



PURAMED

BODY | MIND

Painful menstruation?

Dietary recommendations

- ✓ Sodium, salt intake should be reduced.
- ✓ Avoid vegetables like potatoes, yellow pumpkin, eggplant.
- ✓ Increase vegetables like white pumpkin, drumsticks, papaya.
- ✓ During menses eat a lot of **mint leaves**.
- ✓ **5 garlic cloves** chopped and fried in the butter (one teaspoon every morning during menses)

To prevent dysmenorrhea:

- ✓ 4 teaspoon of cumin seeds.
- ✓ 400ml of water.
- ✓ Boil it till water become 200ml (half)
- ✓ Strain it.
- ✓ Drink the concoction daily – once a day.
- ✓ [Vitamin B6](#) – source: chicken, eggs, fish, meat, milk products, walnuts, spinach

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