. Stress, poor nutrition and busy lifestyles lead to disruption right down to the cellular level - antioxidants are like a spring clean on the inside. These herbs also contain specific minerals that are key to hormone health. Raspberry leaf is another herb found in this formula, which helps to tone up the reproductive organs. So, where stress, the weight of PCOS or Endometriosis have taken their toll, this tea helps to get things back in working order 'down there.' An important ingredient in this blend is Camellia Sinesis which helps to balance out oestrogen, the most important of the female hormones and one that is often upset in issues like PCOS or thyroid imbalance. Dandelion root amongst other herbs found in this blend is a fabulous ingredient which not only helps to cleanse the body (vital for overall wellness) but it also benefits the liver, which assists in balancing hormone levels.

This formula has been intricately designed to fit in with the core focus of all Your Tea formulas in that it will also boost digestive function. Since the gut is the pivot of wellness, fertility begins in the gut. You see, if your body can't readily absorb essential vitamins and minerals from your food, it can't adequately fuel the rest of your body. Baring this in mind in its creation, Fertility Tea's ingredients can't be utilised unless we support digestion too and so specific ingredients are also present to support digestion.

Fortunately, Chinese Medicine does a fantastic job of treating hormonal imbalances. As you have now discovered, the gut is the pivot of our health. When the gut is working well, many ailments begin to disappear. This is because suddenly the digestive system can fulfil its job of assimilating food and pulling the nutrients out to then go on to fuel things like our hormones.

Understanding your menstrual cycle

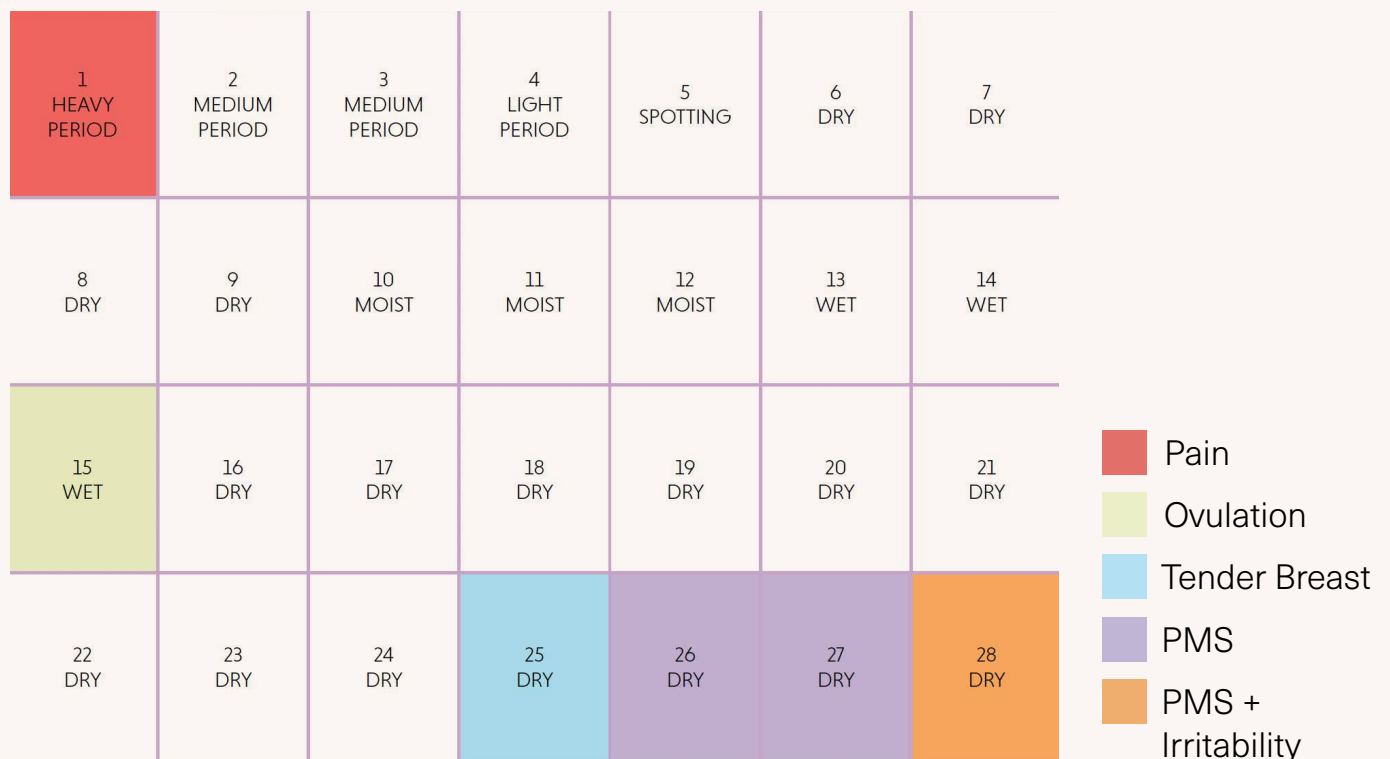
To best understand our bodies and to get clear on what a regular menstrual cycle would look like, let's dig in a little deeper.

