Neu Woman with Lillian

Symptom to Solution Match

Six common symptoms, and what you can do about each one

What to eat, and why

What to cut back on

What to do today

Care, movement and rest

Where supplements fit, honestly

When to see a doctor

Understanding your body changes everything.

Neu Woman with Lillian | @neu_woman

How to use this guide

Find the symptom that sounds like you. Each page gives you a full set of steps, not just "listen to your body".

Line	What it gives you
Why it happens	One simple reason, from trusted health sources.
Eat	Nigerian foods, what is inside them, and why that helps.
Reduce	One thing to cut back on, and why.
Do today	One small step with a time or an amount.
Care, move, rest	Comfort, gentle movement and sleep or mood steps.
Track	What to write in your Cycle Tracker.
Supplements	Where a supplement might fit, what it is, and who must check first. Sometimes the answer is: food first, or a test first.
See a doctor	The signs that mean you should not guess.

> **Please read this first.** I am here to help and support you, not to diagnose or treat. These steps support your body. They do not replace a doctor. Many symptoms share the same signs, so a doctor and a test are the only way to know the real cause.

Before you take any supplement

Ask yourself these questions. If you answer yes to any of them, please talk to your doctor or pharmacist first.

- Are you pregnant, trying to get pregnant, or breastfeeding?
- Do you use birth control pills, injections or implants?
- Do you take any medicine, especially blood thinners, antidepressants or thyroid medicine?
- Do you have high blood pressure, or heart or kidney problems?
- Are you allergic to fish, soya or wheat?
- Do you smoke?

1. Period cramps

> *"Some months I cannot leave my bed on the first day of my period."*

Why it happens	Before and during your period, chemicals called prostaglandins make the womb tighten. That tightening is the cramp. Mild cramps are common. Pain that stops your life is not something to just endure.
Eat	Titus, sardines and shawa carry omega 3 fats called EPA and DHA. Your body makes only tiny amounts of these on its own. Some studies suggest omega 3 fats may ease period pain a little, though not for everyone. Ginger in pepper soup or tea: research suggests ginger may reduce period cramps.
Reduce	Alcohol and smoking. The NHS says cutting down may help period pain.
Do today	Small, light meals through the day instead of one heavy one.
Care	Warmth relaxes the cramping muscle. A warm bath, or a hot water bottle wrapped in a towel on your lower tummy. Gently massage your tummy and lower back. Lie on your side with knees bent, or raise your legs. Never fall asleep with a heating pad on.
Move	Light walking, stretching, yoga or swimming can help.
Pain relief	Paracetamol or ibuprofen can ease the pain. Follow the label, and ask a pharmacist before mixing brands.
Track	Your pain score from 0 to 10 each day of your period.
Supplements	If fish is rare on your plate, Omega 3 Plus is a fish oil with EPA and DHA (3 capsules a day with meals). Feminine Herbal Complex contains ginger among its 10 herbs. The blends themselves have not been studied for cramps. See the checks on the last page.
See a doctor	Pain that stops your daily life, gets worse over time, or does not ease with painkillers. Pain during sex, or bleeding between periods. Painful periods can sometimes be linked to endometriosis or fibroids, and a doctor can check.

> **Remember:** Common does not mean normal. You deserve to have your pain checked.

2. The week before your period

> *"Every month around the same time, I feel like a different person. I swell, I'm moody, and my clothes don't fit."*

Why it happens	Hormones shift in the week or two before your period. For many women this brings bloating, sore breasts, mood changes, cravings and tiredness. When it is severe and affects daily life, it may be a condition called PMDD, which a doctor can assess.
Eat	Beans, groundnuts and leafy greens carry magnesium, which your body uses every day. Regular meals keep you steady.
Reduce	Fizzy drinks and extra seasoning cubes that week. Fizzy drinks add swallowed air, and WHO advises under 5 g of salt a day.
Do today	Mark that week in your Cycle Tracker so it does not catch you by surprise.
Move	A walk or a dance. Movement is one of the 5 ways to wellbeing.
Rest and mood	Protect your sleep that week. Tell one person you trust how you feel.
Supplements	Feminine Herbal Complex is a blend of 10 herbs, including vitex. On its own, vitex may reduce premenstrual symptoms, based on low to moderate quality studies. The blend itself has not been studied. It is not for pregnancy, and it can clash with birth control pills and some medicines. 1 tablet morning and night.
See a doctor	If that week stops you from living your life, or if you feel hopeless or have thoughts of harming yourself. Please talk to a doctor or someone you trust today.

> **Remember:** You are not dramatic. You are noticing a pattern, and patterns can be worked with.

3. Bloating and a slow gut

> *"I bloat so badly that I look two months pregnant."*

Why it happens	Some bloating follows your cycle. Some is swallowed air from fizzy drinks, chewing gum and eating fast. Some is a slow gut, or constipation.
Eat	Beans, black eyed peas in moi moi, oats, fruit and vegetables carry fibre. Fibre helps form soft stool, which keeps your gut moving. Adults need about 22 to 34 g a day. Add it slowly, with water, or it can cause gas at first.
Reduce	Fizzy drinks, chewing gum, very fatty meals, and chips or fast food, which have little fibre.
Do today	Start a 3 day bloat diary: the time, what you ate in the 2 hours before, and your cycle day.
Care	Eat slowly. Put your spoon down between bites and give lunch 15 minutes.
Move	A 10 minute walk after a meal.
Supplements	Food first. Some supplements, like calcium and iron pills, can cause constipation, so tell your doctor about your bloating if you take them.
See a doctor	A swollen tummy that does not go away, loss of appetite, weight loss you cannot explain, or a change in how often you poo.

