

Painful Periods

DNA Health Report

REPORT CATEGORY —



PAIN

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

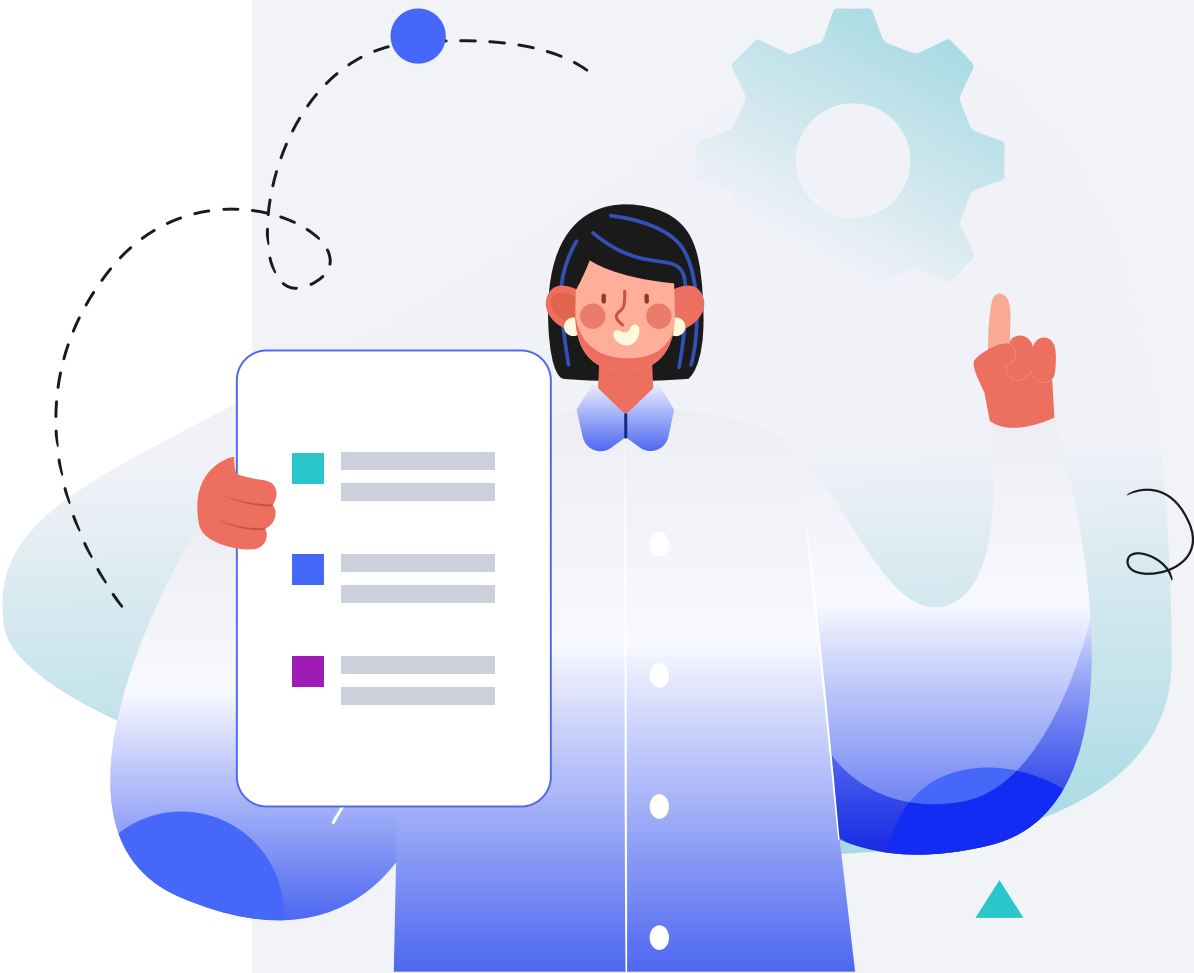
Male

HEIGHT

5ft 5" 165cm

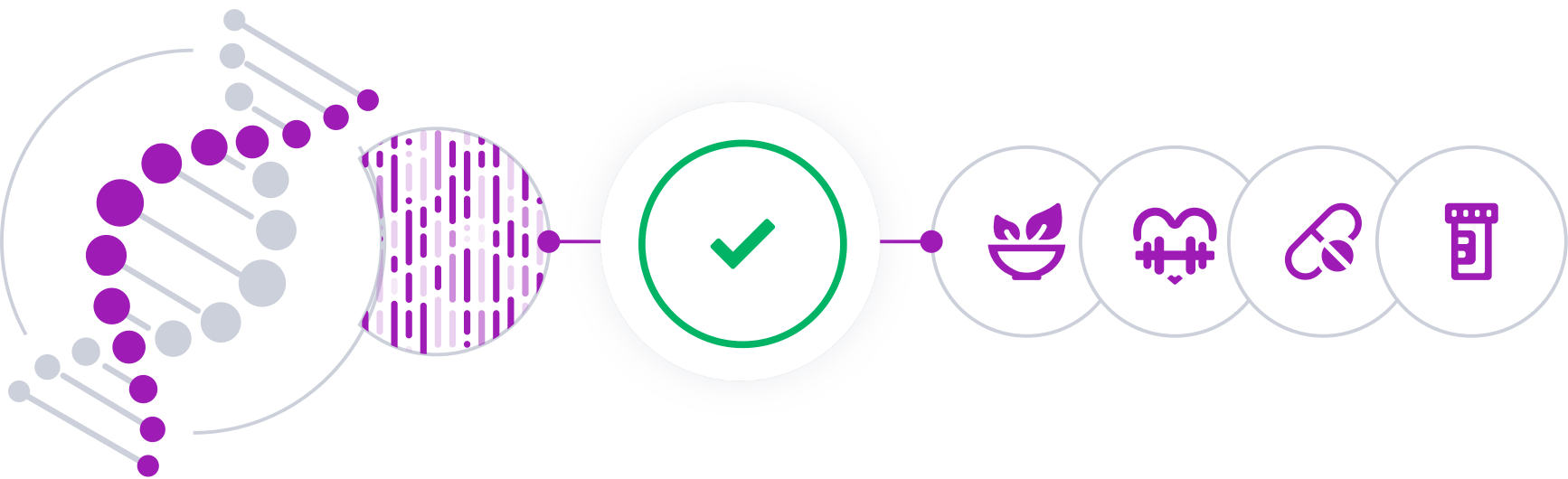
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

