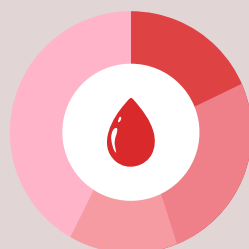


Menstrual Cycle Support Cheatsheet

Simple ways to care for your body through that time of the month

Why Supporting Your Cycle Matters



- Your period is just one part of your hormonal rhythm—and it needs some care
- Supporting your body can ease cramps, fatigue, mood shifts, and energy dips
- A few intentional choices each month can make a big difference



Natural Products I Actually Use + Recommend

♥ Earthley Ease the Ache

My go-to for cramps, bloating, and body aches—so helpful right before or during my period.

♥ Earthley Anti-Inflammatory

Great for overall inflammation and hormonal balance. I like taking this during my luteal phase (the week before my period starts) and during.

♥ Earthley Energy Plus

This gives me a gentle iron and energy boost when I feel drained—especially around my period.

♥ Magnesium Glycinate (Pure Encapsulations)

I keep this on hand and take it every night but especially during my period and sometimes spread throughout the day (up to 3) as it is gentle on the stomach, can help with cramps, sleep, mood and headaches.

Optional daily support: Earthley's Nourish Her Naturally has iron and hormone-loving herbs, too—great as a daily women's multivitamin. (I'd recommend one or the other depending on your needs—it's okay to keep it simple.)

Note: This info is for educational purposes only and isn't medical advice.

Please check with your provider before starting any new supplements.

Disclosure: As an Amazon Associate, I earn from qualifying purchases. I'm also an Earthley affiliate and earn commissions on some links shared in this guide—at no extra cost to you

find more at: nurture-nook.com

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Why I Switched From Tampons

I now use this [ROSA RUGOSA Menstrual Cup Bundle](#). It is:

- Made of medical-grade silicone
- Reusable and budget-friendly
- Comes with a steam sterilizer so you can sanitize it easily between uses
- Safe to wear for up to 12 hours
- Available in 2 sizes for a better fit



I don't feel it during the day—and since swapping out tampons with harsh chemicals for the cup, I've had way fewer cramps. And I'm not alone—some studies show menstrual cups may be linked to less cramping and irritation compared to tampons¹.

Still wanting to use tampons?

I still keep a small pack of these [Natracare Organic Tampons](#) in my bag for emergencies. They are:

- 100% organic cotton
- Totally chlorine-free
- Fragrance-free
- No plastic applicator



👉 Still not my first choice—but they're a much safer disposable option when you're out or caught off guard.

Disclosure: As an Amazon Associate, I earn from qualifying purchases.

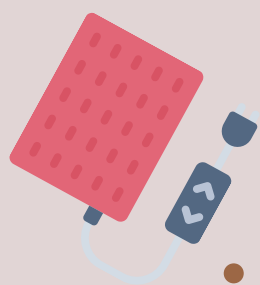
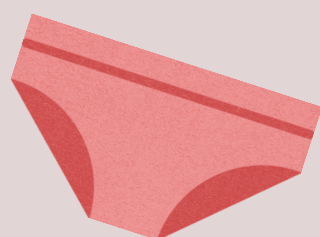
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Curious About Period Underwear?

Did you know this is a thing!? I haven't personally used them yet, but I know many moms love them—especially overnight or as a backup with a cup. They're reusable, breathable, and typically made without added chemicals. I've heard great things about and would use the Neione brand.



Other Things That Help

- Heating pad for cramps or back pain (love this Sunbeam one – they also have period-specific ones that are amazing and on my Amazon list as well.
- Insulated water bottle – because it's easier to stay hydrated with a cute water bottle.
- This magnesium lotion or bath soak – supports muscle relaxation and sleep. I put it on my lower back and bottoms of my feet for relief and optimal absorption.

Want to shop all my faves?

Find them all in my Amazon storefront list here:

💧 Period Support Essentials and all of my Earthley favorites at: nurture-nook.com/earthley.

References

¹ North, B. B., & Oldham, M. J. (2011). Preclinical, clinical, and over-the-counter postmarketing experience with a new vaginal cup: Menstrual collection. *Journal of Women's Health*, 20(2), 303–311.
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