

For those who want to be relieved from menstrual pain.

Menstruation, something that every woman experiences, can be challenging and painful, but it's also a vital process through which the body eliminates what is no longer needed.

Pain and discomfort are signals from your body, saying, 'This is a serious issue, do something about it!' It's important to listen to these signs and address them.

Although modern medicine has advanced and options like birth control pills are available to manage symptoms, many people still have concerns about the side effects of these medications.

I have personally struggled with premenstrual syndrome, menstrual pain, and fatigue after menstruation. Through studying and practicing traditional herbal medicine, I found certain remedies that made a noticeable difference.

I will share the remedies that I found effective, hoping they will help those who are dealing with similar issues.

Keep in mind that individual results may vary, but I hope these suggestions can make your menstrual experience more manageable. Feel free to make the most of them.

1 • Causes and Factors of Menstrual Pain

I believe there are two major causes of menstrual pain.

One is cold, and the other is posture misalignment.

What is menstrual pain?

In simple terms, it is the abnormal tension of the muscles around the uterus.

Historically, 'bleeding' was a significant issue related to life-threatening situations. With advances in medicine, we can now manage even minor bleeding more effectively. However, our instinct is to protect our body, leading to a strong reaction.

To prevent the critical issue of bleeding, the muscles contract to try to stop the bleeding. It is thought that this muscle contraction is what causes the pain.

Menstruation, however, is the process of expelling what the body no longer needs as 'blood.' But, the body instinctively reacts to bleeding as a life-threatening crisis. It tries even harder to contract the muscles to stop the bleeding.

As a result, you experience a dull pain in the lower abdomen, as if everything is tightening and pressing.

And since the body is trying to expel what it no longer needs, it responds by attempting to increase blood flow to overcome the resistance in the muscles. This results in the body producing more blood to force it out, even if it means damaging the uterine walls and increasing bleeding.

This creates a vicious cycle where the body increases blood flow to combat the pain and ends up causing more bleeding. This cycle is believed to contribute to conditions like endometriosis. This is also why severe menstrual pain is often advised to be checked by a doctor.

Muscles are present throughout the body, not just in the abdomen, so their effects can be felt in other areas as well. You might experience neck and shoulder stiffness, pain, headaches, or discomfort in the legs.

I've personally experienced pain so severe that it felt like my upper and lower body were being torn apart, leading me to take painkillers.

By the way, this type of pain is different from the muscle soreness you feel after exercise, so please don't dismiss it as just muscle pain. Some people experience pain so intense that it feels like giving birth every month."

In the world of traditional Chinese medicine, it is noted that people who have cold bodies tend to experience more severe menstrual pain.

Cold causes muscle tension. In reality, women tend to have less muscle mass compared to men and are therefore more prone to feeling cold. Increasing muscle mass can raise body temperature and help maintain it. However, adding too much muscle can also burden the body, so a balanced amount is ideal. There are indeed cases where girls who joined sports teams experienced their periods stopping due to excessive exercise. Overdoing it with exercise isn't beneficial for the body.

When your posture is misaligned, blood vessels and the uterus are compressed in unnatural ways, leading to poor circulation. This, in turn, can exacerbate feelings of cold and intensify pain.

To address these issues, there are mainly two approaches. One is to correct any misalignment in the body and pelvis. This improves blood flow and makes it easier to maintain a higher body temperature.

I don't have specialized knowledge in osteopathy or chiropractic care. If you are aware of misalignments in your body, seeking out a specialist in these fields might be a good option. Additionally, there are many videos on YouTube about correcting misalignment. I encourage you to find a method that suits your body.

The second approach is dietary changes.

2 • Foods to Relieve Menstrual Pain

Isn't it something every woman has struggled with at least once? Lower abdominal pain, backaches, headaches, and dizziness.

I've personally experienced these symptoms quite intensely. However, by being mindful of my food choices, I've been able to manage my symptoms much more effectively.

Although it's unfortunate that I can't say it will 'cure' the problem, I will introduce foods and drinks believed to help alleviate menstrual pain based on the knowledge of traditional Chinese medicine and Japanese herbal medicine.

I've included items that are readily available at supermarkets and online stores, so let's start incorporating them into your diet right away.

For items with intake limits, these are noted beside them. It is generally said that as long as you stay within normal dietary limits, you cannot consume too much nutrition from food alone.

However, overconsumption, even of beneficial foods, may lead to adverse effects on your

body. While a small amount is usually fine, please be mindful of your intake.

Foods to Relieve Menstrual Pain

While foods that warm the body are important, their effect is diminished without adequate blood. Let's start by introducing foods that help in blood production.