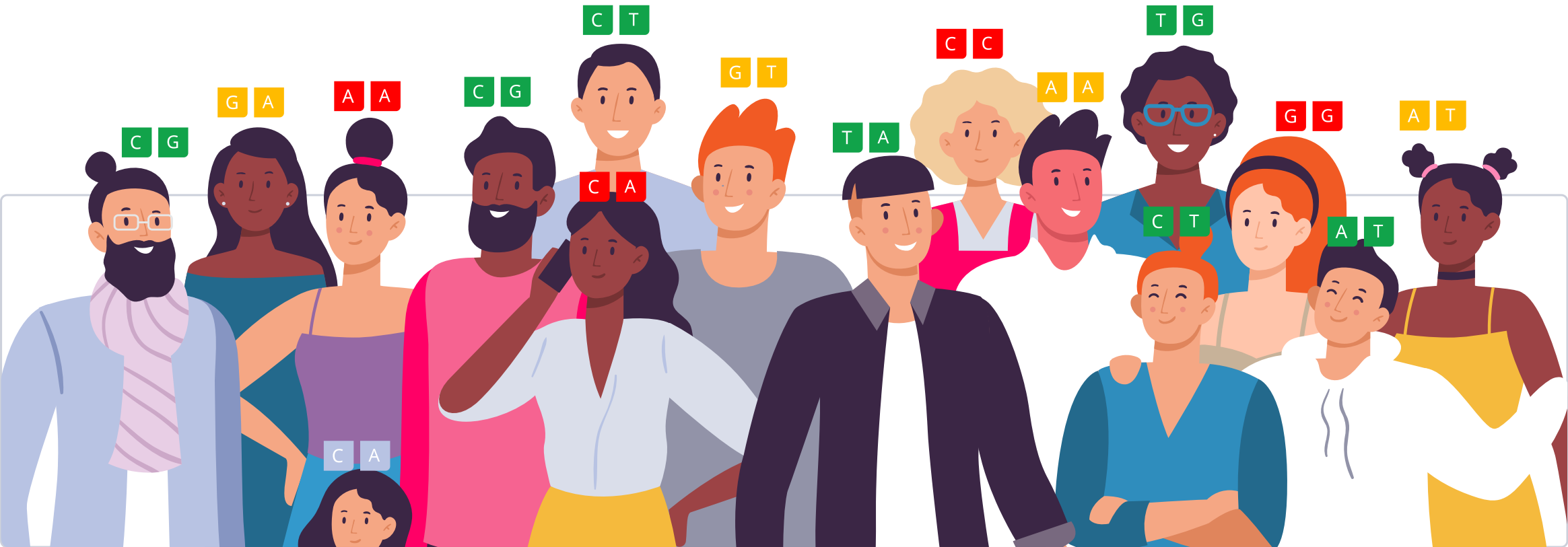


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

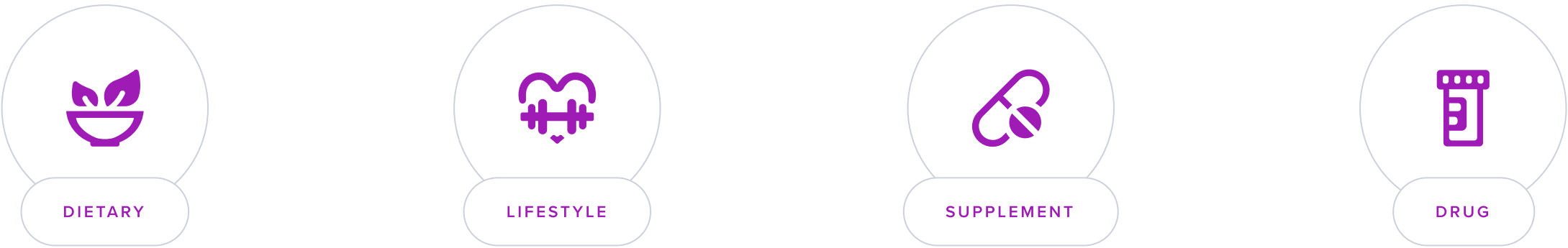
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Period pain is no joke. Some say it can even hurt as much as a heart attack.

With around 8 in 10 women suffering from cramps during their period, it’s no surprise that a lot of them seek out ways to relieve their pain [\[R\]](#).

Snuggling up with a hot water bottle or taking painkillers may offer enough respite to see you through. But if that doesn’t work, what else can you try?

Surprisingly, getting up and moving around has been shown to help reduce this type of pain. Even low-intensity walking may offer some benefits [\[R, R, R\]](#).

If you’re not up for exercising, you could try taking a calming approach. Stress is known to contribute to uterus contractions, so practicing stress-busting activities like yoga might help [\[R, R, R, R\]](#).

There are also some less conventional approaches that have some supporting evidence, like aromatherapy or drinking a cup of green tea [\[R, R\]](#)

Ultimately, it’s about finding strategies that work for you, and **there’s no better tool to help you find them than your DNA.**

For example, if you carry a particular variant of [OPRM1](#), then you may be more sensitive to pain. This is a gene that influences the activity of the body’s own painkillers (endorphins). Exercise helps boost endorphins, so it may be particularly beneficial in this case [\[R, R\]](#).

Alternatively, people with a certain variant of the [BDNF](#) gene may be more prone to period pain and stress while on their period. If you carry this variant, you may find particular benefit from calming activities such as yoga [\[R, R, R\]](#).

Read on to find out more about:

- **How your genetics play a role in period pain**
- **Your genetic risk score based on almost 76,000 genetic variants**
- **Personalized recommendations based on your genetics**

Factors Affecting Painful Periods

Key Takeaways:

- Genetics involved in painful periods influence pain, inflammation, and hormones.
- Other risk factors include age, starting puberty young, periods with heavy bleeding, irregular periods, and stress.
- If you are at high genetic risk, taking action on factors you can change may lower your overall risk.
- If you experience symptoms, talk to a healthcare professional to rule out other health conditions and/or to manage pain.
- About **8 in 10** women experience cramping during their periods, with half of those experiencing pain.

During menstruation, the uterus contracts strongly in order to shed its lining. Very strong contractions can block blood flow to the uterus and cause painful cramps [R, R].

Period cramps usually present as pain in the lower abdomen. Some people also have pain in their back and legs. The pain can start a few days before a period begins and usually tapers off in 2-3 days [R].

Additional symptoms can include [R]:

- Dizziness or headache
- Nausea
- Diarrhea

Over 8 out of 10 women have had period cramps at some point. About half of these have pain during every period [R].

However, some people's cramps go beyond discomfort. Painful periods can disrupt daily life and may indicate a serious underlying health problem [R].

Risk factors for painful periods include [R, R]:

- Being under 30
- Starting puberty at 11 or younger
- Heavy bleeding during periods



MORE LIKELY

More likely to have painful periods based on **72,683** genetic variants we looked at



Your risk is greater than 98% of the population and lower than 2% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NGF	rs12030576	TG
NGF	rs2982742	GT
IL36B	rs11123155	TT
NGF	rs6657049	AG
NGF	rs7523086	AG
IL1A	rs11676014	AA
IL1B	rs13382217	GG
IL1A	rs80111889	GG
IL1A	rs10167914	GG
ADGRL4	rs116496586	CC
ADGRL4	rs115793949	CC
ADGRL4	rs115154104	TT
LHPP	rs184824667	GG
PLA2G4A	rs114519942	TT
ADGRL4	rs114808492	CC
MTOR	rs143962722	GG
CAPZB	rs147828806	GG
/	rs148299740	CC
NGF	rs143507891	TT
MGMT	rs141275838	AA
/	rs114962213	TT
PDGFD	rs140927358	CC
UBIAD1	rs115436094	CC
DISP3	rs567394569	TT

- Irregular periods
- High stress
- **Genetics**

If you often have very painful periods, talk to your doctor to check for potential underlying causes [\[R\]](#).

Some ways to help manage painful periods include [\[R\]](#), [\[R\]](#):

- A diet rich in vitamins and minerals
- Exercise
- Applying heat to the lower abdomen
- Painkillers
- Hormone-based therapies (e.g., birth control pills)
- Surgery (if cramps are caused by certain underlying conditions)

Genetics may play a role in painful periods. Involved genes may influence [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Pain sensitivity
- Breakdown of hormones and other chemicals
- Inflammation

GENE	SNP	GENOTYPE
TTC39A	rs189849222	AA
ST6GALNA C3	rs115096197	CC
ADGRL4	rs143086661	GG
GRHL3	rs145084321	GG
MGMT	rs139388619	GG
MGMT	rs140986287	TT
C1ORF185	rs141334516	CC
PDGFD	rs141061439	CC
MGMT	rs150920712	CC
MGMT	rs148855642	GG
LGR6	rs16849842	GG
FAF1	rs557716233	CC
C1ORF100	rs185975740	TT
NTM	rs141205464	CC
USP54	rs181841393	CC
LCE3D	rs142817119	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Exercise At Least One Hour a Day	1 hour	2	Aerobic Exercise (Cardio)	1 hour
3	Apply Heat	15 minutes	4	Ginger	500 mg
5	Yoga	30 minutes	6	Walking	30 minutes
7	Dance	30 minutes	8	Omega-3 (Fish Oil)	500 mg
9	Nerve Stimulation	30 minutes	10	Fennel	100 mg
11	Kegel Exercises	5 seconds	12	Low-Intensity Exercise	1 hour
13	Acupuncture	1 hour	14	Transcutaneous Electrical Nerve Stimulation (TENS)	30 minutes
15	Chamomile	300 mg	16	Maintain Optimal Vitamin D Levels	1000 iu
17	Zinc	10 mg	18	Calcium Supplements	1000 mg
19	Aromatherapy	30 minutes	20	Deep Breathing	5 minutes
21	Ashtanga Yoga	1 hour	22	Cinnamon	500 mg
23	Dietary Thiamine (Vitamin B1)		24	Dietary Omega-3 Fatty Acids	
25	Danggui Shaoyao San	5 g	26	Vitamin E	200 iu
27	Fenugreek	500 mg	28	Magnesium	250 mg
29	Pycnogenol	100 mg	30	Acupressure	1 minute

31	Melatonin	500 mcg	32	Damask Rose	1000 mg
33	Massage	30 minutes	34	Avoid Mercury Exposure	
35	Chasteberry	150 mg	36	Zataria	
37	Green Tea	400 mg	38	Stretching	15 minutes
39	Figs		40	Yoga And Meditation	
41	Progressive Muscle Relaxation	10 minutes	42	Rosemary	400 mg
43	Krill Oil	1 g	44	Lavender Oil Aromatherapy	2 drops
45	Valerian	500 mg	46	Peppermint Oil	180 mg
47	Boron	3 mg	48	Low-Level Laser Therapy (LLLT)	30 seconds
49	Shock Wave Therapy		50	Thyme	
51	Meditation	30 minutes	52	Aquatic Exercise	1 hour
53	Royal Jelly	300 mg	54	Nutmeg	
55	Indian Rhubarb (Rheum Emodi)		56	Chlorella	3 g
57	Cognitive-Behavioral Therapy (CBT)		58	Yarrow	300 mg
59	Hypnosis	20 minutes	60	Eryngo	300 mg
61	Black Seed Oil	2 tsp	62	Lactoferrin	100 mg
63	Uzara	60 drops	64	Wood Betony	300 mg
65	Black Seed (Black Cumin)	1000 mg	66	Alpha-Lipoic Acid	100 mg
67	Honey				