The diagram to the right is of a typical menstrual cycle. I want to explain the purple thoroughly, so I'm going to break it down to be super simple. Remember, this is all a 'rough' guide time wise. All women will vary - and that is perfectly normal.

It is fairly standard that the period will last anywhere from 2-7 days. In my clinic, I like to see a period be no longer than 5 days and we implement measures to ensure this is achieved.

It is important that blood loss isn't too significant. It should be no more than 6 tablespoons - not that I want you to try to measure! But it's a great guide (however, it's difficult to tell with the standard of sanitary products now days).

If you experience a 1 day bleed at the time you expect your period that is quite dry and dark without proper flow, there is a chance you aren't actually ovulating, and it's a good idea to speak to a natural fertility specialist if you find this happening repeatedly. When hormones change, sometimes it is followed by a little spotting – this is the same reason why some women see a little spotting at ovulation time.





Now, from this point on is where the fun starts. To put this into practice, you will need to learn to feel what your body is telling you. As 'woo woo' as it sounds, you can actually 'feel' ovulation via your cervical mucus. You know when you get your period? It feels a certain way 'down there,' (think about it - it feels wet and warm around the opening of the vagina). Ovulation is mostly the same, although it feels wet and cold. It's not necessarily about what you can physically see in terms of cervical mucus, it is more about what you can feel.

Typically one should have several 'dry' days before they start to notice a small amount of mucus (days 6 - 9), followed by the feeling of moistness (days 10 - 12). This can last for several days until you begin to feel signs of optimal fertility - clear and stretchy cervical mucus - remember it feels wet and cold. Cervical mucus is essential for conception. It is the sperm's mode of transport up to the eagerly waiting egg. The cervix secretes this vital fertile mucus. When the semen is ejaculated into the vagina, the sperm will make it's way up to the cervical crypts (where the mucus is secreted from) where it stays for a bit, and takes a little rest to be fed and rejuvenated (I find it hilarious that it is already hungry!), before it continues on up to meet the egg. If you take a look at fertile cervical mucus under a microscope, it has many little channels - unlike infertile mucus with is a 'criss cross' pattern, which makes it impossible for the sperm to swim through. egg. The cervix secretes this vital fertile mucus. When the semen is ejaculated into the vagina, the sperm will make it's way up to the cervical crypts (where the mucus is secreted from) where it stays for a bit, and takes a little rest to be fed and rejuvenated (I find it hilarious that it is already hungry!), before it continues on up to meet the egg. If you take a look at fertile cervical mucus under a microscope, it has many little channels - unlike infertile mucus with is a 'criss cross' pattern, which makes it impossible for the sperm to swim through.

Fertile Mucus can last for several days. Ovulation isn't the day you see the most fertile signs - it is the LAST day that you see or feel it.



So in this instance, it is cycle day 15, even though there has been fertile mucus present for 3 days - because it is the final day that this wet feeling is experienced. The tricky part is that it isn't something you will know until after the event. But don't think you can't fall pregnant outside this time. It happens!