List of Blood-Producing Foods

Carrots
Spinach
Peanuts (Limit: 90g in powder form)
Longan fruit (Limit: 12g in powder form)
Grapes
Raisins (Limit: 6-9g; can cause digestive issues if consumed in excess, so be cautious)
Lychees
Various types of meat liver
Pork heart
Pork feet
Squid
Ark shell
Angelica root (Limit: 6-15g)
Komatsuna (Japanese mustard spinach)
Chicken
Beef
Pork
Lamb
Honey
Royal jelly
Shiitake mushrooms
Chestnuts
Cabbage
Cauliflower & Broccoli
Potatoes
Pumpkin
Sweet potatoes
Shark
Cod
Sardines
Bonito
Catfish
Spanish mackerel
Cutlassfish
Eel
Freshwater eel
Peaches
Black beans (only when cooked; Limit: 60g)

List of Foods that Warm the Body

Garlic (Limit: 30g)
Garlic shoots
Ginger (Limit: 3-9g)
Green onions (Limit: 3-9g)
Cilantro (Coriander) (Limit: 3-6g)
Mitsuba (Japanese wild parsley)
Myoga (Japanese ginger bud)
Cinnamon (Limit: 10g)

Cassia cinnamon (Limit: 1.5–5g in powder form; up to 5g if not powdered. Check if the cinnamon is labeled “cassia” or not)
Shiso (Perilla leaves) (Limit: 12g)
Chives (Limit: 100g)
Chili peppers (Limit: 1–6g; individual tolerance varies, but aim not to sweat, as sweating can cool the body)
Bell peppers
Black pepper (Limit: 0.6g; those with high blood pressure should avoid using it)
Sichuan peppercorns (Limit: 6g)
Cloves (Limit: 1g)
Fennel (Limit: 3–9g; men trying to conceive should avoid using it)
Osmanthus (Limit: 3g)
Brown sugar
Salmon
Horse mackerel (Aji)
Trout
Onions
Pickled shallots (Limit: 12g)
Mandarin oranges
Kumquats
Bitter oranges (Limit: 3–9g, but some suggest up to 30g; adjust according to your condition)
Buddha’s hand citron (Limit: 3–9g)
Jasmine (Limit: 1–6g)
Mai-kai-ka (Limit: 3–9g; edible rose petals, available in the tea section, also known as Rose Red)
Green skin (Limit: 3–9g)
Lychee seeds (Limit: 5–9g)
Walnuts
Shrimp
Sea cucumber
Char
Venison
Bear meat

List of Foods that Promote Blood Circulation

Chinese cabbage (Bok choy) (Use in moderation)
Beetroot (Use in moderation; recommended if menstrual bleeding is unusually heavy)
Peach kernel (Limit: 6–9g)
Vinegar (Avoid if digestive issues are present)
Turmeric (Limit: 9g)
Chuanxiong (Limit: 9g)
Turmeric (Limit: 9g; avoid if feeling cold)
Gajutsu (Limit: 9g)
Danshen (Limit: 15g)
Yaku-moso (Limit: 30g; avoid if feeling cold)
Safflower (Limit: 9g)
China rose (Peony) (Limit: 6g)
Bignonia (Limit: 9g; avoid if feeling cold)
Hawthorn (Limit: 9–15g)
Mugwort (Limit: 10g)

Craving something sweet may be a sign that your body is experiencing blood deficiency, which makes it harder for nutrients to circulate and can weaken your organs (particularly the stomach and intestines).

If your digestive system is not in good shape, try to focus on consuming foods that help produce blood.

When you crave a snack, opt for something made with honey or brown sugar.

It is important to prepare in advance, starting from before your period begins.

Ideally, begin consuming the recommended foods about a week before your period starts.

Trying to address it at the last minute or after your period has started is honestly too late.

You don't need to force yourself to incorporate traditional medicinal foods. Commonly available items that you can easily buy will suffice.

My personal top recommendation is garlic chives (nira), followed by myoga.

3 - Foods to Avoid During Menstruation STOP!

While eating your favorite foods can be a stress reliever, it's important to consider that physical stress also affects your well-being. Prioritizing your body's needs can ultimately improve your mood as well.

The following list includes foods that tend to cool the body. Ice eating is considered a symptom of iron deficiency. Since cooling the body further can worsen your condition, it's best to avoid it. Focus on increasing your iron intake first.

If you absolutely must eat these foods, pairing them with warming seasonings (such as green onions or chili peppers) can help mitigate their cooling effects. So, they are not an absolute no-go; just be cautious.