1



Exercise At Least One Hour a Day

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular physical activity may help reduce period pain. It may also improve the quality of life for people with painful periods. **Exercising 3-5 days per week may be best.** Activities that may help include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stretching
- Cardio
- Static exercises (such as planks and wall sits)
- Kegel exercises for pelvic floor muscles
- Sex

Some may find it hard to exercise during their period. **Gentle activities like stretching or walking** may be easier to do while dealing with pain and fatigue. In fact, low-intensity activities may be just as beneficial as more intense exercises for improving period pain [\[R\]](#), [\[R\]](#), [\[R\]](#)

Exercise may help by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Increasing levels of the body’s own painkillers ([endorphins](#))
- Balancing sex hormones
- Reducing inflammation and contractions in the uterus

 PERSONALIZED TO YOUR GENES

People with your [OPRM1](#) gene variant may be more sensitive to pain. This gene influences the activity of endorphins. Exercise may help by boosting endorphins [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
OPRM1	rs1799971	GA	

2



Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Regular physical activity (including cardio) may help reduce period pain. It may also improve the quality of life for people with painful periods. **Exercising 3-5 days per week may be best**. Activities that may help include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Some may find it hard to exercise during their period. **Gentle activities like walking** may be easier to do while dealing with pain and fatigue. In fact, low-intensity activities may be just as beneficial as more intense exercises for improving period pain [\[R\]](#), [\[R\]](#), [\[R\]](#).

Exercise may help by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Increasing levels of the body’s own painkillers ([endorphins](#))
- Balancing sex hormones
- Reducing inflammation and contractions in the uterus

3



Apply Heat

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Experts agree that applying heat to the lower abdomen may help relieve cramps. Options include heating pads and patches. Even a warm bath or hot water bottle may provide some relief [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Heat may help by [\[R\]](#):

- Relaxing tense muscles
- Increasing blood flow
- Reducing pain sensitivity

4



Ginger

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take a 500 mg ginger supplement daily, preferably with a meal to enhance absorption and minimize potential stomach discomfort.

TYPICAL STARTING DOSE

500 mg

Description

Ginger is a versatile spice known for its potential anti-inflammatory and digestive benefits. It may help alleviate nausea, reduce muscle soreness, and support gastrointestinal comfort when consumed as part of a balanced diet.

[Ginger root](#) is a cooking spice and a traditional remedy. People mostly use it to relieve [\[R\]](#):

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Powdered ginger (750-2,000 mg/day) may help reduce period pain [\[R, R, R, R, R, R, R, R, R, R\]](#).

Ginger may help by reducing [\[R\]](#):

- Pain sensitivity
- Uterine contractions and inflammation

5



Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Stress may increase the risk of painful periods. This may be because stress can contribute to inflammation and uterus contractions [\[R, R, R, R\]](#).

Yoga may help reduce stress and period pain. It may also improve the quality of life in women experiencing painful periods [\[R, R, R, R\]](#).

6

Walking

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Regular physical activity may help reduce period pain. It may also improve the quality of life for people with painful periods. **Exercising 3-5 days per week may be best.** Activities that may help include [\[R, R, R, R, R, R, R\]](#):

- Stretching
- Cardio
- Static exercises (such as planks and wall sits)
- Kegel exercises for pelvic floor muscles
- Sex

Some may find it hard to exercise during their period. **Gentle activities like stretching or walking** may be easier to do while dealing with pain and fatigue. In fact, low-intensity activities may be just as beneficial as more intense exercises for improving period pain [\[R, R, R\]](#)

Exercise may help by [\[R, R, R\]](#):

- Increasing levels of the body’s own painkillers ([endorphins](#))
- Balancing sex hormones
- Reducing inflammation and contractions in the uterus

7



Dance

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in dance activities for at least 30 minutes, three times per week. You can choose any form of dance you enjoy, such as ballroom, hip hop, or salsa, and you can dance at home, in a studio, or in a group class setting.

TYPICAL STARTING DOSE

30 minutes

Description

Dancing involves moving your body to music. Many people take dance classes to learn various styles of dance and improve their skills. Examples include:

- Ballet
- Zumba
- Belly dancing
- Hip hop
- Salsa

Dancing is a fun, creative, and relaxing activity. It can also provide a range of health benefits, improving your heart health, brain health, fitness, and more.

How it helps

Regular physical activity may help reduce period pain. It may also improve the quality of life for people with painful periods. **Exercising 3-5 days per week may be best.** Activities that may help include [\[R, R, R, R, R, R, R\]](#):

- Stretching
- Cardio
- Static exercises (such as planks and wall sits)
- Kegel exercises for pelvic floor muscles
- Sex

Some may find it hard to exercise during their period. **Gentle activities like stretching or walking** may be easier to do while dealing with pain and fatigue. In fact, low-intensity activities may be just as beneficial as more intense exercises for improving period pain [\[R, R, R\]](#)

Exercise may help by [\[R, R, R\]](#):

- Increasing levels of the body’s own painkillers ([endorphins](#))
- Balancing sex hormones
- Reducing inflammation and contractions in the uterus

8



Omega-3 (Fish Oil)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Getting more omega-3 fatty acids from food or supplements, such as fish oil, may reduce period pain [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Omega-3s may help by reducing inflammation and contractions in the uterus [\[R\]](#).

Please note: *Omega-3s can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking omega-3s* [\[R\]](#).

9

Nerve Stimulation

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Nerve stimulation can be implemented by daily sessions of 15-30 minutes using a device specifically designed for this purpose. These devices often use electrical currents to stimulate nerves through the skin, which can be adjusted in intensity according to comfort. It's important to consult a healthcare provider for guidance on the specific type of nerve stimulation that may be most beneficial for your condition.

TYPICAL STARTING DOSE

30 minutes

Description

Nerve stimulation techniques involve the use of electrical impulses, like transcutaneous electrical nerve stimulation (TENS) or other methods to activate nerves, potentially providing relief from chronic pain, improving muscle function, and aiding in physical therapy.

Health professionals can stimulate your nerves using different strategies [\[R\]](#).

Many strategies use magnetic fields or electric currents. Examples include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Transcutaneous electrical nerve stimulation](#) (TENS)
- Transcranial direct current stimulation (tDCS)
- Transcranial magnetic stimulation (TMS)
- Transcutaneous auricular vagus nerve stimulation (taVNS)

Nerve stimulation may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Cognition
- Mood
- Pain
- Seizures
- Tinnitus

How it helps

Transcutaneous electrical nerve stimulation (TENS) may help reduce period pain [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Nerve stimulation may help by [\[R\]](#):

- Making the body less sensitive to pain
- Increasing levels of the body’s own painkillers ([endorphins](#))

Please note: *Nerve stimulation may not be safe for everyone. Consult your doctor before using nerve stimulation devices of any kind* [\[R\]](#), [\[R\]](#).

10



Fennel

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take a fennel supplement in doses ranging from 100 to 600 mg per day, divided into two or three doses. It is recommended to start with a lower dose to assess tolerance. Continue taking the supplement for up to three months to evaluate its effectiveness.

TYPICAL STARTING DOSE

100 mg

Description

Fennel is a flavorful herb and vegetable with potential digestive and anti-inflammatory properties. It can be used in cooking to add flavor to dishes while potentially offering digestive support.

[Fennel](#) (*Foeniculum vulgare*) is an herb belonging to the carrot family. Fennel shoots, bulbs, leaves, and seeds are edible and used in food. Parts of the plant are also used in soaps and perfumes [\[R\]](#), [\[R\]](#), [\[R\]](#).

As an herbal remedy, fennel may help with period cramps and anxiety [\[R\]](#), [\[R\]](#).

How it helps

Fennel oil or **fennel extract** may help reduce period pain [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, one review found mixed evidence [\[R\]](#).

Fennel may help by reducing contractions in the uterus [\[R\]](#), [\[R\]](#).

Please note: *Limit sun exposure or wear sunscreen if you are taking fennel. It may contribute to skin rashes by making some people more sensitive to sunlight. Don't take fennel if you are allergic. If you are pregnant or breastfeeding, consult your doctor before using fennel* [\[R\]](#).

