

Menstrual cramps / PMS

Recommendation

1/8th tsp ginger powder 4 times daily for 3 days, starting on the first day of your period (or can be used in the days leading up to your period if that is also when you have symptoms)

Tip: you can mix the powder into water to drink during the day, or put it into a yoghurt or smoothie.

Note: beneficial effect may improve with each successive period.

Results: studies show this could reduce symptoms in **70%** of cases.

How it works: positive effect on anti-nausea, inflammatory, anxiety and pain pathways in the body.

Side-benefits: can also reduce heavy menstrual bleeding. According to the research regular ginger use may provide a wide-range of other potential health benefits (e.g. help with weight loss, osteoarthritis, indigestion, cholesterol).

References: healGB.com/pms

Feedback: if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

Disclaimer: the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.