Foods That Cool the Body

Spinach
Mint
Chrysanthemum
Mulberry
Kudzu (Kudzu root powder is good for heat, but not recommended for colds without fever)
Celery
Chinese cabbage
Watercress
Water chestnut
Amaranth
Reed (Makomo)
Bitter melon
Cucumber
Tomato
Zucchini
Millet
Sorghum
Wheat
Barley
Tofu (Soy milk is fine)
Yuba (tofu skin)
Konnyaku
Purslane
Watermelon
Melon
Banana

Sugarcane
White sugar
Mango
Passion fruit
Apple (okay when paired with cinnamon)
Kiwi
Coconut
Clams
Shellfish
Crab
Asari clams
Various bean sprouts
Pineapple
Aloe
Shepherd's purse
Lettuce
Jerusalem artichoke
Winter melon
White cucumber
Pike eel
Clam
Job's tears
Buckwheat
Orange
Pomelo
Lotus root
Eggplant
Water spinach
Black fungus (though it's good for women's health outside of menstruation)
Okara (soy pulp)
Daikon radish
Okra
Nori (seaweed)
Kelp
Seaweed
Chinese yam
Bamboo shoots
Loofah
Persimmon
Pear
Loquat
Loquat leaves (often used in tea)
Pearl
Octopus
Strawberry
White sesame (black sesame is fine)
Horse meat
Rabbit
Razor clam
Lard
Lily bulb

As previously mentioned, these foods are not absolutely off-limits. You can make them beneficial by pairing them with warming seasonings like ginger, garlic, or chili peppers to mitigate their cooling effects.

Ideally, try to avoid these foods about a week before your period.

Cooling the body might seem harmful, but some people have a constitution that tends to retain heat, such as those prone to eye redness or constipation. For these individuals or during the summer, these cooling foods can be helpful.

Everything has its uses, and even foods that are mostly water can be used medicinally. Nutrient-rich foods may be used in smaller quantities.

4 • Beverages for Menstrual Periods

Let's explore some recommended beverages for before and during your period.

It's important to consume these separately from meals and ideally at different times. Create a tea time for yourself and take some time to relax and care for your body.

Recommended Beverages:

Cocoa: This drink is rich in "theobromine," which helps relax muscle tension and uplift mood. It also improves blood circulation to the extremities and has digestive benefits, making it a good choice for those prone to constipation.

Black Tea: Black tea has warming properties on its own and can be used as a base for various herbal teas. Ginger tea, cinnamon tea, honey soy milk tea, and rose tea with dried rose petals can enhance the relief from menstrual pain.

Pu-erh Tea: This tea has a slightly lighter taste compared to black tea. It may be a matter of personal preference.

Jasmine Tea: Recommended for when you're feeling relatively well or towards the end of your period. It contains vitamins beneficial for the uterus and has relaxing effects.

Sweeteners:

For sweetening your beverages, use either brown sugar or honey. If you need warming properties and feel cold, opt for brown sugar. If you want to boost energy and gain vitamins, iron, and folic acid, honey is a better choice. Milk and soy milk can be used according to your preference.

Points to Note:

Be sure your drinks are not too hot. Excessively hot beverages can cause your body to unintentionally cool itself. A comforting temperature is ideal.

Tea and cocoa contain caffeine, though less than coffee. Caffeine can inhibit iron absorption, so it's best to keep these separate from your meals. Ensure you consume adequate iron with your meals and enjoy your tea time separately to fully benefit from its warming and relaxing effects.

Bonus: Beverages to Avoid

Green Tea: While I enjoy green tea, it can cool the body a bit. It's very useful in summer but not recommended during winter or menstruation.

That concludes our guide on beverages for menstrual periods. You might find some of these tips immediately applicable. Using them effectively can help you stay warm and build resilience against winter. If you've been suffering during your period, even small improvements can enhance your quality of life. Try incorporating these tips gradually to reduce discomfort from seven days to six, then five, and so on.

5 • Recommended Foods and Beverages for PMS

Why do we crave so much to eat, shop, sleep, and work before menstruation?

I think it's like the behavior of a squirrel preparing for winter, doing everything possible before having to "hibernate."

Now, PMS. It's quite troublesome, isn't it? Even someone as laid-back as I am finds myself thinking, "I'm useless!" during this time.

It's like a temporary panic disorder that lasts until about four days into

menstruation.

Enduring it with a bit of patience, trying to boost iron levels by eating liver or komatsuna, often brings a return to normalcy the next day.

The usual peace of mind returns.

I remember realizing, "Could it be the iron that helped?" and feeling significantly relieved.

