



Feminine Health Home Remedies



1. Hot Flashes: Ground Flaxseed

Preliminary studies have found that women halved the frequency of their hot flashes by incorporating two tablespoons of ground flaxseed into their diet per day. Flaxseed contains lignans, which are estrogen-like compounds thought to help fluctuating hormonal levels in the body.



2. Menstrual Cramps: Mustard or Pickle Juice

Both of these household condiments contain vinegar, which contains acetic acid. Acetic acid makes acetylcholine, which helps our muscles work; the more acetylcholine you have, the more pain-free your muscles will function.



3. Menstrual Cramps: Tonic Water

Sip on tonic water during the days leading up to your period to alleviate cramps. Tonic water contains quinine, which is a natural muscle relaxant.



4. Menstrual Cramps: Raspberry Red Tea

Raspberry tea is made from raspberry leaves, which have been used for centuries to relieve menstrual cramps and have even been used during pregnancy to ease discomfort.



5. Premenstrual Syndrome (PMS): Apple Cider Vinegar

A teaspoon of apple cider vinegar three times a day before meals can help relieve some of PMS symptoms. You can dilute it in a little water if the taste is too unpleasant.



6. Urinary Tract Infection: Cranberry Juice

Cranberries prevent bacteria from adhering to the bladder wall; drink at least three glasses of cranberry juice (unsweetened) to help in Urinary tract Infections (UTIs).



7. Water Retention: Eat Bananas

Just another reason to reach for a banana before you head out the door; they help with premenstrual water retention. Bananas are rich in potassium and vitamin B6, both of which prevent water retention and bloating.