Now from cycle day 16 right through to 28, you will notice there is very little or no mucus. This is normal. During this time (it is called the Luteal Phase) your body is busy either implanting an embryo or preparing for your period. Should you notice mucus or discharge at this time, it may be indicative of excess 'damp' in your body, which may or may not be affecting your fertility - wouldn't hurt to get that checked out. What is damp? It is what Chinese Medicine refers to when there is an accumulation in your body, as a result of some organs not working as well as they should. It can be easily fixed. Think of it like damp that can sit under a house.

Should your cycles be a bit out of whack - say ovulation is occurring earlier or later - it's something that is good to have checked out again by somebody like me, because hormonally you may be lacking, and the consequence is 'sub fertility.' This means that you are potentially fertile, but hormonally you are imbalanced. So for example, ovulating on cycle day 9 is a problem, because it means an immature follicle is being released - making it almost impossible to be fertilised. Or your luteal phase (from ovulation to the period time) is too short, meaning that if there is a growing embryo, it can't continue to grow because it isn't being supplied hormonally with all it requires. In almost all cases, this is treatable and certainly the best step forward to begin to improve fertility.





The Pill

The oral contraceptive pill (ocp) is the most used pharmaceutical, worldwide. Most women have taken it at some stage during their life. Many young women are being prescribed the pill to 'sort out' a wide variety of health issues including acne, endometriosis and polycystic ovarian syndrome. The truth is, the pill isn't the solution to these problems. It acts as a band aid to 'cover up' the true issue and whilst some women think they are ok taking it, it isn't until they stop that they realise just how awful they felt whilst they were on it.

The number one problem with the pill is that when it is prescribed very little information about what the pill does is ever given to a patient. I will never forget asking around a group of mothers 'who wasn't on the mini pill?' I was totally shocked to find out that I was the only woman there not taking it. When I asked why they were taking it – most of them could only say they did it because their doctor told them they needed to. I understand just as much as the next person that falling pregnant again soon after having a child is more than likely on the bottom of the to do list – in fact for most it's on top of the DO NOT list. But understanding when you are fertile and when you are not would be far more useful than handing a woman a pill packet, as if the buck stopped there and she didn't have to worry about it any longer. Was there any mention of mood swings, constant spotting or bleeding or feeling totally cray cray? And would most women simply put this down to normal postpartum happenings, especially if it was their first time?

When I talk about the pill, I refer to all synthetic hormone contraceptives including the mini pill, the combined pill, implants such as mirena (TM), Inter Uterine Devices (IUD's), vaginal rings, and patches. When the pill was initially introduced manufacturers told women and practitioners it was safe. They soon realised it was far from the truth and the source of a long list of nasty side effects, including deaths from blood clotting , strokes, amputations and permanent damage. What was done about it? Not much - warnings were put on the packaging and doses were altered. However, the current generation oral contraceptive pills still come with the same warnings and have considerable side effects as well as cause substantial nutritional imbalances which lead to a host of other issues (and when I say host – I mean a MASSIVE list).

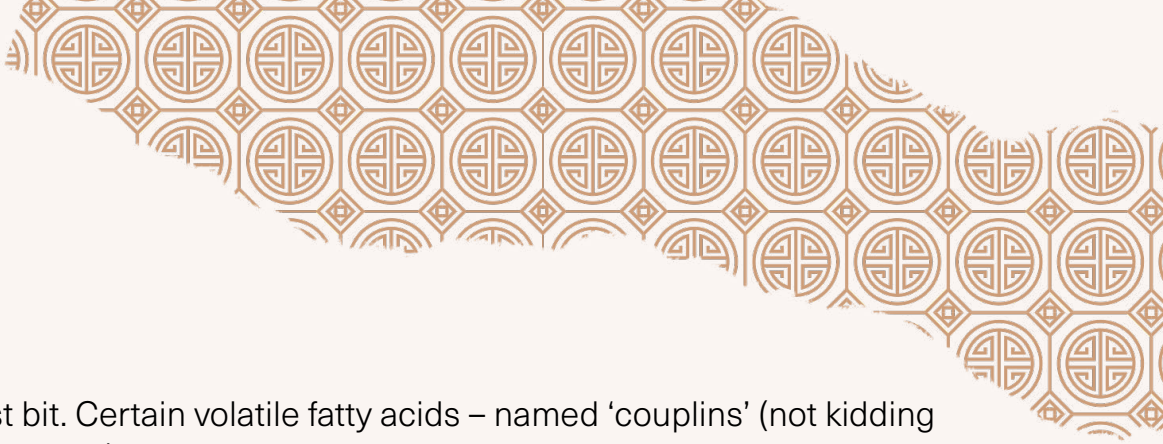
Post pill infertility, PCOS and migraines are the most common complaint I see in the clinic. Scientists have discovered that the chemicals produced in the body as a result of the pill to stop ovulation continue to suppress testosterone levels – central to sexual desire in both men and women. Hello low libido! This can continue for up to four years once a woman stops taking it. I find this quite ironic because in theory,



