



NOURISH

**Yourself
Relieve Your Pelvic Pain**

Getting Started Guide



Welcome to Nourish.

This guide is your next step on your journey to pelvic pain relief. In it you will find guidance about eating nourishing and pain relieving foods, relieving stress, and you'll learn to be more aware of what's going on in your body. You will find steps you can take every day to improve your pain and feel more energy in your life. This guide will get you started...

And remember

As you go through this journey, remember that we are all just human beings doing the best we can each day. Some days will be easier than others, but take time each day to celebrate what has gone well that day. As you go through this journey, you will find that you can always find at least one thing, no matter how small, to celebrate.



“Let food be thy medicine and medicine be thy food.”

— Hippocrates

Did you know what you eat can impact pelvic pain? Processed foods, sugar, gluten, and dairy (to name a few) can cause inflammation in the body and contribute to leaky gut. This can lead to increased pelvic pain.

As you go through this journey of healing, remember food is medicine. What you eat has the power to heal, or the power to make things worse. I challenge you today to choose the option of healing.

On these next pages we have a smoothie recipe for you to try. It is a great way to start out your day and your healing journey. You will also find a journal to track your eating habits. Start being mindful of the food you put in your body, and if that food is helping you heal or contributing to pain.



Pear Spice Smoothie

INGREDIENTS :

- 2 tbsp. collagen or vanilla protein powder ([click here for powder](#))
- 1 pear, cored and diced
- ½ tsp. ground cinnamon (optional)
- ¼ tsp. allspice 1 tsp. vanilla
- ½ cup cashews
- ¾ cup water
- 1 cup ice
- 1 tbsp. coconut oil

Makes: 1 Serving

DIRECTIONS Combine all ingredients and blend until smooth.

A note on smoothies: If you're having a smoothie for breakfast, add a small amount (about a palm size) of animal protein on the side. Grilled chicken, plain rotisserie chicken, burger, baked fish, etc.



Nutrition Tip: As you're planning your meals, make sure to get protein, fat, and carbohydrates at every meal. That means meat or fish for protein, nuts, olives, and approved oils for fat, vegetables for carbohydrates, phytonutrients, vitamins and minerals, and limited grains.



Daily Journal

TIME/MEAL	Food/Beverage (Type/Amount)	How did you feel before eating? After? (Emotionally and Physically)	Note any stressors, symptoms, triggers
Breakfast			
Lunch			
Dinner			
Snacks			
Water			
Medications/Supplements			
Notes on Bowel/Bladder Movements:	Notes on menstrual cycle:	Notes on any connections/triggers you noticed today:	Today's celebrations:



Did you know, in all cases of pain, your nervous system is involved? When your nervous system is more sensitive, then pain is more easily triggered. Breath work and mindfulness are great ways to help calm your nervous system.

In this section, you will learn a breathing technique that is a proven nervous system calmer. You can do this any time of day, when you'd like to feel more relaxed. And, following the breathing exercise, you will see a checklist of strategies that you can begin today to further calm your nervous system.



478 Breathing

A quick exercise that you can do anywhere. Beneficial for relaxing the nervous system, decreasing anxiety, and releasing tension.

1. Sit in a comfortable position with back straight and shoulders relaxed.
2. Eyes closed or gently gaze low at a focus point.
3. Place one hand on your stomach, the other on your chest.
4. Take 3 breaths here, just noticing your breath.
5. Feel your natural breath and movement of your belly connected with it.
6. As you inhale, feel the air inflate the belly, then the center of the lungs, feeling your ribcage
7. expand, and finally, your chest, feeling the chest lift slightly.
8. Allow a natural pause while your lungs are completely full.
9. As you slowly exhale, feel the air leave the chest allowing the chest to lower slightly, the center of the lungs as the ribcage gets slightly smaller, and finally, the belly drawing in toward the spine.
10. Allow a natural pause while your lungs are completely empty.
11. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth. (This will sound like the yogic breathing or you may have heard it compared to Darth Vader breathing.)
12. Take 5 breaths here, tuning in to the movements of the inhale and the exhale.
13. Adding in a count of breath, exhale completely through your mouth.
14. Close your mouth and inhale through your nose to a count of four.
15. Hold your breath for a count of 7.
16. Exhale completely through your mouth for a count of 8.
17. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.
18. When you are done with your four breaths, return to your normal breath.
19. Stay here with your eyes closed for as long as you need, then slowly gently begin small movements in your body to move out of meditation.

Tips • The ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the breath cycle. • Great tool to help you fall asleep. • Unlike medications that may lose effectiveness over time, this natural tranquilizer becomes more powerful with repetition and practice. • Do at least twice a day. Feel free to do more often if needed. • Do not do more than 4 breaths at one time for the first month of practice.



Daily Checklist

- Did you thoroughly chew your food and take pleasure in it today?

- Did you drink at least 50 ounces of filtered or mineral water today?

- Have you moved your body with joy today for at least a few minutes?

- Did you ask someone for help today, or receive the help that someone offered you today? How else did you add pleasure to your life today?

- Did you spend at least 15 minutes outside in daylight today (ideally without sunglasses)?

- Write down the one thing that you're most grateful for today



Did you know that some ingredients in cleaning products, medications, skincare, shampoos, and beauty products are hormone disruptors, and can impact your pelvic pain? Some of the most problematic ingredients are parabens, phthalates, triclosan, and oxybenzone.

Check your cleaners, skin care, shampoos, and beauty products to see if any of these chemicals are listed. If so, it may be time to start phasing these out of your home and beauty routines. On the next page, we have some suggestions of our favorite products...



Integrative Women's Health Institute

clean cosmetics and cleaning products



[EWG's Skin Deep:](#) This website is the ultimate guide to toxins in skin, sun, hair, and cosmetic ingredients. If you're not sure if an ingredient is toxic, check this database. [Click here](#)

[AnnMarie Gianni Skincare:](#) This is the online home of our Founder's (Jessica Drummond's) go to source for skincare, sunscreen, and some cosmetics. [Click here](#)

[H2O at home:](#) This is your health coach Hilary's go to for household cleaning products. [Click Here](#)