11

Kegel Exercises

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Perform Kegel exercises by tightening your pelvic floor muscles (as if you are trying to stop urinating mid-flow) for 5 seconds, then relax for 5 seconds. Repeat this process 10 times in a row, at least 3 times a day (morning, afternoon, and night).

TYPICAL STARTING DOSE

5 seconds

Description

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them.

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them [\[R\]](#).

The exercises involve flexing and holding the pelvic floor muscles in the same manner one would try to hold in urine. To start, tighten for three seconds, then relax for three seconds. Build up to doing 10-15 repetitions, three times per day [\[R\]](#).

Kegel exercises may help with bladder control problems and sexual health [\[R\]](#), [\[R\]](#).

How it helps

Regular physical activity may help reduce period pain. It may also improve the quality of life for people with painful periods. **Exercising 3-5 days per week may be best.** Activities that may help include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stretching
- Cardio
- Static exercises (such as planks and wall sits)
- Kegel exercises for pelvic floor muscles
- Sex

Some may find it hard to exercise during their period. **Gentle activities like stretching or walking** may be easier to do while dealing with pain and fatigue. In fact, low-intensity activities may be just as beneficial as more intense exercises for improving period pain [\[R\]](#), [\[R\]](#), [\[R\]](#)

Exercise may help by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Increasing levels of the body’s own painkillers ([endorphins](#))
- Balancing sex hormones
- Reducing inflammation and contractions in the uterus

12



Low-Intensity Exercise

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Incorporate 60 minutes of low-intensity activities, such as walking or gentle yoga, into your daily routine. Aim to do this 5 days a week to achieve the best results.

TYPICAL STARTING DOSE

1 hour

Description

Low-intensity exercise, such as walking or gentle yoga, provides numerous health benefits, including improved cardiovascular health, stress reduction, and enhanced overall fitness without the strain of high-intensity workouts.

How it helps

Regular physical activity may help reduce period pain. It may also improve the quality of life for people with painful periods. **Exercising 3-5 days per week may be best.** Activities that may help include [\[R, R, R, R, R, R, R\]](#):

- Stretching
- Cardio
- Static exercises (such as planks and wall sits)
- Kegel exercises for pelvic floor muscles
- Sex

Some may find it hard to exercise during their period. **Gentle activities like stretching or walking** may be easier to do while dealing with pain and fatigue. In fact, low-intensity activities may be just as beneficial as more intense exercises for improving period pain [\[R, R, R\]](#)

Exercise may help by [\[R, R, R\]](#):

- Increasing levels of the body’s own painkillers ([endorphins](#))
- Balancing sex hormones
- Reducing inflammation and contractions in the uterus

13



Acupuncture

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

In women with period pain, acupuncture and acupressure may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Decrease period pain
- Improve the quality of life

Limited evidence suggests acupressure may be more helpful than acupuncture [\[R\]](#).

These techniques may help by improving blood flow in the uterus and increasing levels of the body’s own painkillers ([endorphins](#)) [\[R\]](#).

However, some reviews didn’t find benefits for either technique [\[R\]](#), [\[R\]](#).

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

14



Transcutaneous Electrical Nerve Stimulation (TENS)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Apply TENS unit electrode pads around the area in pain; begin with the device set to a low setting and gradually increase intensity to a comfortable level. Use the device for 15-30 minutes per session for pain relief, and it can be used multiple times a day as needed.

TYPICAL STARTING DOSE

30 minutes

Description

TENS is a therapy that uses low-level electrical currents to relieve pain by stimulating the nerves. It's commonly used as a non-invasive method to manage various types of pain, such as musculoskeletal pain or chronic pain conditions.

How it helps

TENS may reduce pain intensity in women with primary dysmenorrhea. It may be most effective when applied for at least 20 min, with a pulse duration of 50-400 μ s, and at a frequency of 2-120 Hz [R, R, R, R].

15



Chamomile

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take chamomile supplements in the form of capsules or tablets, usually ranging from 300 to 400 mg, up to three times daily between meals. If using chamomile tea as a supplement, drink 1 to 4 cups daily.

TYPICAL STARTING DOSE

300 mg

Description

Chamomile is an herbal remedy derived from the dried flowers of the chamomile plant. It is widely used for its calming and soothing properties

Chamomile is an herb native to Africa, Asia, and Europe. It was used as a traditional herbal remedy in ancient Greece, Rome, and Egypt. Today, chamomile is used in cosmetics, aromatherapy, tea, and supplements. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin problems
- Period cramps
- Gut problems
- Sleep quality
- Mood

How it helps

Chamomile (750-1,600 mg/day) may help reduce period pain and bleeding. It may help by decreasing contractions and inflammation in the uterus [\[R\]](#).

Please note: *Avoid chamomile if you’re allergic to ragweed, daisies, or chrysanthemums. Because it belongs to the same plant family, it may cause similar reactions. Chamomile may also interact with some medications* [\[R\]](#).

16

Maintain Optimal Vitamin D Levels

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Women with worse period cramps tend to have lower levels of vitamin D [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In line with this, vitamin D supplements may help reduce period pain. They may also improve symptoms like fatigue, headache, and nausea. However, one study didn't find these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D may help by decreasing contractions in the uterus [\[R\]](#).

Additional References: [\[R\]](#), [\[R\]](#)

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

PERSONALIZED TO YOUR GENES

People with your [GC](#) gene variant may have lower vitamin D levels [\[R\]](#). Take special care to get enough vitamin D.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
GC	rs4588	TG	

17



Zinc

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Supplementing with zinc (up to 40 mg/day) may help reduce period pain [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Zinc may help by [\[R\]](#):

- Lowering inflammation and oxidative stress
- Improving blood flow in the uterus

Please note: *A high intake of zinc may cause stomach pain and gut irritation. Medical bodies recommend against taking more than **40 mg** of zinc per day [\[R\]](#), [\[R\]](#).*

18



Calcium Supplements

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take 500-600 mg of calcium supplement twice daily with food. For best absorption, do not exceed 600 mg at one time and ensure a total daily intake of 1000-1200 mg from all sources, including diet. Continue indefinitely for ongoing support of bone health.

TYPICAL STARTING DOSE

1000 mg

Description

Calcium supplements are commonly used to support bone health and prevent conditions like osteoporosis. Adequate calcium intake is essential for maintaining strong bones and teeth.

[Calcium](#) is the most abundant mineral in the human body. It is vital for the bones, heart, muscles, and nervous system [\[R\]](#).

Your body gets calcium from food and needs vitamin D to help absorb it. Calcium can be found in a variety of foods, including [\[R\]](#):

- Dairy products
- Green, leafy vegetables
- Fish with edible soft bones (e.g., sardines)
- Calcium-fortified foods and beverages

How it helps

Calcium (600-1,000 mg/day) may help reduce the severity of period cramps [\[R, R, R\]](#).

Low levels of calcium may contribute to period cramps by increasing muscle spasms in the uterus [\[R\]](#).

Please note: *Calcium supplements are better absorbed when taken with food. If you experience bloating or constipation, consider switching to a supplement containing a different form of calcium, taking a smaller dose, or taking it with meals. Talk to your doctor before using or switching calcium supplements or dosage* [\[R\]](#).

Please note: *calcium competes with iron for absorption in the intestines, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using calcium supplements.*

19



Aromatherapy

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

Aromatherapy may help reduce period pain. It may help alone or combined with abdominal massage [\[R\]](#), [\[R\]](#).

Aromatherapy may help by [\[R\]](#), [\[R\]](#):

- Making the body less sensitive to pain
- Increasing levels of the body's own painkillers ([endorphins](#))

Please note: Some essential oils may cause skin irritation, allergic reactions, sun sensitivity, or breathing problems. Avoid using them near the eyes, nose, or other sensitive areas. Some oils are not safe for children, pregnant women, or pets. Consult your health provider before using essential oils [\[R\]](#).

 PERSONALIZED TO YOUR GENES

People with your [OPRM1](#) gene variant may be more sensitive to pain. This gene influences the activity of endorphins. Aromatherapy may help by boosting endorphins [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
OPRM1	rs1799971	GA	

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Deep Breathing

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

A study found that deep breathing exercises minimized the pain levels of primary dysmenorrhea among physiotherapy students [\[R\]](#).

Another study provided training on deep breathing relaxation to nursing students, which led to a decrease in dysmenorrhea pain. This suggests that proper training in deep breathing techniques can be a useful tool for managing menstrual pain [\[R\]](#).

21



Ashtanga Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice Ashtanga yoga for 60 to 90 minutes at least three times per week. Choose a quiet, comfortable space and consider joining a class or using online guides for structured sequences.