Recommended Foods

Foods that Build Blood:

Carrots
Spinach
Peanuts (limit: 90g, in powdered form)
Longan fruit (limit: 12g, in powdered form)
Grapes
Raisins (limit: 6-9g; may cause digestive issues if overconsumed)
Lychee
Various animal livers
Pork heart
Pork feet
Squid
Ark shell
Dong quai (limit: 6-15g)
Komatsuna
Chicken
Beef
Pork
Lamb
Honey
Royal jelly
Shiitake mushrooms
Chestnuts
Cabbage
Cauliflower/Broccoli
Potatoes
Pumpkin
Sweet potatoes
Shark
Cod
Sardines
Bonito
Catfish
Swordfish
Eel
Pond eel
Peaches
Black soybeans (limit: 60g; cooked only)

Foods that Warm the Body:

Garlic (limit: 30g)
Garlic sprouts
Ginger (limit: 3-9g)
Green onions (limit: 3-9g)
Cilantro (limit: 3-6g)
Mitsuba
Myoga
Cinnamon (limit: 10g)
Cassia cinnamon (limit: 1.5-5g; if not in powdered form, limit to 5g)
Perilla (limit: 12g)

Chives (limit: 100g)
Chili peppers (limit: 1-6g; adjust based on tolerance)
Bell peppers
Black pepper (limit: 0.6g; avoid if prone to high blood pressure)
Sichuan pepper (limit: 6g)
Cloves (limit: 1g)
Fennel (limit: 3-9g; avoid if trying to conceive)
Osmanthus (limit: 3g)
Brown sugar
Salmon
Horse mackerel
Trout
Onions
Pickled shallots (limit: 12g)
Mandarins
Kumquats
Oranges (limit: 3-9g, though some suggest up to 30g; adjust based on condition)
Buddha's hand (limit: 3-9g)
Jasmine (limit: 1-6g; avoid during meals)
Edible rose petals (limit: 3-9g; avoid during meals)
Green skin (limit: 3-9g)
Lychee seeds (limit: 5-9g)
Walnuts
Shrimp
Sea cucumber
Char
Venison
Bear meat

Foods that Promote Blood Circulation:

Bok choy (use sparingly)
Beet (use sparingly; recommended if experiencing excessive bleeding)
Peach kernels (limit: 6-9g)
Vinegar (avoid if digestive issues are present)
Turmeric (limit: 9g)
Chuanxiong (limit: 9g)
Turmeric (limit: 9g; avoid if feeling cold)
Galangal (limit: 9g)
Danshen (limit: 15g)
Yakumo (limit: 30g; avoid if feeling cold)
Safflower (limit: 9g)
China rose (limit: 6g)
Allamanda (limit: 9g; avoid if feeling cold)
Hawthorn (limit: 9-15g)
Mugwort (limit: 10g)

Recommended Drinks:

Cocoa
Black tea (Ginger tea, cinnamon tea, honey soy milk tea, and rose tea with Maikaika enhance effects)
Pu-erh tea
Jasmine tea

You may have noticed that the recommendations are similar to those for menstruation.

Particularly recommended is Maikaika (edible rose).

Maikaika (edible rose) is particularly recommended.

It is used in herbal teas for its beautiful appearance and aroma. Maikaika is thought to help clear and stimulate the body. If you've experienced discomfort and tenderness in your breasts before menstruation, Maikaika may be beneficial. Some people notice effects within a few hours.

For optimal results, ensure your body is warm and your blood circulation is good. Prepare meals with the foods mentioned earlier or choose them to eat, and enjoy a graceful tea time with rose tea. A tablespoon a day is sufficient, and it's suitable for daily consumption. It is also rich in vitamins, making it excellent for those concerned with beauty.

Though it briefly gained attention as an edible flower due to its striking appearance and fragrance, Maikaika should be integrated into daily life for health and beauty. Its appeal is more than skin deep, and women are instinctively drawn to roses.

Maikaika is effective when feeling irritable or unsettled. Choose those with pleasant aromas, such as those from Japan, Pakistan, or France.

Since Maikaika contains tannins, which inhibit iron absorption, it is best consumed during tea time rather than with meals. It's also beneficial to eat before sleeping. If you feel unmotivated, limit its intake.

Headaches and body stiffness can often be related to low blood levels. There's a theory that mental instability, including severe PMS, may be linked to insufficient serotonin levels in the brain due to low blood. Consider iron supplementation if you're experiencing mood difficulties. Consult a doctor if concerned.

To purify the blood, vitamins are essential. PMS is thought to be caused by an imbalance in female hormones. To stabilize female hormones, it's crucial to include isoflavones, equol, and vitamins C and E in your diet.

Soy milk is well-known for providing these nutrients. Additionally, fennel helps increase estrogen levels. Jasmine tea combines both vitamin-rich benefits and is also recommended.

It's important to maintain balance in female hormones, so be mindful of incorporating vitamins, isoflavones, and equol into your diet.