you can't get pregnant whilst on the pill – but if you don't want sex whilst on the pill, then you can't get pregnant anyway! Now, lets add to that mood swings, weight gain, brittle bones and migraines. These are just four more of the most commonly seen side effects of the pill. Time and time again I hear women report (especially those who haven't been on the pill but need to take it as part of IVF treatment) how they feel 'psycho' on the pill, as if they could murder somebody or burst into tears for no real reason. This is what incorrect levels of hormones do! If they are doing that to our moods, think about what that is doing on a deeper level. The fact remains that the hormones in the pill aim to mimic hormones in your body however they are not ever identical to your natural hormones. In fact, the normal dose of the pill is four times the amount of oestrogen normally present in the body. Birth control pills are designed as a "one size fits all", however as no two bodies are the same, it quickly becomes obvious why so many women experience negative side effects.

The most astonishing piece of information I have ever read about the pill is how it alters our attraction to the opposite sex. A recent study found that women on the pill see the world more platonically. They were shown images of naked women and men. Those on the pill reported a much more neutral view as opposed to those who didn't take the pill who were easily able to imagine sexual scenes from viewing the pictures. It was also noted that those who were on the pill were far less charmed at seeing pictures of babies – hinting at the pills






And here is the best bit. Certain volatile fatty acids – named ‘couplins’ (not kidding, that is truly the real name) are secreted in the vagina and stimulate male sexual interest and behavior. Women on the pill do not secrete couplins. I’m sure there are dozens more of these little impacts the pill has on our bodies that we aren’t aware of – and again, this is the reason why many women feel so different when coming off the pill. Of the most importance for those taking the pill is its effectiveness and its ability to prevent pregnancy. But the thing is – it isn’t all it is cracked up to be. In America alone, some 6 million pregnancies occur in woman taking the pill. This isn’t necessarily because they weren’t taking it correctly. So many factors affect its ability to work. An Australian study of women ages 18 to 39 on the pill who weighed 70 kilos or more, found that they were 60 percent more likely to have their pill fail than women who weighed less. The average woman in Australia weighs 66.6 kilos. Professor Dr. Victoria Holt says because women who weigh more have a higher metabolic rate, they need higher levels of hormones to prevent pregnancy – demonstrating again, it isn’t a one size fits all kind of situation. It’s also thought that because the pill is toxic and our bodies trap toxins in our fat stores, the pill may also be less effective in overweight women as it isn’t where it needs to be to work – in the blood stream.

Knowing your body and reading its signs is the absolute best way of knowing when you are fertile and when you aren’t. If you aren’t able to distinguish ovulation signs or you don’t have a regular cycle, it’s sure time you found out why.

A Hobson and R. Grumman, ‘Contraception secrets your doctor hasn’t told you’, Cosmopolitan, December 2003.

If not the pill, then what? If not the pill or the IUD – then what? You see, there aren’t many days in a month you can actually fall pregnant, but if you don’t have any idea how to work this out, then of course we turn to options like the pill, which as we have learnt aren’t necessarily consequence free. The main thing for you to know is that once you understand your insanely beautiful self, the less you’ll fear ‘accidentally’ falling pregnant.





The truth about hormone imbalance

We're going to get serious for a little bit and talk about hormones. Hormones are incredible. They can do so much good in your body, and they can also cause so many issues. Hormones are chemical messengers that send signals to your brain, heart, bones, muscles, and reproductive organs. They're absolutely essential to the workings of every cell in your body. And when they're balanced, life is great. The issue is when things don't go according to plan.