TYPICAL STARTING DOSE

1 hour

Description

Ashtanga yoga is a dynamic and physically demanding style of yoga that combines breath, movement, and meditation. It aims to improve flexibility, strength, and mental focus while promoting overall fitness and stress reduction.

How it helps

One study demonstrated that a specially designed Ashtanga-based yoga program improved menstrual pain, physical fitness, and quality of life among young women with dysmenorrhea [\[R\]](#).

Another study highlighted that regular Ashtanga yoga sessions reduced perceived pain and improved daily activities among medical students with dysmenorrhea [\[R\]](#).

22



Cinnamon

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

[Cinnamon](#) is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [\[R\]](#):

- Decrease inflammation
- Fight [oxidative stress](#)
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [\[R\]](#).

There are two main types of cinnamon [\[R\]](#):

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon (1,000-1,260 mg/day during the first 1-3 days of a period) may help reduce [\[R, R, R\]](#):

- Period pain
- Bleeding
- Nausea and vomiting

Cinnamon may help by reducing inflammation and contractions in the uterus [\[R\]](#).

Please note: *Cassia cinnamon is high in coumarin. Large amounts of this substance may harm the liver. Consult your doctor before supplementing with large amounts of Cassia cinnamon* [\[R, R, R\]](#).

23



Dietary Thiamine (Vitamin B1)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate foods high in thiamine into your daily diet, such as whole grains, meat (particularly pork), nuts, and legumes. Aim to meet the recommended dietary allowance for thiamine, which is 1.1 mg per day for adult women and 1.2 mg per day for adult men.

Description

Thiamine, also known as vitamin B1, is a water-soluble nutrient found in various foods, like whole grains, legumes, and pork. It plays a crucial role in energy metabolism and nerve function. Thiamine supplements have been used for many years to treat conditions like beriberi, which is caused by thiamine deficiency.

Thiamine ([vitamin B1](#)) is an essential nutrient. Our body needs it for basic cell function and energy production from nutrient breakdown. It is found in a number of foods, such as [\[R\]](#):

- Meat
- Fish
- Beans
- Whole grains

How it helps

Thiamine (100 mg/day for 2-3 months) may help reduce period pain [\[R, R, R, R\]](#).

It may help by reducing inflammation and decreasing sensitivity to pain [\[R\]](#).

24



Dietary Omega-3 Fatty Acids

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

A study involving adolescents found that daily supplementation with fish oil, containing 1080 mg of eicosapentaenoic acid and 720 mg of docosahexaenoic acid (for 2 months), led to a marked reduction in menstrual symptom scores after two months of treatment [\[R\]](#).

Similarly, other studies have found that omega-3 fatty acids, either alone or in combination with other supplements like vitamin E, effectively relieve menstrual pain compared to placebo, highlighting their potential as a non-pharmacological treatment for dysmenorrhea [\[R\]](#).

25



Danggui Shaoyao San

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 5 to 10 grams of Danggui Shaoyao San powder, divided into two or three doses throughout the day. It is usually mixed with warm water and taken orally, 30 minutes before or after meals. Continue this regimen daily for 3 to 6 months for best results.

TYPICAL STARTING DOSE

5 g

Description

Danggui Shaoyao San is a traditional Chinese medicine blend. It is also known as Dangguijagyag-san in Korea or Toki-shakuyaku-san in Japan. This mixture has been traditionally used to relieve menstrual pain.

Danggui Shaoyao San is a traditional Chinese medicine blend. It is also known as Dangguijagyag-san in Korea or Toki-shakuyaku-san in Japan. This mixture has been traditionally used to relieve menstrual pain [\[R\]](#).

It usually includes a blend of the following, although ingredients may vary [\[R\]](#):

- Angelica (*Angelica sinensis*)
- Chinese peony (*Paeonia lactiflora*)
- Cnidium (*Cnidium officinale*)
- Bai zhu (*Atractylodes macrocephala*)
- Poria mushroom (*Poria cocos*)
- Water plantain (*Alisma orientalis*)

How it helps

Danggui Shaoyao San may help with period pain. However, studies are of low quality. In addition, because it is a blend, we don't know which ingredients are responsible for these effects [\[R\]](#), [\[R\]](#), [\[R\]](#).

This blend may help by [\[R\]](#), [\[R\]](#):

- Reducing contractions in the uterus
- Balancing sex hormone levels
- Reducing inflammation

Please note: *Limit sun exposure or wear sunscreen if you are taking Angelica. It may contribute to skin rashes by making some people more sensitive to sunlight. People who should not take Angelica include those who are pregnant, have chronic diarrhea, or have hormone-related cancer. In people who are allergic to plants in the Apiaceae family, Angelica may cause an allergic reaction. In addition, it may interact with blood thinners. Talk to your doctor before taking this blend [\[R\]](#).*

26



Vitamin E

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Vitamin E (200-500 IU/day for 2 days before and 3 days after the beginning of a period) may help reduce period pain and blood loss [\[R, R, R, R, R\]](#).

It may help by reducing uterine contractions [\[R\]](#).

Please note: *While dietary vitamin E is generally considered safe, vitamin E supplements may not be the best option for pregnant people. Those who have heart disease, bleeding disorders, or other conditions may also need to avoid them. Consult your doctor before taking vitamin E supplements [\[R\]](#).*

27



Fenugreek

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 500 mg fenugreek supplement daily, preferably with a meal to aid in digestion and absorption.

TYPICAL STARTING DOSE

500 mg

Description

Fenugreek is an herb and spice commonly used in traditional medicine for its potential to support digestive health, regulate blood sugar levels, and promote lactation in nursing mothers. Its compounds, such as soluble fiber and fenugreek seeds, contribute to its various health benefits.

[Fenugreek](#) is a leafy green legume originating from central Asia. Its leaves and seeds are both used in cooking. Some people also use the seeds to make tea [\[R\]](#), [\[R\]](#).

People use fenugreek tea or supplements for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reproductive health
- Blood sugar control
- Decreasing cholesterol

How it helps

Fenugreek seed powder (2.7-6 g/day for the 3 first days of a period) may help reduce period pain. It may also reduce symptoms like fatigue, headache, and nausea [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fenugreek may help by reducing inflammation and decreasing sensitivity to pain [\[R\]](#).

28



Magnesium

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

250 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Experts list magnesium supplements as products that may potentially reduce menstrual cramps [\[R\]](#).

In 2 old studies of 82 women with dysmenorrhea, supplementation with magnesium reduced abdominal and low-back pain and absences from work [\[R\]](#), [\[R\]](#).

29



Pycnogenol

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take 100 mg of pycnogenol supplement daily. This can be taken in a single dose or divided into two doses of 50 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE
100 mg

Description

Pycnogenol (pine bark extract) is derived from the bark of the maritime pine (Pinus pinaster). It has been used in traditional n European folk medicine for centuries, and more recently as a supplement. The extract contains a group of bioactive compounds known as proanthocyanidins, which may be beneficial in supporting cardiovascular health, promoting skin health, and aiding in the management of various conditions related to inflammation and oxidative stress.

Pycnogenol comes from the bark of pine trees that grow in the Mediterranean [\[R\]](#), [\[R\]](#).

It may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Athletic performance
- Seasonal allergies
- Cognitive function
- Joint health
- Varicose veins

How it helps

In a [placebo-controlled trial of 116 women](#), supplementation with pycnogenol (60 mg/day) for 2 subsequent menstrual cycles **reduced menstrual pain and the need for analgesics** [\[R\]](#).

Pycnogenol (30 mg, 2x/day from the 8th day of the 1st menstrual cycle until the 7th day of the 3rd menstrual cycle) **decreased abdominal and back pain** in an [uncontrolled trial of 47 patients with menstrual pain](#) [\[R\]](#).

It may help by reducing inflammation [\[R\]](#).

30

Acupressure

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Apply firm pressure on specific acupoints related to your condition using your fingers or a blunt object for 1-3 minutes. Repeat this process 2-3 times a day for several weeks to potentially observe improvements.

TYPICAL STARTING DOSE

1 minute

Description

Acupressure is a traditional Chinese healing technique that involves applying pressure to specific points on the body to promote relaxation, alleviate pain, and improve overall well-being.

How it helps

Experts suggest that acupressure may help ease menstrual cramps, although research is limited [\[R\]](#).

Acupressure may improve menstrual pain immediately after the intervention and for up to 3 hours. However, more high-quality studies are needed to confirm this benefit [\[R, R, R\]](#).

Moreover, other studies found no benefits and attributed some minor improvements to a placebo effect [\[R, R\]](#).

31

Melatonin

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps

Melatonin can help alleviate painful periods as it has pain-relieving properties and helps regulate hormonal fluctuations that cause menstrual cramps. This supplement can, therefore, ease the discomfort associated with your periods.