Since Maikaika is an edible rose, similar effects are likely achievable with other roses, such as Rose Red. Instead of focusing solely on Maikaika, pay attention to roses that can be used as herbal tea or edible flowers.

6 - Ovulation Pain: Recommended Ingredients from Japanese and Chinese Medicine
Ovulation Day brings significant changes to the body, including hormonal fluctuations and an increase in body temperature. This can result in feelings of discomfort or, conversely, an unusually good mood, making it often unstable.

Experiencing pain during ovulation is common and not necessarily a sign of illness. However, pain can be a signal from your body that needs attention. It's important to take care of yourself by focusing on your diet and incorporating necessary changes.

Factors from Traditional Chinese Medicine:

1 - Poor Circulation of Blood and 氣 (Vitality)

Pain, including headaches, often results from poor circulation. When blood flow is restricted, it tries to rush through, leading to pressure and pain in the surrounding blood vessels. Improving blood circulation is crucial for maintaining health, so try to be mindful of it regularly.

Symptoms like feeling mentally unsettled, irritable, bloated abdomen or chest, or excessive gas may indicate stagnant 氣 (vitality). Signs of poor blood circulation include heaviness, fatigue, persistent shoulder pain, varicose veins, dry skin, palpitations, irregular heartbeat, and pain.

Recommended Foods for Those with Vitality Stagnation

Bitter melon (goya)
Liver
Squid
Shellfish
Citrus fruits
Celery
Onions
Pickled shallots
Peas
Hyacinth bean
Buckwheat
Jasmine
Lavender
Rose red (or similar)
Lily bulbs
Longan fruit

Many of these foods have pleasant aromas. If you're experiencing ongoing hysteria, incorporating "aromatic baths" through aromatherapy might also be helpful.

Foods to Avoid for Those with vitality Stagnation:

Foods that are too salty or spicy
Foods that cause excessive gas, such as potatoes and burdock root
Avoid excessive energy-boosting foods

Vitamins are consumed quickly in daily activities, especially when under stress, so it's important to be mindful of your intake. Many of the recommended foods for vitality stagnation are high in vitamins. If you're deficient, taking vitamin supplements can be beneficial.

Recommended Foods for Those with Blood Stasis

Bok choy
Beets
Arrowhead
Vinegar
Turmeric
Cinnamon
Mushrooms
Perilla leaves
Yuzu (Japanese citrus)
Onions
Garlic
Safflower
Broccoli
Cabbage
Green onions
Leeks
Black tea

Foods to Avoid for Blood Stasis

Foods high in fat
Butter

Western sweets like cakes
Salty foods
Cold foods

Additionally, conditions such as endometriosis and fibroids are also focused on the issue of poor blood circulation in Traditional Chinese Medicine. If you have concerns, it's advisable to consult a medical professional and consider incorporating self-care through diet while undergoing treatment

2. 氣 (vitality) and Blood Deficiency

For women, menstruation causes blood loss every month. Blood carries serotonin, a hormone that helps stabilize mood, so its loss during menstruation can lead to emotional fluctuations. Blood and 氣 (including adrenaline and serotonin, which stabilize mood) are interconnected, meaning that a deficiency in blood will also result in a deficiency in 氣. Additionally, 氣 is thought to generate blood, as both are closely related.

Signs of blood deficiency include increased hair loss, palpitations, blurred vision, dizziness, and light-headedness. Signs of 氣 deficiency include a lack of motivation, decreased digestive ability, loss of appetite, fatigue, and disinterest in enjoyable activities.

Maintaining adequate levels of both blood and 氣 is essential, so if you're feeling persistently unwell, it's important to address these deficiencies.

Recommended Foods for Those with Vitality Deficiency

Glutinous rice
Beans
Natto
Beef
Chicken
Eggs
Eel
Shrimp
Pumpkin
Honey
Royal jelly
Bee pollen
Shiitake mushrooms
Chestnuts
Cabbage
Cauliflower
Broccoli
Potatoes
Shark
Sardines
Nibbler
Cod
Bonito
Catfish
Spanish mackerel
Sea bass
Mackerel
Cutlassfish
Eel
Char
Venison
Bear meat

Peaches
Korean ginseng
Atractylodes
Yam
Cordyceps
Eucommia

Foods to Avoid for Those with Vitality Deficiency

Cold foods or those that cool the body
Raw foods
Chocolate
Chili peppers
Wasabi
Black pepper
Strongly stimulating foods

Recommended Foods for Those with Blood Deficiency

Carrots
Spinach
Komatsuna (Japanese mustard spinach)
Peanuts
Grapes
Lychee
Liver
Heart (organ meat)
Pig's feet
Squid
Octopus
Ark shell (red clam)
Lean meat
Broccoli
Cabbage
Silkie chicken
Root vegetables
Daylily
Jujube
Longan
Angelica sinensis (Dong Quai)
Prepared Rehmannia root
Fo-ti (He Shou Wu)
E-Jiao (donkey-hide gelatin)

Foods to Avoid for Blood Deficiency

Summer vegetables like bitter melon
Tropical fruits like mango
Foods high in fat

3. Kidney Deficiency

When the kidneys are fatigued, it can lead to feelings of emptiness or fear. Since the reproductive organs produce eggs, a tired kidney can make it difficult to create and ovulate healthy eggs. This can result in pain if the body tries to force the process.

