

# better periods checklist

*It takes your ovaries about 100 days to adjust to changes in your diet or lifestyle.  
Give yourself three months of dedicated effort using the checklist principles below.  
In less than three months, you could have a Better Period.*

## **Eat more Meat.**

To make the healthy hormones needed for a **Better Period**, you need enough building blocks. Fat from animal product helps with that and is actually good for you!

## **Eat Raw Carrots Daily.**

Researcher Ray Peat loves raw carrots for their estrogen-balancing effects on the body. Eat the Raw Carrot Salad every day to get a Better Period.

## **Live Ancestrally.**

Get outside and bask in the sun and the moon, only eat foods you can hunt or gather (theoretically!), and take technology breaks. Here are three ways to do this.

## **Take Better Period Supplements**

There are two supplements that can help nearly every woman have a Better Period. Vitamin B6 (50-100 mg/ night) and magnesium (400-800 mg/ night) can be very balancing.

## **Rethink the Pill.**

If I had one wish for womankind, it would be to banish the Pill. We are duped into thinking it balances our hormones. Really, it just messes up our periods.

## **Reduce Stress- Quit Something.**

Did you know that 91% of "stressed, overachieving women have period problems?" The Better Periods program rebalances periods by helping you manage your stress.

## **Say to to Estrogen.**

You likely get plenty of estrogen throughout the day. A sucky period is generally due to too much and not too little of this hormone.

## **Your Period Could Get Worse First.**

Oftentimes, women's cycles tend to get worse before they get better. This is due to the rush of estrogen out of the body. And this a good thing. Be patient.

## **Seed Cycle.**

Seed cycling can be a powerful way to balance hormones and periods that are out of whack. Learn how to do that here.

## **Play. Like, Just for Fun.**

When is the last time you played just to play? Just to get out of your head? I recommend daily play. This alone can help rebalance hormones quickly.