32



Damask Rose

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take damask rose supplements orally in the form of capsules or tea. For capsules, consume 500mg twice daily. If opting for tea, brew 1-2 teaspoons of dried damask rose petals in hot water for 10 minutes, enjoying 1-2 cups per day.

TYPICAL STARTING DOSE

1000 mg

Description

Damask rose is known for its aromatic properties and is often used in perfumes and cosmetics. Some preparations, such as damask rose mouthwash and oil, may have potential benefits for oral hygiene and skin health due to their pleasant fragrance and potential antibacterial properties.

How it helps

In a study of 92 women with primary dysmenorrhea, supplementation with Damask rose (200 mg, 2x/day for 3 days) offered similar benefits to standard painkiller therapy [R].

However, a meta-analysis of 7 studies found non-significant effects of Damask rose on menstrual pain and anxiety [R].

33



Massage

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Experts suggest there is insufficient evidence for the benefits of massage in painful periods [\[R\]](#).

Abdominal massage may decrease pain, especially when combined with aromatherapy. However, more high-quality and large studies are needed to confirm this benefit [\[R\]](#), [\[R\]](#), [\[R\]](#).

How to implement

Description

- Tuna
- Shark
- Swordfish

How it helps

Reproductive hazards in 704 female workers exposed to low-level metallic mercury and 583 controls were investigated. Females exposed to low-level mercury for a long term mainly manifested dysmenorrhoea, and the incidence of dysmenorrhoea increased with exposure dose, suggesting a dose-response relationship [R].

35



Chasteberry

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 150-500 mg of chasteberry extract daily, ideally in the morning to align with the body's natural hormonal rhythms. This dose is typically recommended for a duration of at least three months to evaluate its effectiveness on symptoms.

TYPICAL STARTING DOSE

150 mg

Description

Chasteberry, also known as chaste tree or Vitex, is an herb commonly used to support women's health, particularly in addressing symptoms of premenstrual syndrome (PMS) and hormonal imbalances. It may help regulate the menstrual cycle and alleviate some PMS symptoms.

Chasteberry is the fruit of the chaste tree (*Vitex agnus-castus*), a plant native to Europe and Asia [\[R\]](#), [\[R\]](#).

Early studies note that chasteberry may help with menstrual problems [\[R\]](#).

How it helps

In a study of 90 women, supplementation with chasteberry (3 mg/day for 3 menstrual cycles) offered similar pain relief compared to standard painkiller therapy in those with severe dysmenorrhea [\[R\]](#).

Please note: *Chasteberry may not be safe for women who are pregnant or breastfeeding. It may also not be safe for women with hormone-related conditions, such as some cancers. Chasteberry may interact with some medications. Talk to your doctor before taking chasteberry* [\[R\]](#).

36



Zataria

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take Zataria multiflora as a supplement in capsule form, with a common dosage ranging from 500mg to 1000mg per day. This should be divided into two or three doses, taken with meals to aid in absorption and reduce the risk of gastrointestinal discomfort.

Description

Zataria, also known as za'atar, is a Middle Eastern spice blend made from herbs like thyme, oregano, and sesame seeds. It is used for flavoring dishes and is believed to have potential antioxidant and anti-inflammatory properties.

How it helps

Experts indicate that zataria supplements count with limited evidence to suggest a potential benefit [\[R\]](#).

In a study of 108 adolescents, supplementation with 1-2% zataria essential oil (25 drops every 4 hours for 3 menstrual cycles) relieved menstrual pain. Only about 40% of treated patients needed painkiller medication versus 66.7% in the placebo group [\[R\]](#).

37



Green Tea

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R\]](#), [\[R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Drinking green tea (3-5 cups per day) is linked to a lower risk of period pain [\[R\]](#).

Green tea may help by reducing inflammation and contractions in the uterus [\[R\]](#).

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

38



Stretching

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE

15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

Stretching exercises (10 minutes, 3x/week) relieved pain and reduced menstrual duration in a study of 61 women with primary dysmenorrhea [\[R\]](#).

39



Figs

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 2-3 fresh figs or 1/2 cup of dried figs into your daily diet. You can eat them as a standalone snack or add them to salads, cereals, and yogurt for additional flavor and health benefits. This dietary change should be maintained consistently for best results.

Description

Figs are a nutritious fruit packed with dietary fiber, vitamins, and minerals. They can aid in digestive health, support weight management, and provide essential nutrients like potassium and calcium.

How it helps

In a study of 99 nursing students, consuming dry figs decreased pain severity and duration, menstrual distress, and perceived stress while improving quality of life [\[R\]](#).

40



Yoga And Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

How it helps

A study demonstrated that meditation and yoga (for 12 weeks) reduced the perceived pain in young students with primary dysmenorrhea. After 3 months of regular practice, most participants reported complete pain relief or a substantial decrease in pain intensity [\[R\]](#).

41



Progressive Muscle Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [\[R\]](#), [\[R\]](#).

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [\[R\]](#), [\[R\]](#).

How it helps

A study found that muscle relaxation therapy reduced pain intensity associated with dysmenorrhea in adolescents. The therapy involved progressive muscle relaxation exercises that helped decrease pain levels and improved the overall well-being of participants during menstrual pain episodes [\[R\]](#).

42



Rosemary

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take rosemary in supplement form, such as capsules, with a typical dose ranging from 400 to 600 milligrams once daily. It is best taken with food to improve absorption and reduce the risk of stomach irritation. Consult with a healthcare professional before starting, especially if pregnant, nursing, or on medication.

TYPICAL STARTING DOSE

400 mg

Description

Rosemary is a fragrant herb native to the Mediterranean region. It's a source of nutrients such as vitamin C, vitamin A, and dietary fiber. It contains antioxidants and compounds that may support digestion, improve memory, and have anti-inflammatory properties.

How it helps

In a study of 82 women with primary dysmenorrhea, supplementation with rosemary extract (250 mg/8 h during the first 3 days of menstruation) reduced pain and menstrual bleeding as much as standard therapy [\[R\]](#).

43



Krill Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1 to 3 grams of krill oil daily as a dietary supplement, preferably with a meal to enhance absorption. It's often available in soft gel form, making it easy to swallow. Continue this regimen consistently for best results, typically reviewing its effectiveness and any need for adjustments with a healthcare provider after a few months.

TYPICAL STARTING DOSE

1 g

Description

Krill oil is a source of omega-3 fatty acids, primarily in the form of phospholipids. It can promote cardiovascular health, joint comfort, and may have anti-inflammatory properties.

How it helps

In a non-placebo-controlled trial of 70 women with premenstrual syndrome, supplementation with krill oil for 90 days reduced painful periods and the emotional symptoms of premenstrual syndrome better than fish oil [\[R\]](#).

Krill oil contains omega-3 fatty acids, which decrease the production of prostaglandins. These compounds are responsible for menstrual pain and uterine contractions.

44



Lavender Oil Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Place 2-3 drops of lavender essential oil in a diffuser filled with water. Use the diffuser in your bedroom or workspace for 30-60 minutes, especially before bedtime or during periods of stress.

TYPICAL STARTING DOSE

2 drops

Description

Lavender oil aromatherapy involves inhaling the soothing scent of lavender essential oil. It is used to promote relaxation, reduce anxiety, and improve overall mental well-being.

How it helps

In a placebo-controlled trial of 96 subjects, those inhaling lavender-sesame oil experienced significantly reduced dysmenorrhea symptoms compared to sesame oil alone, though menstrual bleeding reduction was not statistically significant [\[R\]](#).

Lavender oil aromatherapy may help by reducing inflammation and relaxing the muscles.

45



Valerian

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of valerian supplement about 30 minutes to an hour before bedtime to help improve sleep quality. Do this daily for best results.

TYPICAL STARTING DOSE

500 mg

Description

Valerian is an herbal supplement made from the roots of the Valeriana officinalis plant. It is commonly used as a natural remedy for sleep disorders and anxiety due to its potential to induce relaxation and improve sleep quality.

[Valerian root](#) is a medicinal herb with relaxing properties. People use it to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sleep
- Seizures
- Anxiety
- Headaches

Compounds in valerian help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce stress
- Suppress inflammation
- Relax muscles

How it helps

Valerian, a herbal supplement, may help alleviate painful periods by relieving muscle spasms and calming the nervous system, seen as it has sedative and muscle relaxant properties. However, its effectiveness can vary and should be discussed with a healthcare provider.

In a placebo-controlled trial of 100 female students, supplementation with valerian (255 mg, 3x/day) during the first 3 days of the menstrual cycle for 2 consecutive cycles reduced pain severity [\[R\]](#).