If you experience palpitations on the day of ovulation, kidney deficiency may be a contributing factor. Other symptoms to watch for include lower back pain, coldness in the lower body, swelling, and irregular menstrual cycles. If you notice these signs, it might be worthwhile to focus on kidney care.

A loss of interest in sexual matters or feeling somewhat empty about yourself can also

be related to kidney deficiency. When the vital energy that should be filling your body is depleted, it can lead to a lack of vitality even if you're not physically ill. However, addressing this with proper care can yield positive results.

Unlike traditional medicine, dietary changes can be incorporated into a healthy lifestyle and are beneficial for maintaining overall health. It's never too late to start, and it's also not too early for young people to begin focusing on their kidney health. The kidneys are crucial for youth and growth, so take good care of them.

In traditional Chinese medicine, the kidneys are considered to include the reproductive organs as part of their group. While not strictly accurate, it's helpful to think of the reproductive organs as belonging to the 'kidney group.'

Foods that nourish the kidneys are typically black in color. Recommended foods for this purpose are listed in the following article.

Recommended foods are "black-colored foods":

- Eel
- Carp
- Shrimp
- Seaweed
- Black beans
- Black sesame
- Pine nuts
- Mushrooms
- Walnuts
- Eggplant
- Purple onions
- Purple cabbage
- Black fungus
- Konnyaku (not the white type, but the one with black specks)
- Black rice
- Pu-erh tea
- Black tea
- Hibiscus tea

When kidney function declines, reproductive ability also diminishes. Women, with their menstrual cycles and menopause, should pay particular attention to kidney function.

Especially, "black fungus" is excellent for uterine care. Although black fungus is not recommended during menstruation, it is a great food to eat regularly otherwise.

Other Considerations:

Are you compressing your abdomen with your usual posture or clothing?
Prolonged compression can lead to poor blood flow. If tight underwear or jeans are making your abdomen or waist uncomfortable, consider loosening them a bit.

Are your muscles too tight?

When exercising, try to avoid unnecessary tension and focus on your breathing. If you're standing for long periods and feeling tense, work on releasing any excess tension. Excessive muscle development in women can sometimes lead to irregular periods, and in some cases, even cause periods to stop. Aim for moderate exercise and avoid overworking your body.

Are you exposing yourself to cold?

Are you wearing clothes that leave your abdomen or lower back exposed?
Cold temperatures can cause muscle stiffness and poor blood circulation. Eating cold foods regularly can also contribute to internal coldness, so be mindful of this.

Are you overheating?

While warming up can be beneficial, avoid sleeping with things like heated belts or thick socks if they make you too warm. The body will try to cool itself down if it becomes too hot. While temporary warming can help relax your body, excessive heating can lead to its own problems. Be cautious not to over-rely on heat packs or warm clothing.

Are you staying hydrated?

The kidneys manage water in the body. Blood flow and hydration are related, and dehydration can impair circulation. While it's easy to feel thirsty in the summer, you might not notice it as much in autumn and winter, leading to potential dryness. It's important to drink "water" rather than juice or tea. Room temperature water, lukewarm water, or hot water are preferable over very cold water. Ensure you stay well-hydrated.

If you're experiencing any discomfort, don't hesitate to consult with a gynecologist.

Getting a thorough examination and understanding your health condition is crucial. Paying attention to your body is very important.

Actually, it's normal not to experience menstrual pain or ovulation pain. However, women have been working hard for a long time. Even when there are no physical issues, pain can sometimes persist. It's important to occasionally take the time to gently care for your inner 'feminine self.'

There is a growing recognition of women's struggles, and more people are acknowledging that 'women should be allowed to rest more.' Despite labeling oneself as 'lazy,' women often push themselves to maintain a perfect household and face societal pressures to perform. Modern women find themselves in a particularly challenging position, balancing personal and professional demands.

While striving and working hard is admirable, remember that 'too much of anything is as bad as not enough.' It's important to seek help where you can. Allow yourself to experience a more relaxed, feminine pace of life, and savor those moments of calm. Constantly pushing forward without rest can lead to burnout and physical exhaustion.