> **Remember:** Your diary will tell you more than any guess.

4. Tired all the time, or heavy periods

> *"I sleep eight hours and still wake up tired."*

Why it happens	Tiredness has many causes. One is low iron, especially with heavy periods. Iron helps your blood carry oxygen. In Nigeria's 2018 national survey, 58% of women aged 15 to 49 were anaemic. Thyroid problems can also cause tiredness. Only a blood test can tell.
Eat	Liver, beef and fish carry the kind of iron your body absorbs easily. Beans and ugu carry plant iron. Eat them with tomatoes, fresh pepper or an orange: vitamin C helps your body absorb plant iron.
Reduce	Tea, coffee and Milo with your iron meal. They slow iron absorption. Have them between meals.
Do today	On your heaviest day, count your pads. Write the number in your tracker.
Rest	Aim for 7 or more hours of sleep, with the same wake up time every day.
Supplements	Blood test first. Do not start iron tablets on a guess. If a test shows low iron, your doctor will guide you. CoQ10: NeoLife says it supports heart health and cellular energy (2 capsules a day with food). It is not a fix for tiredness, and it does not replace a blood test.
See a doctor	Tiredness that will not go away, dizziness, breathlessness, a racing heartbeat, or periods longer than 7 days or needing a pad change every 1 to 2 hours.

> **Remember:** Test, don't guess.

5. Late or irregular periods

> *"My cycle is 28 days one month and 38 the next. Sometimes I skip a month."*

Why it happens	Stress, big weight change, hard exercise, travel, family planning methods, thyroid problems and PMOS (formerly PCOS) can all change your cycle. Stress is rarely the only reason. If you have had sex, pregnancy is possible.
Eat	Regular, varied meals with protein, beans and vegetables. No fear foods.
Do today	Take a pregnancy test if you have had sex. Then write down what changed in the month your period came late.
Track	Three months in your Cycle Tracker. Bring it to your doctor.
Rest and mood	A fixed wake up time, and 5 quiet minutes a day for breathing or prayer.
Supplements	No supplement fixes a late period. Find out why first.
See a doctor	Gaps under 21 days or over 35 days, no period for 3 months with a negative test, or a sudden change in your usual pattern.

> **Remember:** A late period is a message. Read it, don't panic.

6. Stress, poor sleep and low mood

> *"Work, family, money. I'm exhausted and my mood is low."*

Why it happens	Stress hormones affect your whole body, including your cycle. Poor sleep and high stress can both affect your hormones.
Eat	Regular meals. Skipping meals leaves your body running on empty.
Reduce	Caffeine in the afternoon and evening, and big meals close to bedtime.
Do today	Put your phone down for 5 minutes. Breathe in for 4 and out for 6, ten times, or pray quietly.
Rest	7 or more hours. Same wake up time. Phone down 30 minutes before bed. A cool, quiet room.
Mood	The 5 ways to wellbeing: connect with someone you trust, be active, take notice of the present, keep learning, and give.
Supplements	No supplement treats low mood. If you take medicine for your mood, be careful with herbal products: Feminine Herbal Complex contains St. John's wort, which can clash with antidepressants. A daily sachet like Pro Vitality can sit inside a healthy routine, but it is not a mood or sleep product.
See a doctor	If you feel hopeless, or have thoughts of harming yourself, please talk to a doctor or someone you trust today.

> **Remember:** Rest is not lazy. It is care.

The four supplements I share

I have used all four myself. I share what is on the label and what trusted sources say, so you can decide. They support your body. They are not a cure.

Product	What it is	How it is taken	Check first if you
Feminine Herbal Complex	A blend of 10 herbs including vitex, ginger, wild yam, red sage and St. John's wort. NeoLife says it supports the needs unique to the female system.	1 tablet morning and 1 at night	Are pregnant or trying. Use birth control pills. Take any medicine, especially blood thinners or antidepressants. Have high blood pressure, heart or kidney problems.
Omega 3 Plus	A fish oil with EPA and DHA, from salmon oil with tuna, sardines and anchovies.	3 capsules a day with meals	Are allergic to fish. Take a blood thinner. Are pregnant.
CoQ10	50 mg CoQ10 per capsule with plant oils and grape extract. NeoLife says it supports heart health and cellular energy.	2 capsules a day with food	Take warfarin. Are pregnant.
Pro Vitality	One sachet combining Tre en en grain oils, carotenoids, Omega 3 Plus fish oil, and a vitamin and mineral tablet.	1 sachet a day with a meal	Smoke. Take a blood thinner. Are allergic to fish, soya or wheat.

In my experience, many women notice changes in about 4 to 6 weeks of steady use, but every body is different, and I cannot promise a result.

Want help choosing?

Send me a message with the word CHECKIN. I will ask you a few safety questions first, because I care about getting it right for you. Then we can talk about food, habits and, only if it fits, a supplement.

With love, Lillian

Sources

NHS period pain, heavy periods and irregular periods; MedlinePlus painful periods; WHO anaemia, healthy diet and physical activity; NIH iron, vitamin C, omega 3 and magnesium fact sheets; NIDDK gas and constipation; NCCIH ginger, chasteberry (vitex) and St. John's wort; Mayo Clinic CoQ10; CDC sleep; NHS 5 ways to wellbeing; Nigeria Demographic and Health Survey 2018; NeoLife product labels. Full links are in the Neu Woman fact files.