

Womb Wisdom

Your Guide to Pain-Free Periods & Fertility Support

WHAT'S INSIDE:

Simple belly massage techniques to reduce pain

Herbal tea blends for hormonal support

Breathing practices to ease cramps and tension

Holistic tips for a more balanced cycle



for Womb Health self-massage

A simple technique to relieve menstrual pain and support uterine health



Lie down comfortably and place your hands over your lower abdomen.
Start with slow, deep breathing.



Using gentle, circular motions, massage the area just above the pubic bone
and about 2 inches below the navel.



Move in a clockwise direction for 5–10 minutes to encourage circulation
and ease tension.

*Practice daily or during your cycle to support pain relief
and improved blood flow*



Warming Herbal Tea for a happy belly



Warming Ginger for Digestion

- ♡ 1-inch piece of fresh ginger root, peeled and sliced
- ♡ ¼ to ½ teaspoon raw honey
- ♡ 1 cup hot water

Steep for 10 minutes and enjoy!

Herbal Tea for hormone balance



♡ 1 tsp red raspberry leaf

♡ 1 tsp spearmint

♡ 1 tsp dried nettle

♡ 16 oz hot water

Steep overnight.

Drink daily for cycle support!



for Pain Relief **Breathing & Meditation**



Calm the nervous system & reduce pain



Sit comfortably and close your eyes.



Inhale deeply for a count of four, expanding your belly.



Hold for four counts, then exhale slowly for six counts.



Repeat for 5–10 minutes, focusing on deep relaxation.



Holistic Nutrition daily practices

Always check with your doctor before taking supplements.

Support your hormones with solid nutrition every day.



Start each day with warm water or herbal tea.



Eat protein first at every meal—aim for at least 30 grams.
This helps regulate your blood sugar and reduce cravings.



Eat plenty of fiber to help move excess estrogen out of the body.
Aim for 5–10 grams at every meal.



Stay hydrated with electrolytes like LMNT or sugar free Liquid I.V.



Healthy fats like olive oil, avocado oil, or ghee can help digestion
and elimination.



Holistic Pain-Free daily practices

Embrace a holistic approach to pain relief with these practices

- ♡ Create a daily self exploration practice like journaling, singing, or drawing so emotions don't become suppressed or stuck.
- ♡ Engage in gentle movement such as yoga or walking.
- ♡ Use a heating pad or castor oil compress on the lower abdomen.
- ♡ Prioritize rest and stress reduction.
- ♡ Eat nourishing, whole foods to support hormonal balance.





Sacred Cycles

*body literacy for
period health*

Unlock Relief: Take the First Steps to Transform Your Menstrual Health

Period pain is common, but it doesn't have to be your normal.

You deserve to feel better—and I can show you how.

Every day, women tell me they wish they had learned this sooner.

If you're looking for personalized care, therapeutic massage, or fertility-focused bodywork, I'd love to support you.

Book your session at [MotherLove Massage](#)