Although finding time can be difficult, try to incorporate moments of relaxation, like a simple tea break, into your day. There's no need to fast-forward through life. Embrace the slower moments and let yourself enjoy them.

Recipe Collection!!

1. [To Ease Menstrual Pain: Soft and Fluffy Egg and Garlic Chive Miso Soup]

This is the miso soup recipe I eat right before my period starts and on the first and second days of menstruation.

'eat garlic chives!'

This has helped reduce the pain.

There may be individual differences in effectiveness, and it might take some time, but I hope it can help you. I recommend eating it every day, ideally with every meal, starting just before your period, rather than just once a day.

Ingredients (Serves 1-3)

1 bunch (100 g) of garlic chives
Bonito stock powder

2 eggs
Approximately 150 g of miso
600 ml of water

Cut the garlic chives into bite-sized pieces. The size is up to your preference. Beat the eggs.

Bring water to a boil in a pot and add the stock powder. Once it boils, turn off the heat and, when the stock settles, dissolve the miso.

Add the ingredients. Reduce the heat to very low and pour the beaten eggs into the miso soup from a height of about 20 cm.

Another option is to add the beaten eggs to the boiling water before dissolving the miso. This method might give a nicer appearance, so it could be worth trying. Feel free to choose according to your preference.

Do not stir immediately. Wait for 30 seconds to 1 minute, then gently stir. Add the garlic chives.

Cook the garlic chives lightly, and it's done.

Miso should not be boiled, as it can become too salty and lose its flavor. Stop heating when you see small bubbles forming around the edge of the pot.

Garlic chives have the ability to warm the body and may help with fatigue recovery and appetite stimulation. Warming the body can promote blood circulation and alleviate pain, easing one of the uncomfortable symptoms of menstruation, which is the feeling of chill.

Bonito contains iron, which helps address blood deficiency. It also supports the kidneys, which are stressed during menstruation.

Eggs are a superfood packed with nutrients except for vitamin C and dietary fiber. Although prices have risen slightly, eggs are still a quick and valuable source of nutrition. Especially when menstruation causes discomfort, cooking can become difficult. Even something as simple as an egg-topped rice dish can be a powerful ally during this time.

Since appetite can decrease temporarily before menstruation, soup is easier to consume and provides necessary nutrients.

Personally, garlic chives have been a great help for me. I hope this has a beneficial effect on your body as well! Please make good use of it.

Recommended substitutes for garlic chives are "onion and garlic." Green onions are also a good option. It doesn't have to be miso soup; any familiar soup is fine. The goal is to warm the body and promote blood circulation, so focus on the ingredients.

2. [Recommended During Menstruation! A Friend to Women: Rose Tea and Cinnamon Tea]

Warm your body from the inside with black tea. Adding rose petals will infuse the tea with the rose's unique and elegant fragrance, creating a delightful, princess-like feeling.

Rose petals have the power to warm the body and reduce irritability, and they are rich in vitamin C, beta-carotene, and vitamin B2, offering benefits for both health and beauty. They are particularly recommended for women dealing with pre-menstrual symptoms, menstrual pain, or irregular periods, as they promote blood flow.

For those who experience breast tenderness before menstruation, it may be due to stagnation of qi and blood, and rose petals can help alleviate both.

It would be a waste to make it just a passing trend! I encourage you to drink it daily. Additionally, cinnamon tea is also highly recommended for women.

Here are some tea recipes to try.

What You' ll Need:

Black tea leaves: 1 heaping teaspoon (2 teaspoons if you are in a hard water area). You can use your favorite tea leaves, but Assam is recommended for its neutral aroma, compatibility with herbs, and suitability for milk tea.

Water: Adjust according to the cup. A guideline is 100-200 ml.

Teapot and cup.

For added sweetness, consider using oligosaccharides or honey instead of sugar.

Rose petals : 1 tablespoon

Known as Maikaika in Chinese herbal medicine and as Rose Red in herbal tea, this refers to edible roses. Choose fragrant roses from recommended regions such as Japan, France, or Pakistan. The best choice may vary, so trying different options is advisable.

Brewing Instructions:

First, boil the water.

This is where the real technique comes into play. When boiling water in a kettle or pot, pour the water into the kettle vigorously. This helps to infuse the water with oxygen.

When the water boils to the point where large bubbles are not forming, it is at the right temperature.

Place the tea leaves into the teapot.

When pouring the hot water, do so from a height of about 30 cm with a strong stream. This also helps to infuse the water with oxygen.

Once you see the tea leaves floating on the surface from above, cover the teapot.

Let it steep for about 3 minutes, but this is just a guideline. It's ready when it reaches your desired color.