46



Peppermint Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 180-400 mg of peppermint oil in capsule form daily before meals. It is recommended to continue this regimen for at least 4 weeks to evaluate its effects.

TYPICAL STARTING DOSE

180 mg

Description

Peppermint oil is an essential oil derived from the peppermint plant (*Mentha × piperita*). It has a long history of traditional use, dating back to ancient Egypt and Rome, where it was utilized for digestive and respiratory issues. Its main compounds, menthol and menthone are utilized for a variety of potential health benefits, including digestion, skin care, headaches, and respiratory congestion.

People use peppermint in foods, cosmetics, and supplements. [Peppermint oil](#) is an essential oil from peppermint leaves. It may ease muscle pain, relieve headaches, and improve digestion [\[R\]](#), [\[R\]](#).

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [\[R\]](#), [\[R\]](#).

How it helps

In a study of 127 women, taking peppermint oil (1 capsule/day for 3 days) reduced pain severity, nausea, and diarrhea. However, it did not offer greater benefits compared to standard painkiller therapy [\[R\]](#).

47



Boron

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a boron supplement of 3 to 6 mg daily, with food to enhance absorption. This dosage range is commonly recommended for general health benefits, based on nutritional studies. It's advisable to continue this regimen daily for an extended period, as long-term benefits depend on consistent supplementation.

TYPICAL STARTING DOSE

3 mg

Description

Boron is a trace mineral that plays a role in bone health, cognitive function, and hormone regulation.

Boron is a mineral in many foods, including:

- Fruits and fruit juices
- Avocados
- Potatoes
- Legumes
- Drinks (coffee, milk, cider, wine, and beer)

Scientists aren’t sure if boron has any roles in the body, so they don’t consider it an essential nutrient.

Some people take boron supplements to balance hormone levels, increase athletic performance, and more. However, the evidence to support these uses is weak.

How it helps

In a study of 113 women, supplementation with boron (10 mg/day from two days before the menstrual flow until its third day during 2 consecutive menstrual cycles) reduced pain severity and duration [\[R\]](#).

48



Low-Level Laser Therapy (LLLT)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Use a low-level laser therapy device, as directed by its manual or a healthcare professional, on the affected area. Generally, treatment involves applying the laser for a specified duration, often between 30 seconds to several minutes, per treatment area. Sessions can be conducted 2-3 times per week for a period of 4-12 weeks, depending on the condition being treated and the device used.

TYPICAL STARTING DOSE

30 seconds

Description

Low-level laser therapy (LLLT), also known as photobiomodulation, is a type of light therapy that uses low-intensity lasers to promote healing. It has been shown to be effective in treating a variety of conditions, including pain, inflammation, and wound healing.

How it helps

Low-level light therapy reduced menstrual pain by 83% in 2 studies of 75 women. However, larger studies, especially from other researchers, are needed to confirm this benefit [\[R\]](#), [\[R\]](#).

49



Shock Wave Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [\[R\]](#), [\[R\]](#).

How it helps

In a non-placebo-controlled trial of 44 women with primary dysmenorrhea, applying radial extracorporeal shock wave therapy on acupoints **reduced pain severity and menstrual blood loss, but not prostaglandins** [\[R\]](#).

50



Thyme

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take thyme supplements in the form of capsules or pills, following the dosage instructions on the product label, usually once or twice a day with meals. It is important to consult with a healthcare provider before starting any new supplement regimen.

Description

Thyme is an aromatic herb used in cooking and herbal remedies. It contains essential oils and antioxidants and is known for its potential antibacterial and anti-inflammatory properties, supporting respiratory health.

How it helps

In a study of 252 people, drinking thyme tea decreased the risk of primary dysmenorrhea by 2.7 times [\[R\]](#).

51



Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

A study found that meditation reduced menstrual pain as much as physical activity [\[R\]](#).

52



Aquatic Exercise

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in aquatic exercise sessions, such as swimming or water aerobics, for 60 minutes, 3 to 5 times per week. Ensure the exercise intensity is moderate, allowing you to talk but not sing during the activity. Consistency over time is key, so aim to incorporate this into your weekly routine for at least 3 to 6 months to observe benefits.

TYPICAL STARTING DOSE

1 hour

Description

Aquatic exercise involves physical activity performed in water, such as swimming, water aerobics, or aquatic therapy. It is gentle on the joints, making it suitable for individuals with mobility issues, and can help improve cardiovascular fitness and muscle strength.

Aquatic exercise is any type of low-impact physical activity performed in a pool. In this type of cardio exercise, water helps the body float, which reduces gravity and makes the practice more comfortable and tolerable [\[R\]](#), [\[R\]](#).

Compared to land-based exercise, aquatic exercise may be better by [\[R\]](#):

- Reducing the stress and impact on joints
- Lowering fracture risk

Hence, it is usually **recommended for the elderly**. Aquatic exercise is also suitable for people who don't know how to swim [\[R\]](#).

How it helps

A study investigating the effects of a 12-week aquatic exercise program on nonathletic girls with primary dysmenorrhea found that these exercises significantly reduced the severity and duration of pain. The participants performed aquatic exercises three times a week for 60 minutes each session. The study noted marked improvements in pain intensity and length of pain episodes after the exercise program [\[R\]](#).

53

Royal Jelly

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a royal jelly supplement daily, starting with a dose of approximately 300 mg to 500 mg. It can be consumed either in capsule form or directly, depending on your preference, for a period ranging from 3 to 6 months to observe the potential health benefits.

TYPICAL STARTING DOSE

300 mg

Description

Royal jelly is a nutrient-rich substance secreted by worker bees to feed bee larvae and the queen bee. Royal jelly contains protein B-vitamins, calcium and iron. It is taken as a supplement for it's potential energy-boosting and immune-supporting properties.

How it helps

Royal jelly may help by reducing inflammation and working as a natural pain reliever. It also has hormone-balancing properties.

In a [placebo-controlled trial of 110 students with premenstrual syndrome](#), consuming royal jelly capsules (1000 mg/day) for 2 months **decreased PMS score** [\[R\]](#).

54

Nutmeg

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

For adults, take nutmeg as a supplement by adding 1/4 to 1/2 teaspoon of ground nutmeg to your food or beverage, once daily. It is important to not exceed this amount due to potential toxicity at higher doses.

Description

Nutmeg is a spice derived from the seeds of the Myristica fragrans tree. It is used in cooking and traditional medicine and may have potential health benefits, including anti-inflammatory and digestive properties when used in moderation.

How it helps

Nutmeg possesses compounds that can reduce inflammation and pain, which may help in lessening menstrual pain. However, its effectiveness varies among individuals and therefore it should be used with medical supervision.

In a study with 64 dysmenorrheic patients, an herbal decoction (80 mL) taken for three days before menstruation for two cycles reduced day one pain severity (0.03 vs. 0.42) and improved quality of life (SF-12 total score: 85.88 vs. 74.83) while reducing pain duration [\[R\]](#).

55



Indian Rhubarb (Rheum Emodi)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take an Indian rhubarb supplement, in the form of capsules or powder, following the specific dosage recommended on the product label, usually once daily. It is important to adhere to the manufacturer's instructions as the potency of supplements can vary. Continue as long as recommended based on your health goals or advise from a healthcare provider.

Description

Indian rhubarb is an herb used in traditional medicine for its potential laxative and digestive benefits. It may help relieve constipation and support gastrointestinal health when used under the guidance of a healthcare professional.

How it helps

In a study of 45 women with primary dysmenorrhea, supplementation with rhubarb powder capsules (2x/day from 2 days before menstruation until the third menstrual day) offered similar pain relief compared to standard painkiller therapy [\[R\]](#).

Please note: *Be careful with rhubarb if you are prone to allergies. High doses of rhubarb may cause diarrhea and abdominal cramps. Avoid long-term use due to dependence risk. Rhubarb is not safe for people with gut conditions, women who are pregnant or breastfeeding, and children under 12 years of age. Make sure to consult your doctor before taking rhubarb* [\[R\]](#), [\[R\]](#).

56



Chlorella

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 3 to 5 grams of chlorella in tablet or powder form daily, ideally before meals to improve digestion. Continue this supplementation for at least 2 to 3 months to observe benefits.

TYPICAL STARTING DOSE

3 g

Description

[Chlorella](#) is a microalga from freshwater. People consume chlorella in rice, pancakes, or tea. It can also be found as a supplement [\[R\]](#) [\[R\]](#).

Chlorella is **rich in protein** and several micronutrients. It may be useful to [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Reduce blood pressure
- Improve immunity

How it helps

In a study of 44 women with primary dysmenorrhea, supplementation with chlorella (1,500 mg/day for 8 weeks) reduced pain duration, pain severity, fatigue, headache, nausea, vomiting, and lack of energy. It may help by reducing inflammation [\[R\]](#).