Causes of hormone imbalance:

Hormone imbalance isn't as rare as you might think. In fact, it can be caused by everything from puberty and menopause to toxins and your lifestyle. The most common imbalance is an excess of oestrogen compared to progesterone. When your body produces too much oestrogen you can experience a variety of signs and symptoms:

- **Weight gain**
- **Fluid retention (bloating)**
- **Pms-like mood changes (anger, irritability, anxiety)**
- **Headaches**
- **Breast tenderness**
- **Heavy periods**
- **Breast lumps/cysts**
- **Infertility**
- **Cramping pains**



There are four main causes of hormone imbalance:

1.

PMS/MENOPAUSE: Every month, your body experiences hormone fluctuations as you prepare for your period, experience your period, and then recover. These hormone changes can be mitigated by a healthy lifestyle including a healthy diet, exercise, and, in some cases, medicine. Menopause is an even bigger cause of hormone imbalance. Starting in your pre-menopause years, your hormones can go up and down and wreak havoc on your body.

2.

STRESS: Stress is one of the biggest causes of hormone imbalance. Stress can refer to emotional stress like relationships to physical stress like pain or lack of sleep. Stress can even be related to your diet and your body's negative reactions like inflammation. Stress leads to an increase in production of cortisol, which decreases your production of progesterone.

3.

DIGESTION: While we mentioned digestion under stress, the truth is your digestive system is directly related to your hormones. The liver is where oestrogen and progesterone get metabolised. So if you eat foods that cause poor gut function, you can suffer from hormone imbalance.

4.

THYROID FUNCTION: How well your thyroid functions is also related to your hormone balance or lack there of. Your thyroid is particularly connected to your sex hormone balance and should be tested by a physician.





Restoring hormone balance

So, now that you know what causes hormone imbalance, it's time to talk about getting your body back to its optimal balance. There are a few things you can do:

EAT HEALTHY FATS: The fats found in coconut oil and avocados are essential building blocks for hormone production. They keep inflammation low, boost your metabolism, and aid in weight loss.

DRINK FERTILITY TEA: Our Fertility Tea has been specially created with a mix of herbs designed to help balance your hormones.

IMPROVE YOUR GUT HEALTH: By eating foods like bone broth, kefir, fermented vegetables, and foods high in fibre, you can improve leaky gut syndrome and balance your hormone production.

AVOID TOXINS: You shouldn't just avoid toxins in what you eat. You should also avoid toxins in your kitchen, beauty, and body care products. Check out EWG's Skin Deep Cosmetic Database for the best products to use and avoid.

EXERCISE: Exercise is vitally important to your hormone production. It's great for balancing your hormones since it reduces stress and inflammation and helps you get more sleep.

Other things you can do to restore your hormones include reducing your stress, sleeping more, consuming less caffeine and alcohol, and getting more vitamin D.



What is PMS?

PMS stands for premenstrual syndrome. It comes with a wide variety of symptoms from mood swings to tender breasts, food cravings, fatigue, irritability, and depression. And, so you don't feel alone, know that three of every four menstruating women have experienced some form of PMS. As progesterone increases each month, our bodies are not only influenced physically, but the hormones that are on the incline during the pre-menstrual phase also affect many women emotionally. Cue Pre-Menstrual Syndrome (PMS).

PMS for many women is a dreaded time where they experience a swag of symptoms ranging from mood swings, emotional upset, anxiety, headaches, sore breasts, fluid retention and body pain – almost like the lid on the pressure cooker is about to explode!

So, why do women get PMS? Unfortunately, no one really knows the exact reason. However, there are two main thought processes:

Hormones:

Women go through a monthly cycle where our hormones change and fluctuate. These fluctuations can cause your body to react with pms symptoms.

Chemicals:

Changes in hormones also cause changes in chemicals in your brain. Fluctuations of serotonin, a neurotransmitter that plays a crucial role in mood states, and can trigger pms. Insufficient amounts of serotonin can cause depression, fatigue, food cravings, and sleep problems.



Truth about PMS

So, what's the truth about pms?

It doesn't affect all women, every month.

The truth is that only about 20% of women suffer from pms badly enough that they seek medical help. However, around 72% of women suffer from it at least a few times a year.