Pour the tea into the cup, and do so gently without pouring too forcefully.

And that' s how you make black tea.

Add the rose petals here.

And that' s it.

The rose petals are also edible.

The main enjoyment of rose tea is its fragrance.

It is particularly recommended for those with Qi stagnation and blood stasis. It helps to refresh your mood by promoting relaxation and blood flow.

Both black tea and rose petals contain tannins, which can inhibit iron absorption. While these components have antioxidant, antibacterial, and deodorizing properties and are beneficial, those with blood deficiency or who are premenstrual or menstruating should consider the timing of consumption.

Avoid drinking it during meal times and enjoy it only during snack times.

Cinnamon Tea

What You'll Need:

The same as for the black tea. Just add a small amount of cinnamon.

Brewing Instructions:

After boiling the water, first add the cinnamon to the teapot.

Then add the tea leaves and pour in the hot water.

Once it reaches your desired color, pour it into a cup, and it's ready.

This spice tea is completed with a delicate cinnamon aroma, making it easy to drink even for those new to spices.

Cinnamon has a strong warming effect on the body, making it a spice that women with menstrual pain might want to keep as a comforting remedy.

While cinnamon contains a good amount of iron, it also has tannins, so its effect on increasing blood is uncertain.

It's best to drink it primarily for its warming benefits.

In addition to iron, cinnamon also contains vitamin E, calcium, potassium, manganese, zinc, and copper.

Tea bags are perfectly fine to use as well. If you're using tea bags, you can follow the brewing instructions on the package for best results.

If you want to add sweetness, opt for brown sugar instead of white sugar. White sugar can cool the body, while brown sugar has a warming effect. Although brown sugar may not pair perfectly with tea, honey or oligosaccharides are recommended alternatives.

You don't need to go to great lengths with the water, but adding oxygen and creating bubbles can enhance the flavor. Enjoying your tea time should be stress-free, so start with an easy brewing method.

Black tea itself contains many beneficial components such as protein, various vitamins, caffeine, polyphenols, and dietary fiber. It has warming properties on its own, making it a good choice for those with cold constitutions or for the fall, winter, and early spring seasons. I recommend incorporating it into your daily routine.

3. [Jasmine Tea: A Strong Ally for Women]

What are the benefits of jasmine?

Jasmine itself has warming properties. Its pleasant aroma can circulate energy throughout the body and gently soothe irritability and depression.

It is also said to be beneficial for stomach pain and has few drawbacks, making it a favorable flower.

So, how is it beneficial for women? Jasmine has the power to help balance sex hormones.

There are two types of female hormones: one is estrogen, which enhances feminine attractiveness, and the other is progesterone, which supports maternal instincts and protects the body.

These two hormones are deeply involved in women's health and functions, including pregnancy and menstruation.

An imbalance in these hormones can affect both physical and mental health, leading to menopausal symptoms, irregular periods, abnormal bleeding, and PMS, which can be quite distressing.

Jasmine is known for its "sensual aroma" and has a compelling effect on sexuality. It helps to balance these hormones and supports both physical and emotional well-being.

A personal recommendation is to start drinking jasmine tea 2-3 days before ovulation. This can reduce both emotional and physical stress.

Key components of jasmine include jasmones, essential oils, and vitamins C and E. Since vitamins C and E are nutrients for progesterone, jasmine is undoubtedly beneficial for women.

It's easy to prepare, so enjoy a touch of luxury during your tea time.

What you need:

A teapot or a small teapot suitable for one person.

Jasmine tea leaves, about one heaping teaspoon. For hard water regions, use two teaspoons.

A cup.

Approximately 120 ml of hot water. The recommended temperature is around 60° C (140° F).

How to prepare:

Place the tea leaves in the teapot.

Pour the hot water into the teapot.

Cover the teapot and let it steep for about 20 seconds. Then pour the tea into the cup. And it's ready to enjoy.

The delicate aroma will emerge, with reduced bitterness and a pleasant sweetness.

Jasmine is generally recommended at a daily amount of 1 to 6 grams, so for jasmine tea, 1 to 2 cups per day would be ideal.

Jasmine tea contains caffeine and tannins. While these are not harmful in moderation, individuals with caffeine allergies, those experiencing blood deficiency, or those who are menstruating should be cautious, as caffeine and tannins can sometimes impair iron absorption.

The same caution applies to pregnant women and young children. Additionally, while jasmine tea can energize you, it may also lead to energy depletion. If you're feeling low on energy, you might consider reducing your intake or adding honey to your tea for a boost.

Though there are some considerations to keep in mind, they are not cause for excessive concern. Enjoy jasmine tea as one of your options for tea time and savor its delightful flavor.

I hope this article is helpful to you.