57



Cognitive-Behavioral Therapy (CBT)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

A study conducted among young female students with primary dysmenorrhea demonstrated that CBT (1x/week for 12 weeks) decreased depression, anxiety, and stress levels and improved coping mechanisms related to pain management [\[R\]](#).

58



Yarrow

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take yarrow as a supplement in capsule form, generally available in doses ranging from 300 to 500 mg. It can be taken up to three times a day with water, preferably with meals. This regimen can be followed daily for up to two weeks, after which a break or consultation with a healthcare provider is advisable.

TYPICAL STARTING DOSE

300 mg

Description

Yarrow is a plant often used in traditional medicine. Its leaves, rich in beneficial compounds, can help stop bleeding, heal wounds, and fight fevers. Including yarrow in your health regimen can help support overall well-being.

How it helps

In a study of 96 women with primary dysmenorrhea, drinking yarrow tea (3 cups/day for 3 days) during 2 consecutive menstrual cycles reduced pain since the first month [\[R\]](#).

59



Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in a hypnosis session with a qualified practitioner for 20-30 minutes, 1-2 times per week. Consistency over several weeks to months is important for optimal benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Hypnosis is a therapeutic technique that may help individuals manage stress, anxiety, and certain behavioral issues. It involves deep relaxation and focused attention and can be used to address various mental and emotional health concerns.

Hypnosis is a trance-like state meant to [\[R\]](#), [\[R\]](#):

- Promote relaxation
- Sharpen focus
- Make a person more open to suggestions

Despite the way it’s often portrayed in the media, hypnosis is a real practice used to support mental health [\[R\]](#), [\[R\]](#).

Only a licensed professional should help you achieve hypnosis.

How it helps

Hypnosis (for 3 menstrual cycles) improved the quality of life and reduced pain intensity in a study. This improvement was comparable to that achieved with conventional pain medication over three menstrual cycles. The benefits of hypnosis persisted even after the treatment period, suggesting lasting effects [\[R\]](#).

Another study emphasized that hypnosis provided lasting pain relief compared to standard painkillers. While painkillers showed an immediate effect on pain relief, hypnosis had a more prolonged benefit, reducing pain over several menstrual cycles without the need for ongoing treatment [\[R\]](#).

60



Eryngo

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take an eryngo supplement as a dried root powder, capsule, or extract. Follow the manufacturer's instructions on the product packaging for dosage, typically ranging from 300 to 600 mg per day, divided into two or three doses. Continue usage for as long as symptoms persist or as advised by a healthcare provider.

TYPICAL STARTING DOSE

300 mg

Description

Eryngo, a flowering plant, is traditionally used in herbal remedies for its potential diuretic and anti-inflammatory properties. Some believe it may help with urinary tract health and reduce inflammation, but further research is needed to confirm its specific health benefits.

How it helps

In a study of 169 women, supplementation with eryngo syrup (5 mL, 3x/day for the 5 first days of the menstrual period) offered similar pain relief compared to standard painkiller therapy [\[R\]](#).

61



Black Seed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take one to two teaspoons (5-10ml) of black seed oil twice daily, preferably before meals. For capsule forms, follow the manufacturer's instructions, commonly 500mg capsules twice daily. Continue this regimen for up to 8 weeks to evaluate its effects.

TYPICAL STARTING DOSE

2 tsp

Description

Both black seed extract and black seed oil have been traditionally used for their potential health benefits, including anti-inflammatory and antioxidant properties. They may support overall wellness and immune function when incorporated into a balanced diet.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People mainly use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Allergies
- Joint pain

How it helps

In a placebo-controlled trial of 124 female students, rubbing 2 drops of black seed oil on the fontanel lobe 3 every night for 8 days over 3 consecutive cycles reduced pain intensity [\[R\]](#).

Black seed oil may help reduce the severity of menstrual cramps by combatting inflammation and reducing the production of prostaglandins, chemicals that cause muscle contractions and pain.

62



Lactoferrin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 100-200 mg of lactoferrin supplement per day, preferably on an empty stomach to enhance its absorption. Continue this regimen daily for 8 to 12 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

100 mg

Description

Lactoferrin is a protein found in milk and other bodily fluids that has been studied for its potential health benefits, including immune system support and antimicrobial properties. It plays a role in promoting gut health.

Lactoferrin is a protein found in milk. It can bind to iron and travel all around the body [\[R\]](#).

Lactoferrin may help support [\[R\]](#), [\[R\]](#):

- Immunity
- Iron status

How it helps

Lactoferrin is a protein supplement that can help reduce inflammation. This anti-inflammatory effect can assist in relieving the pain associated with menstrual periods.

A [double-blind, randomized, placebo-controlled, crossover study with 35 healthy Japanese women](#) found that iron-lactoferrin complex (150 mg/day from day ten of the luteal phase to day four of the follicular phase) **may improve psychological symptoms (subjective dysphoria associated with dysmenorrhea)** in women affected by menstrual distress [\[R\]](#).

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Uzara

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take uzara extract supplements according to the product's specific dosage instructions, typically ranging from 20 to 40 drops or as directed by a healthcare provider, three times a day with meals. Continue this regimen for the duration of gastrointestinal symptoms, not exceeding one week without medical advice.

TYPICAL STARTING DOSE

60 drops

Description

zara, derived from the plant Xysmalobium undulatum, has been used traditionally in African medicine for its potential as an anti-diarrheal agent. It contains the active compound uzarin, which may help alleviate symptoms of diarrhea.

How it helps

In a study of 60 women with moderate or severe dysmenorrhea, taking uzara (80 mg/8 hours, then 40 mg/8 hours beginning 2 days before the expected start of menstruation) reduced pain and painkiller use. It also caused fewer adverse effects compared to standard painkiller therapy [R].

64



Wood Betony

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take wood betony supplements in the form of capsules or tablets, typically ranging from 300 to 600 mg daily. This can be split into two doses taken with meals. Continue this regimen for up to two weeks, then take a one-week break before resuming if needed.

TYPICAL STARTING DOSE

300 mg

Description

Wood betony (*Stachys officinalis*) is a perennial herb native to Europe and Asia that has been used in traditional herbal medicine for centuries. The plant is believed to have anti-inflammatory and stress-reducing properties.

People use wood betony to help with:

- Headaches
- Arthritis
- Stress and anxiety
- Indigestion

How it helps

In a [placebo-controlled trial of 29 women with primary dysmenorrhea](#), taking wood betony capsules every 4-6 hours for 4 days **reduced pain intensity and the need for painkillers (mefenamic acid)** [\[R\]](#).

65



Black Seed (Black Cumin)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1000 mg of black seed (black cumin) supplement daily, preferably split into two doses of 500 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

1000 mg

Description

Black seed, also known as black cumin or *Nigella sativa*, has been used for its potential health benefits in traditional medicine. It is believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- Allergies
- High blood sugar
- High blood pressure
- Joint pain

How it helps

In a placebo-controlled trial of 124 female students, rubbing 2 drops of black seed oil on the fontanel lobe 3 every night for 8 days over 3 consecutive cycles reduced pain intensity [\[R\]](#).

Black seed oil may help reduce the severity of menstrual cramps by combatting inflammation and reducing the production of prostaglandins, chemicals that cause muscle contractions and pain.

66



Alpha-Lipoic Acid

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 600-1800 mg of alpha-lipoic acid daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

100 mg

Description

[Alpha-lipoic acid](#) is a natural antioxidant found in almost every cell in your body. People use alpha-lipoic acid to help with issues like skin aging, weight loss, and high blood sugar [\[R, R, R\]](#).

People use alpha-lipoic acid to help with [\[R, R, R, R\]](#):

- Complications of high blood sugar
- Skin aging
- Weight loss
- Carpal tunnel syndrome

How it helps

In a study of 100 women, supplementation with alpha-lipoic acid (600 mg/day) relieved menstrual pain compared to standard painkiller therapy. It offered greater benefits when used in combination [\[R\]](#).

67



Honey

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 1-2 tablespoons of raw honey daily, either directly or by mixing it into warm water, tea, or yogurt. Continue this practice regularly to observe benefits.

Description

Honey is a natural sweetener known for its antimicrobial properties and potential benefits for wound healing. It contains antioxidants and may have soothing effects on sore throats and coughs.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It can potentially help with [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Burns

How it helps

In a study of 56 women, honey (1.2 mg/kg from the 15th day to the onset of menstruation for 2 consecutive months) relieved menstrual pain during the first 3 days of menstruation compared to standard painkiller therapy [\[R\]](#).

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

