

Shiatsu for menstrual balance



TOUCH FOR LIFE

Shiatsu based self-help practices can empower us to feel more in control of our health and life conditions. Using the simple practices below, or having a treatment from a professional practitioner, can help with understanding or addressing issues around periods.

What is Shiatsu?



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Shiatsu touch is caring, compassionate, nourishing, respectful. It affects the body, mind and emotions.

Points and practices to promote balance in the menstrual cycle

For menstrual health it is important to respect the ebb and flow of our natural hormonal cycle. Best to schedule our busiest times around ovulation when our energy is high (more Yang in East Asian terms) and allow ourselves more rest and self-nourishing activities during our Yin period days (known in some cultures as Moon time).

Nutrition



Good quality nutrition promotes healthy hormone secretion. Hearty root vegetable stews are nourishing, while green leafy veg, kidney and aduki beans, tofu and whole grains all provide vitamins to boost the reproductive system.

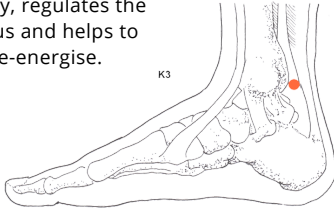
Try cutting back on sugar and substituting unsulphured apricots, dates or red grapes and cherries for fewer blood glucose spikes especially pre-period.

Acupressure

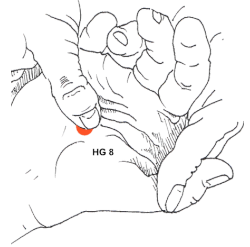
Guidance: Find the point, press as you breathe out, feel for warmth or tingling, and hold as long as it feels good. Press the points on both sides of the body.

The images show points you can gently press to bring relief from specific symptoms, or support body and mind as required.

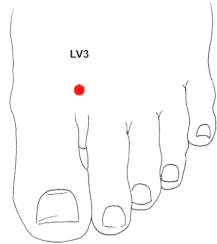
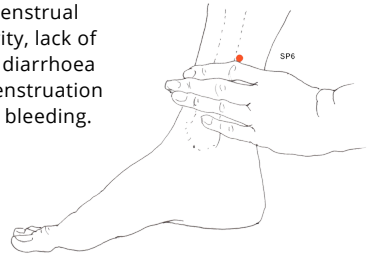
KD3: nourishes our deep reproductive energy, regulates the uterus and helps to re-energise.



HG8: helps with emotional balance before and during menstruation



SP6: Menstrual irregularity, lack of periods, diarrhoea during menstruation or heavy bleeding.



LV3: pre-menstrual headaches, pre-ovulation discomfort, menstrual clotting and discomfort.

Activity

Between periods, moderate cardiovascular exercise, like walking out in the fresh air, helps to move blood in the abdominal area, preventing the stagnation that can lead to cramps or clotting.

Holding the lower belly and connecting to your breathing can be effective in changing any sensations of discomfort, as can a hot water bottle on your lower belly, or wearing a 'haramaki' – a traditional Japanese wrap to keep your belly and kidneys warm (easy to find online or improvise with a wide woollen scarf).