Not everyone agrees about pms.

Unfortunately, science doesn't really agree about pms. There's a lack of medical certainty about how it works and why women get it. Science hasn't debunked or proven pms yet.

Pms is not your period.

Pms is not the same as getting your period. Pms happens in the days leading up to your menstrual cycle and is not the same as the cramps, crankiness, and bloating that comes with you actually bleeding.

It can get complicated.


Pms is not one-size-fits-all. In fact, symptoms can cover a wide range and can be crippling for some women. There's a phenomenon called premenstrual dysphoric disorder (pmdd) that causes massive effects in pms and is related to depression.

Pms is not just about mood swings.

Yes, pms can cause hormonal fluctuations in your mood, but that's not all it is. Pms is about a lot more than crankiness. It includes physical symptoms such as joint pains, tender breasts, headaches, and trouble sleeping.

It can be managed.

A lot of science has been devoted to helping you handle your pms symptoms. Vitamin b6 and saffron have been shown to reduce severe pms symptoms, and even eating habits have been shown to help.





The best PMS remedies

So, what can you do to help deal with your PMS? If you have serious symptoms, the first step is to talk to your doctor. They'll be able to help you find the right medications and regimens to manage your symptoms.

Stay active

Even though you might not feel like working out while suffering from pms symptoms, keeping active for at least 30 minutes a day can drastically help. Dancing, jogging, swimming, and even brisk walking are all appropriate pms remedies.

Take a bath, meditate, chill

Learning how to listen to your body really is the key to wellness. It speaks to you every day; it's simply a matter of better understanding what it is saying. The period time really is an 'event' as far as your body sees it and is certainly a time to take it a little slower. You might feel more tired or need a little longer lie in over those few days and that's perfectly ok! Go with it – your body is speaking to you for a reason. Stress makes everything worse, including your pms. Consider using yoga, deep breathing, or meditation to help you mellow out and relieve tension. And if you need a little extra relaxation, try getting a massage—it's great for those sore muscles.

Get some sunshine

Just 15 minutes in the sun can do wonders. It helps you release hormones; it checks off your dose of vitamin d and helps you feel good. Just what you need when the dreaded pms slump hits.



Try acupuncture

One study on acupuncture found that it quelled pms symptoms in 78% of women, now that's what we call a pms remedy. Acupuncture increases your circulation, elevates your endorphins, enhances your mood, and alleviates pain. What's not to love?

Get plenty of rest

Sleep always plays a big role in our daily outlook, and it's no different when it comes to pms remedies. Without proper sleep, you'll feel even more tired than usual, and all of your symptoms will be exaggerated. A good night's sleep allows your body to reset and prepare for another day.

Drink fertility tea

Warm drinks are great pms remedies, and when you add in the powerful ingredients from fertility tea, you'll really feel the benefits. The therapeutic benefits of tea are outstanding to help improve gynaecological function, ease bloating and treat pain. Tea also has a calming effect, which can be excellent for those finding themselves a little irritable! Fertility tea helps regulate your hormones and your digestive system, perfect for pms help.

A final note...

Over time we've somewhat disconnected from the signs and symptoms our bodies show us each month as clues to the bigger picture. It's time we got back to basics and understood what's being communicated to better educate ourselves about... ourselves! Unfortunately being on the pill long term means, for many women, that they have never had the chance to understand these key symptoms to decipher what is normal or otherwise. Coming off the pill we can see terrible hormone imbalance as the body tries to find its hormonal groove again. Sometimes it's ok and other times it is a disaster. When all is said and done, the quicker we can unravel as much as possible about our own bodies, the more we can live happier, healthier lives.

Adjusting diet and lifestyle is a must for healing and targeting PMS but in a nut shell – balancing your hormones and moving towards wellness doesn't necessarily differ between diagnosis. The same lifestyle approach applies no matter what – if it is Endometriosis, PCOS, PMS or hormone imbalance.

Our bodies thrive with love and care and all it takes is a shift in mind-set to begin your journey towards greater wellness.





Thank you

Questions? Talk to us on

[@fertilityteaherbs](#) & [@yourtea](#)
or email us at hello@yourtea.com